ThyroVaidya

Thyroid Disease Report Analysis Result

Generated by ThyroVaidya on 2025-01-25 17:48:34

Name: Mrs. Rajani Raghav Sasane   **Report Number: 553335**

Gender: Female   **Age: 39**

Test Name	Report Values	Units	Normal Range	Status
T3	310.0	ng/dL	70-200	Above Normal
T4	15.0	µg/dL	4.5-11.5	Above Normal
TSH	7.2	µIU/mL	0.4-4.0	Above Normal

Your Thyroid Test Result: Hyperthyroidism

Your thyroid test shows that you have been diagnosed with **Hyperthyroidism**, which means your thyroid is working a little too fast. This condition can sometimes cause symptoms like feeling anxious, losing weight unexpectedly, or having a faster heartbeat. While it might seem concerning, with the right treatment, your thyroid function can be brought back to normal. Common causes of hyperthyroidism include conditions like Graves' disease or thyroid nodules. Treatment options may involve medications to control thyroid hormone levels or, in some cases, iodine therapy to slow the thyroid's activity. It's important to consult with your doctor to determine the best course of action and follow up with the necessary treatments.

Diet Recommendations:

1. Eat small, frequent meals throughout the day to prevent blood sugar fluctuations.

2. Include plenty of high-fiber foods like fruits, vegetables, and whole grains.

3. Choose lean protein sources such as fish, chicken, beans, and lentils.

4. Limit saturated and unhealthy fats found in processed foods, red meat, and fried foods.

5. Avoid caffeine and alcohol, which can worsen hyperthyroidism symptoms.

Exercise Recommendations:

1. Engage in moderate-intensity aerobic exercise like brisk walking, swimming, or cycling for at least 30 mi

2. Incorporate strength training exercises two to three times per week, focusing on major muscle groups.

3. Avoid high-impact exercises that could put excessive stress on your body.

4. Listen to your body and rest when you need to; avoid overexertion.

5. Start slowly and gradually increase the intensity and duration of your workouts.