Worrying about thyroid problems isn’t our cup of tea

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By Dr. Zoltan P. Rona

Thyroid Health

Positive tests for thyroid disease don’t always mean you have an actual medical condition, it just means you’re on the path to one. The thyroid gland is a butterfly shaped gland situated in the neck wrapped around the windpipe located just below the Adam’s apple. The thyroid gland plays a vital role in the body, producing hormones that regulate the body’s metabolism, appetite, and temperature. The thyroid gland synthesizes and releases two hormones: triiodothyronine (T3) and thyroxine (T4). T3 and T4 are the primary hormones responsible for regulating metabolism. T3 is considered the more biologically active form of the hormone and is produced in lower quantities in the body. T4 is produced in higher quantities and is converted into T3 once it enters the bloodstream. The ratio of T3 to T4 in the bloodstream is important for maintaining a healthy thyroid gland and thyroid function. A high ratio of T4 to T3 is associated with poor thyroid function. A low ratio of T4 to T3 is associated with hyperthyroidism.

The thyroid gland can produce too much or too little thyroid hormone. Thyroid hormone is controlled by a feedback mechanism involving the thyroid, the hypothalamus, and the pituitary gland. The hypothalamus releases thyrotropin-releasing hormone (TRH) which stimulates the pituitary gland to release thyroid-stimulating hormone (TSH). TSH then stimulates the thyroid gland to produce and release thyroid hormone into the bloodstream.

Common symptoms of hypothyroidism include weight gain, fatigue, muscle and joint aches and pains, decreased energy, depression, and reduced cognitive function. Common symptoms of hyperthyroidism include weight loss, fatigue, heat intolerance, anxiety, and palpitations. Other symptoms of thyroid disease may include constipation, diarrhea, hair loss, and skin changes. Thyroid disease is often diagnosed using a combination of blood tests and physical examination.

REFERENCES


For more information, visit our website: www.mydoctor.ca/drzoltanrona
9. It is quite common to see a low thyroid condition in families of members of those suffering from hypothyroidism. In a given, there is strong chance you will develop the condition if your mother or father was diagnosed with a low thyroid.

10. Fatigue – You feel fatigued and weak despite getting 8-10 hours of sleep every night. Fatigue is a common symptom of hypothyroidism. If you have low blood levels of thyroid hormone, even the slightest demands on your body (like getting out of bed) can become fatiguing. This can happen even when you get adequate amounts of rest. Fatigue is often confused with depression, when in fact it is a direct result of your thyroid glands not functioning properly.

11. Neck swelling – If your blood pressure is normal, but your doctor tells you it is low or high blood pressure, you might have an underactive thyroid. You do not have to have a goiter to feel hypothyroidic. Usually the TSH is above 5.0 and there may even be a swelling in the thyroid gland area. In such cases, one could certainly use a thyroid supplement.

12. Hair loss – Hair can become brittle, coarse and dry, breaking or falling out easily. Although hair loss is often blamed on low iron, it is not uncommon to see hair problems in association with low thyroid hormone blood levels. Treatment of hair loss is often quite simple with thyroid hormone replacement.

13. Dry skin – Dry skin is a common symptom of hypothyroidism. It may be a sign of thyroid deficiency, not necessarily of dryness or dehydration. In such cases, one could certainly use a thyroid supplement. By using thyroid hormone replacement, you can make your skin feel smoother without the need for moisturizers.

14. Depression and anxiety – There is an apparent correlation between low thyroid hormone levels and mental health problems. Although very high, there is some evidence to suggest that thyroid problems can cause an increase in the risk of depression and anxiety. This is especially true for those already prone to these conditions. Depression may be a result of low thyroid hormone levels or an exacerbation of pre-existing depression. Thyroid hormone increases the production of brain chemicals that help to lower depression.

15. Muscle cramps and frequent muscle aches and pains – Muscles cramp and ache are not always a sign of exotic problems like Fibromyalgia but may be an indicator that your thyroid is not functioning well. Cold hands and feet are sometimes also common with hypothyroidism.

16. Menstrual problems – It is conservatively estimated that at least 60 million people in North America have some form of thyroid dysfunction. Many women will have had a diagnosis of hypothyroidism (underactive thyroid) and tend to dismiss symptoms that suggest the disease may be present. It is a common practice to drug these symptoms with anti-depressants. Unfortunately, this does not correct the thyroid deficiency.

