



Cumbria Advisory Thyroid Service

INFORMATION SHEET



THYROID DISEASE AND MEN

Yes men do get Thyroid problems, traditionally this disease has been branded as a woman's complaint, however figures show that for every 10 ladies who have a thyroid condition only 1 man will have the condition. With thyroid disease on the increase and research showing that approximately 4 out of 10 ladies will have a thyroid condition at some stage in their life, which means that there are still a lot of men out there who will get this condition. Symptoms of thyroid disorders are no different in men than they are in women. The difference is because of the macho image that surrounds men, men are more likely to suffer in silence or even worse deny they have any problem at all. Once diagnosed some men suffer embarrassment at being told they have a disease involving hormones. A hormone problem is not something men particularly want to talk about; because of this many men also suffer with depression. It is very difficult to try and hold down a full time job as the main wage earner, when your body is wrecked with the unexplained tiredness that comes with Thyroid Disease. As a result of this many men lose their jobs which, only adds to the depression and quite often the breakdown of relationships.

Much research has been done on why people develop Thyroid Disease. Stressful situations often trigger it. Divorce, redundancy, accidents, infections and medication can all trigger the start of thyroid dysfunction.

Even in the 21st century men are not encouraged to show their emotions and express their feelings the way women do. This bottled-up frustration and anger can be dormant in a male mind for a very long time. It is these kind of stresses that make men serious candidates for strokes and heart attacks. Therefore if you are a man with a thyroid condition talk to your GP about how you feel. Sometimes it helps to speak to a counsellor. Some GP's run such clinics at their surgery's. Learn as much as you can about your condition as this knowledge will help you to deal with any problems you have. CATS have lots of information sheets available so contact us for further advice and information. Most importantly, remember that most Thyroid conditions do improve with time. Yours probably will too, but until it does you need support like most patients. You will see the light at the end of the tunnel eventually.

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.