

# Your Guide to Thyroid Disease and Thyroid Cancer at Any Age

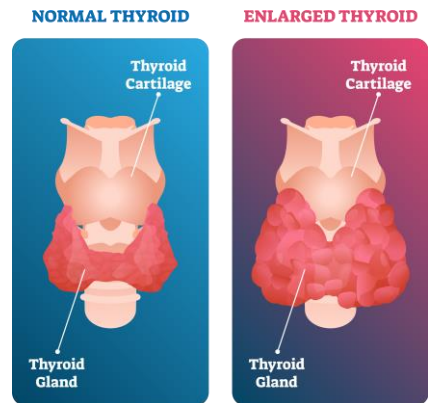
# health+wellness

STATE OF BODY. STATE OF BEING.

## Where is your thyroid gland and how do you know if you have an issue?

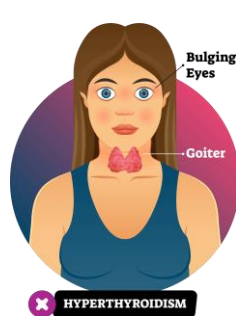
The thyroid gland is a small, butterfly-shaped gland located at the base of the front of your neck, just below your Adam's apple.

Your thyroid is a vital hormone gland and plays a major role in the metabolism, growth and development of the human body. It produces hormones that regulate the body's metabolic rate; controlling heart, muscle and digestive function, brain development and bone maintenance.



There are several illnesses and diseases related to your thyroid such as Hyperthyroidism, Hypothyroidism, Grave's Disease, Hashimoto's Disease, Goiter and Thyroid Cancer.

**HYPERTHYROIDISM** Occurs When Your Thyroid Gland Produces **TOO MUCH** of the Thyroid HORMONE



**HYPOTHYROIDISM** is a Condition in which Your Thyroid Gland **DOESN'T** PRODUCE ENOUGH of Certain Crucial Hormones.

Nearly 30 million Americans are affected by thyroid disease, and The American Cancer Society reported that until recently, thyroid cancer was the "most rapidly increasing cancer in the U.S., largely due to increased detection."



### HASHIMOTO'S DISEASE

Hashimoto's disease is an autoimmune disease in which the thyroid gland is gradually destroyed.

Hashimoto's disease typically progresses slowly over years and causes chronic thyroid damage, leading to a drop in thyroid hormone levels in your blood.

If Hashimoto's is left untreated, a health condition called a goiter can occur. A goiter is an abnormal enlargement of your thyroid gland and is usually painless.



Fatigue and Sluggishness  
 Increased Sensitivity to Cold  
 Unexplained Weight Gain



Excessive or Prolonged Menstrual Bleeding



Joint Pain and Stiffness



Enlargement of the Tongue



Memory Lapses Depression



Muscle Aches, Weakness, Tenderness and Stiffness



Constipation



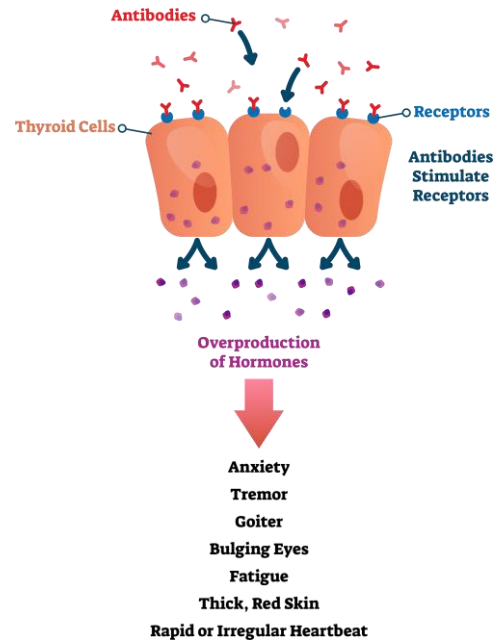
Pale, Dry Skin



Goiter  
 A puffy Face  
 Brittle Nails  
 Hair Loss

### GRAVES' DISEASE

Grave's disease, or Basedow's disease, is an autoimmune condition that causes your thyroid to become hyperactive, working harder than it needs to.



## THYROID CANCER

Risk factors for thyroid cancer depend on the type of cancer.

- **Papillary Thyroid Cancer** risk factors include radiation exposure, inherited conditions, family history and gender. According to **Memorial Sloan Kettering Cancer Center**, papillary thyroid cancer occurs about three times more often in women than in men, and it usually grows and spreads more quickly in men.
- **Follicular Thyroid Cancer** is typically more aggressive than papillary thyroid cancer and risk factors include a low-iodine diet and inherited conditions like Werner's syndrome and Cowden's syndrome.
- **Medullary Thyroid Cancer (MTC)** is different from other types of thyroid cancers because it originates from parafollicular, or C cells. The risk factor for MTC is family history.

**Left untreated, Thyroid Disease can lead to serious health problems.**

Please contact your doctor to discuss your risk factors, diagnosis and treatment options and for more information, visit [American Thyroid Association](http://AmericanThyroidAssociation.org).

### SYMPTOMS



A LUMP IN THE THROAT



A COUGH



HOARSENESS



PAIN IN THE THROAT AND NECK



DIFFICULTY SWALLOWING



SWOLLEN LYMPH NODES IN THE NECK