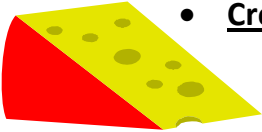


Hypothyroidism

What is it?

- Underfunctioning of the thyroid gland- from surgery/hypothalamus gland
- **Endemic Goiter**- enlargement of the thyroid gland
 - swelling in front of the neck- Iodine deficiency- inadequate dietary intake, drug effects
- **Simple/Nodular Goiter**- unrelated to the presence of Iodine (I)
- **Cretinism**- endemic goiter in a child
 - **Signs/Symptoms**- dwarfism, deafness, large tongue, short stature, retardation, rare at birth
- **Myxedema Coma**- with cold weather/sedative use unconsciousness can occur



Signs and Symptoms:

- **Signs & Symptoms**- Face/hand puffiness, cold intolerance, brittle nails, dry skin, mental apathy, slow speech, fatigue, impairment of memory, weight gain, constipation, hearing loss, decreased perspiration
- **Women**- menstrual irregularities, difficulty conceiving, T3, T4 elevated- pregnancy, estrogen, oral contraceptive

Medications:

- **Antithyroid drugs (Tapazole, methimazole, propylthiouracil (PTU))**- causes GI distress, nausea, vomiting, altered taste sensation, take with food, natural goitrogens with these medications increase the drug's effect
- **Radioactive Iodine**- temporary burning sensation in the throat

Facts:

- **Poorly Converted**- from carotene- Vitamin A, Calcium may be retained
- **Slower Metabolic Rate**- (15 to 40%) in untreated patient

What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help
- **Adequate**- intake of Iodine, B12, Iron See FFF Iodine, Vitamins, Minerals, Fluid
- **Increase Natural Goitrogens**- kale, cauliflower, cabbage, brussel sprouts, watercress, turnip greens, spinach, peas, lettuce, soybeans, asparagus, broccoli
- **Decrease**- Stress, **AVOID**: Alcohol, Obesity
 - **Alcohol**- causes hypoglycemia
 - **CHO Rich Foods**- cause hyperglycemia, need frequent snacks

