

## Causes

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- Autoimmune disease (Hashimoto's)
- Thyroiditis
- Removal of the thyroid
- Congenital Hypothyroidism
- Radiation
- Iodine excess or deficiency
- Medications

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## Hypothyroidism

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## What is Hypothyroidism?

The thyroid is a butterfly shaped gland in the neck. It produces hormones that are important in how the body uses energy. In hypothyroidism, the thyroid doesn't produce enough hormone so body functions slow down leading to a range of symptoms. Hypothyroidism is more common in women and older adults.

## Signs and Symptoms

- Fatigue
- Weight gain
- Constipation
- Dry skin
- Dry, thinning hair
- Depression
- Fertility problems
- Heavy or irregular periods
- Slow heart rate
- Goiter
- Cold intolerance
- Forgetfulness
- Brittle nails

## Treatment

Hypothyroidism cannot be cured but it can be managed. It is treated with synthetic thyroid hormone, levothyroxine. You will most likely get blood tests done every few months to check your thyroid levels and to see how the medication is working for you.