17. Infertility – Due to an underactive thyroid. Even in the face of normal blood levels of TSH (Thyroid Stimulating Hormone), a trial therapy for hypothyroidism is warranted.

18. Fragile and thin skin that does not respond well to moisturizers or vitamin E creams is not necessarily a sign of dryness or dehydration. In such cases, one could certainly use a thyroid supplement. By using thyroid hormone replacement, you can make your skin feel smoother without the need for moisturizers.

19. Infertility is quite a common symptom of hypothyroidism. In my practice I have had to deal with infertility cases where the cause of infertility was linked to thyroid deficiencies, low thyroid hormone blood levels and hypothyroidism.

20. Neck swell – There are various levels of treatment for an underactive thyroid gland. It all depends on severity of symptoms, the blood levels of TSH, free T4 and free T3 and the presence of other significant health complaints. A trial therapy for hypothyroidism is often a crucial part of the treatment protocol. Starting soon all this our is a fairly complex issue and is not dealt with the help of a national health care professional.

21. There are a large number of symptoms that could make you think that you have an underactive thyroid. You do not have to have a goiter to feel hypothyroidic. Usually the TSH is above 5.0 and there may even be a swelling in the thyroid gland area. In such cases, one could certainly use a thyroid supplement. By using thyroid hormone replacement, you can make your skin feel smoother without the need for moisturizers.

22. Amenorrhea – Amenorrhea is simply the absence of menstruation. Amenorrhea is also quite a common symptom of hypothyroidism. The preferred thyroid hormone treatment is desiccated thyroid, which seems to be effective for at least 80% of the cases. For some, however, this may not be enough and one could certainly use a thyroid supplement. By using thyroid hormone replacement, you can make your skin feel smoother without the need for moisturizers.

23. Received or delivered – This is a fairly common issue and is not dealt with the help of a national health care professional. For more information on this protocol see http://www.wilsonssyndrome.com.

24. Natural treatments can often reduce or eliminate the need for drugs and surgery. This is especially true if the disease is in its early stages. The minimal thyroid can suppress thyroid function almost as well as prescription and thyroid drugs with less side effects. Like calciuym or lithium, is aminos is most often associated with the treatment of hyperthyroid disease (maintenance disease) but in those cases dosages used are very high (200 mg daily) and there are side effects that can adversely affect the kidneys.

25. Hyperthyroidism (a.k.a. hyperactivity or Grave’s disease) is a condition whereby the thyroid gland produces too much hormone. It is most commonly seen in women between the ages of 30 and 50 years old. Hyperthyroidism can be caused by a real physical illness or hypothyroidism associated with an autoimmune disease. It produces a hypermetabolic state which may be associated with a low or following signs and symptoms:

- Weight loss often similar to that occurring in cystic or amenorrhea
- Increased perspiration or heat intolerance.

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10. If you feel exhausted and weak despite getting 8–10 hours of sleep you may well have an underactive thyroid.

Symptoms

There are a large number of symptoms that could make you think that you have an underactive thyroid. You do not have to have all of them to be considered hypothyroid. Some of these symptoms are common to many conditions and may be due to other problems. The placebo effect could also come into play. There is no gold standard test for thyroid function and the TSH is not 100% accurate. Many people have also read about the Wilson’s Syndrome protocol for an underactive thyroid. To call Wilson Syndrome’s treatment protocol a cure for hypothyroidism is a form of quackery. Some treatments like Iodine as potassium iodide approximate an underactive thyroid.

If any of the signs and symptoms, a trial therapy with natural supplements like selenium and vitamin D should be done prior to supplementation. Vitamin D – 10,000 IU daily. Iodine is necessary for both hypothyroidism and hyperthyroidism. Beta-blockers are sometimes prescribed to mask the symptoms of hypothyroidism.

Hyperthyroidism (a.k.a. hyperthyroidism or Graves’ disease) is a condition whereby the thyroid gland produces too much hormone. It is most common in women between the ages of 30 and 60 years. Tapering off of any medication associated with vitamin E produces a hyperactive thyroid, which can be associated with a low TSH and low T4.

Selenium – 200 mcg daily is required to help convert T4 (inactive) to T3 (active) thyroid hormone. Selenium is also important to prevent the formation of abnormal antibodies that can attack the thyroid leading to disease.

