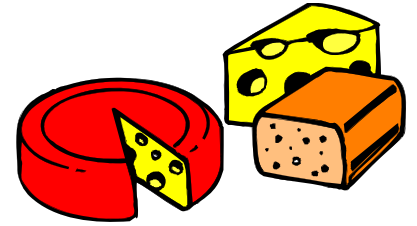


Hyperthyroidism

What is it?

- **Oversecretion-** of Thyroxine

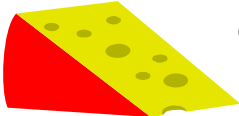


Signs and Symptoms:

- Elevated Metabolic Rate, Tremor, Tissue Wasting, Can't Tolerate Cold or Heat, Nervousness, Increased Appetite

Facts:

- **8 times-** more common in Women
- **Most Severe Forms-** Toxic Goiter, Thyrotoxicosis
 - had relatives with Altered Thyroid Functioning



What can I do?

- **See your Physician**
 - **Thyroidectomy-** may be needed (up to 90%) with High Protein/High Calorie Diet before Surgery
- **See RD for help as needed-** Fluid, Low Sodium/High Protein/ Calorie Diet Plan
- **Adequate-** Calcium, Vitamin D, Phosphorus- 1 quart milk daily
- **AVOID- CAFFEINE,** use Less Seasoned, Fibrous Foods
- **Need Vitamin C, A, B-Complex** Vitamins, B6, B12
- **Beware of Natural Goitrogens-** Kale, Cauliflower, Brussel Sprouts, Cabbage, Broccoli, Asparagus, Soybeans, Lettuce, Peas, Spinach, Turnip Greens, Watercress can Increase Medication Side Effects

