

ThyroVaidya

Thyroid Disease Report Analysis Result

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Name: Mrs. Rajani Raghav Sasane

Report Number: 608583

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 avoid overwhelming your metabolism.
- 2. Include plenty of high-fiber foods like fruits, vegetables, and whole grains.
- 3. Choose lean protein sources such as fish, chicken breast, and beans.
- 4. Limit caffeine and alcohol intake as they can exacerbate symptoms.
- 5. Avoid processed foods, sugary drinks, and refined carbohydrates.

Exercise Recommendations:

- 1. Engage in moderate-intensity aerobic exercise most days of the week, aiming for at least 30 minutes daily.
- 2. Choose activities you enjoy, such as walking, swimming, or cycling.
- 3. Avoid high-intensity workouts that can overstress your body.
- 4. Listen to your body and rest when needed; don't push yourself too hard.
- 5. Incorporate strength training exercises 2-3 times per week to build muscle mass.