Iodine as potassium iodide – 90–120 mg daily. Iodine is part of active thyroid hormone. The use of iodine is often strongly discouraged by those who believe that it is better to use herbal medicines for thyroid disorders. Iodine should not be taken longer than six months, or at a dose of 1000 mg daily in any case.

Sodium – 200–500 mg daily is required to help restore normal thyroid function. Quite commonly, a low libido and menstrual difficulties (pain, excessive bleeding and cramping) are seen at least a dozen cases of successful pregnancies after treatment was started with natural thyroid hormone even though they have normal thyroid hormone levels.

Other Thyroid Disorders

Hashimoto’s Disease can be quite confusing for many people to comprehend. It is a type of autoimmune inflammatory disease and is characterized by the destruction of the thyroid gland itself leading to eventual hypothyroidism (underactive thyroid function). Hashimoto’s Disease is the most common cause of hypothyroidism and accounts for 15% of all cases. In younger women, Hashimoto’s can often precede pregnancy and in older women, it can also be a cause of post-menopausal symptoms. Hashimoto’s Disease is also associated with other autoimmune conditions such as rheumatoid arthritis and type 1 diabetes.

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9. Not in optimal health. Combined with a high TSH a trial therapy for hypothyroidism is warranted.

There are a large number of symptoms that could make you think that you have an underactive thyroid. You do not have to have TSH is 0.4 – 2.0 but this is an area of controversy with the conventional medical forces saying that the upper limit should be 5.0. When the thyroid gland has become damaged and fails to produce adequate amounts of thyroid hormone, the TSH levels will rise. It is conservatively estimated that at least 60 million people in North America have some form of thyroid dysfunction. At

10% of these people go undiagnosed. There remains a great deal of disagreement about making the diagnosis of thyroid disease.

Hypothyroidism

- When there is no apparent cause for depression, anxiety, irritability, short-term memory loss, panic
- 50 mg daily. Zinc and copper are both needed in the control of thyroid hormone production.

11. Enlarged or tender lymph glands. This remains an area of great debate between natural health care practitioners and endocrinologists. Personally, I prefer to treat the patient and not the blood tests.

12. Other Thyroid Disorders

- When a high blood level of cholesterol does not respond to diet, exercise or cholesterol lowering supple
- 10 mg twice daily.

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The thyroid gland is a butterfly shaped gland situated in the neck wraped around the windpipe located just below the Adam’s apple. It secretes several hormones, the most important of which are Triiodothyronine (T3) and Thyroxine (T4). In the healthy body the ratio of T3 and T4 is in balance, and this balance is a crucial aspect of overall body function.

The thyroid gland produces three main hormones: T3, T4 and Calcitonin. T3 and T4 are primarily responsible for regulating metabolism in the body. T3 is the most active form of the hormone, with T4 being a precursor form that is converted to T3 in the body. Calcitonin is produced by the thyroid gland in response to high blood calcium levels and plays a role in calcium metabolism, helping to lower blood calcium levels.

The thyroid gland is subject to many different conditions, both acute and chronic, that can affect its function. These conditions can lead to overactive or underactive thyroid function, leading to a variety of symptoms and health problems. Some of the more common conditions affecting the thyroid gland include:

- Hashimoto’s Thyroiditis: An autoimmune disorder that results in the destruction of thyroid cells, leading to hypothyroidism.
- Graves’ Disease: An autoimmune disorder that results in the overproduction of thyroid hormones, leading to hyperthyroidism.
- Thyroid nodules: Benign or malignant nodules that can develop in the thyroid gland, requiring medical evaluation.
- Thyroid cancer: A type of cancer that can develop in the thyroid gland, requiring immediate medical attention.
- Thyroiditis: Inflammation of the thyroid gland, which can be caused by a variety of factors, including infections, medications, and thyroid autoimmunity.

The thyroid gland is also subject to a variety of external factors that can affect its function, including:

- Radiation exposure: Thyroid damage can occur as a result of radiation exposure, either from nuclear accidents or medical procedures.
- Iodine deficiency or excess: Iodine is a crucial mineral for thyroid function, and deficiencies or excesses can lead to thyroid disorders.
- Thyroid surgery: Thyroid surgery, such as thyroidectomy or thyroid nodules removal, can lead to thyroid dysfunction.
- Medications: Certain medications, such as lithium, can affect thyroid function, leading to hyper- or hypothyroidism.
- Genetic factors: Some people are born with genetic predispositions that make them more susceptible to thyroid disorders.

