



Cumbria Advisory Thyroid Service



INFORMATION SHEET

MANAGING YOUR THYROID

The main purpose of the **Cumbria Advisory Thyroid Service** is to enable the thyroid sufferer to become a thyroid manager.

First of all you need to understand your feelings and take into account all the different conditions that you may have already. Remember when feeling under par, it may *not* always be your thyroid and try to remain calm and look at what has been happening in your life before assuming it is the thyroid. Remember also to look at what you are eating and drinking, and also – if you smoke – before blaming a faulty thyroid. Most importantly, have you taken your medication, and when?

Always ask your doctor for full information on your condition and if necessary use a sheet of paper or a notebook to guide you for both questions and answers.

There are side effects to any drug or over dosage of medication so make sure you have all the information on your particular treatment.

Check your symptoms and re-evaluate from the lists given below:

HYPER

- Nervousness
- Mood Changes
- Overactivity
- Sweating
- Oversensitive to heat
- Palpitations, fast pulse
- Tiredness
- Increased appetite
- Weight loss
- Short of breath
- Swollen legs
- Frequent / loose bowels
- Tremor
- Thin, hot skin
- Blushing
- Nails separate / dirty
- Hair thin & fine
- Reduced periods

HYP0

- Lethargy
- Mood change
- Slowness
- Decreased sweating
- Oversensitive to cold
- Slow pulse
- Tiredness / sleepy
- Loss of Appetite
- Weight gain
- Short of breath
- Weakness
- Swollen legs/ feet/ eyes
- Constipation
- Loss of balance
- Coarse, dry, cool skin
- Sallow complexion
- Brittle Nails
- Hair loss, coarsening

Sore eyes
Depression

Heavy periods
Hoarse voice
Deafness
Snoring

- ***Eye problems can occur with both main types – this needs treatment and must be reported to your doctor.***

WHAT YOU CAN DO

- ✓ Take your pulse at the inner wrist below the thumb. Whilst resting count the beats in one minute. Below 50 or above 100 – report to your doctor. Also check the rhythm – contact your doctor if it is irregular, (i.e. missing beats)
- ✓ Record your weight at least once a month.
- ✓ Check your blood results and ask your doctor to explain them to you.
- ✓ Know your correct diagnosis and treatment
- ✓ Keep an eye on your symptoms

Most importantly – **ASK** if you are worried about **ANYTHING**

Remember it is your body and you are the one in charge of it.

Good health

REF: “*Thyroid Disorders*” – Dr Rowan Hillson.

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.