

THYROID AWARENESS

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DEI PEARLS
NEWSLETTER

Importance

Function

The thyroid affects so many functions in your body, so having a thyroid disorder can come up with a range of different symptoms that you may mistakenly attribute to different reasons.

Advocacy for Yourself

It's important that if you are constantly feeling cold/tired or hot/anxious/stressed, etc you advocate for yourself and get your thyroid levels checked. Even if your thyroid levels are technically "in range", you can still suffer from symptoms of hypo/hyperthyroidism and can require medicine.

Zaina's Story

Thyroid issues can be confusing and may not present typically. If it weren't for my resting heart rate consistently running 160 bpm for a few days, my symptoms may have been written off as anxiety or stress. The journey to correct my hyperthyroidism ended up making me slightly hypothyroid, and finding the right dosage of thyroid hormone replacement medication took some trial and error. But after getting my levels fixed, I felt a world of difference. Please continue to advocate for you and your future patients!

Quick Facts

- About 5% of the population above age 12 has hypothyroidism
- Women are 5-10x more likely to have a thyroid disorder than men
- For every 1,000 Americans 130 have subclinical hypothyroidism

Mindfulness Tip

In America, much of our table salt has iodine in it. Proper iodine amounts are crucial for appropriate thyroid functioning. Too much and too little iodine can cause issues for your thyroid. Be mindful/ monitor how much salt you are consuming, as it contains iodine. The recommended amount of sodium to consume is 2,300 mg/day.

Insightful Quote

"But the problem remains two fold: the need for recognition that low thyroid function very often can provoke menstrual problems, and the need for recognition, too, that hypothyroidism may be present despite laboratory tests suggesting it is not." - Broda Otta Barnes