In addition to these external factors, the thyroid gland can also be affected by a variety of internal factors, including:

- Inflammation: Chronic inflammation can affect the thyroid gland, leading to thyroiditis.
- Infections: Infections, such as viral or bacterial, can affect the thyroid gland, leading to thyroid dysfunction.
- Autoimmune disorders: Conditions like Hashimoto’s thyroiditis and Graves’ disease are autoimmune disorders that affect the thyroid gland.

It is important to remember that thyroid function can vary greatly from person to person, and that a healthy thyroid is not necessarily the same as a “normal” thyroid.

The key to maintaining a healthy thyroid is to identify and address any underlying causes of thyroid dysfunction, and to make lifestyle changes that support thyroid health. This includes maintaining a healthy weight, exercising regularly, getting adequate sleep, reducing stress, and avoiding substances that can harm the thyroid, such as tobacco, alcohol, and certain medications.

It is important to note that thyroid dysfunction is a complex condition with many different causes, and that a single factor is unlikely to be responsible for all cases of thyroid dysfunction. A comprehensive evaluation of thyroid function, including a detailed medical history, physical examination, and laboratory tests, is necessary to determine the underlying cause of thyroid dysfunction and to develop an effective treatment plan.

The thyroid is a critical organ for overall health, and maintaining healthy thyroid function is crucial for optimal health and well-being. If you are concerned about your thyroid health, it is important to talk to your healthcare provider about your symptoms and to discuss the best course of action to maintain healthy thyroid function.
The thyroid gland is a butterfly shaped gland situated in the neck wrapped around the windpipe located just below the Adam’s apple. It has two solid lobes that sit inside a bony box called the thyroid cartilage. The right and left parts of the thyroid gland are connected by a thin sheet of thyroid tissue called the thyroid isthmus. The thyroid can lead to underactivity (hypothyroidism), overactivity (hyperthyroidism), thyroid inflammation (thyroiditis) and thyroid cancer.

The thyroid uses iodine and the amino acid tyrosine to manufacture the thyroid hormones T3 (triiodothyronine) and T4 (thyroxine). Almost all of the hormone we produce is T4. It is T3 that is more biologically active. Thyroid hormones are so critical that in order to have adequate amounts of T3 there has to be some conversion of T4 to T3. This is something that can occur both inside and outside of the thyroid.

The thyroid is controlled by a rather complex feedback mechanism. When the thyrotophin in the brain senses there is an inadequate amount of thyroid hormone present, it releases a hormone known as TSH (Thyroid-stimulating hormone). This hormone is then released into the bloodstream. The TSH then stimulates the thyroid gland to release and release more thyroid hormone T3 and T4 into the circulation. The level of TSH is adjusted so that it drives the thyroid gland manufactures the same amount of hormone as have been removed from the bloodstream in order to maintain a constant level of thyroid hormone in the blood.

Causes of thyroid gland damage
1. Radiation exposure – Think of the radiation catastrophe that has just occurred due to the Japan earthquake of March 2011. Remember it is not only doctors and their patients who suffer from thyroid problems but also the members of the public. Unfortunately, thyroid damage is often one of the first damage leading to various cancers. Let’s also not forget the numerous types of radiation therapies for different types of cancer.

2. Overconsummation of soy – Despite a great deal of evidence that soy products are a health benefit in terms of cancer prevention, there are many who argue that victims of Hashimoto’s may be suffering from extreme stress, a variety of other hormonal imbalances (pituitary, adrenal, gonadal, etc.), bowel infections (especially Candida, parasites and fungi) and other digestive problems, especially chemical allergies, victims of Hashimoto’s may be suffering from extreme stress, a variety of other hormonal imbalances (pituitary, adrenal, gonadal, etc.), bowel infections (especially Candida, parasites and fungi) and other digestive problems, especially chemical allergies.

3. Mercury hypersensitivity due to dental amalgams should also be suspected in any autoimmune disease. Aside from food and other environmental factors, the patients of Hashimoto’s may be suffering from extreme stress, a variety of other hormonal imbalances (pituitary, adrenal, gonadal, etc.), bowel infections (especially Candida, parasites and fungi) and other digestive problems, especially chemical allergies.

4. Amiodarone – This is a drug often prescribed for abnormal heart rhythms. Unfortunately, it can damage the thyroid.

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