

ThyroVaidya

Thyroid Disease Report Analysis Result

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Name: Mr. Ganesh Ram Sawant

Report Number: 211512

Gender: Male

Age: 56

Test Name	Report Values	Units	Normal Range	Status
T3	66.0	ng/dL	70-200	Below Normal
T4	4.1	µg/dL	4.5-11.5	Below Normal
TSH	6.3	µIU/mL	0.4-4.0	Above Normal

Your Thyroid Test Result: Primary Hypothyroidism

Your thyroid test shows that you have **Primary Hypothyroidism**, which means your thyroid isn't producing enough thyroid hormones. This condition can cause symptoms such as fatigue, weight gain, sensitivity to cold, and dry skin. Primary hypothyroidism is often caused by autoimmune diseases like Hashimoto's thyroiditis, where the immune system mistakenly attacks the thyroid gland. This condition is typically treated with daily thyroid hormone replacement therapy, which restores normal thyroid function and helps alleviate symptoms. With proper treatment, most individuals with hypothyroidism can live a normal, healthy life.

Diet Recommendations:

- Include iodine-rich foods: seaweed, iodized salt, cod.
- Increase selenium intake: Brazil nuts, tuna, eggs.
- Consume adequate protein: lean meats, beans, lentils.
- Favor fruits and vegetables: broccoli, spinach, berries.
- Limit processed foods, refined carbohydrates and sugar.

Exercise Recommendations:

- Begin with 30 minutes of moderate-intensity exercise most days of the week.
- Include activities like brisk walking, swimming, or cycling.
- Start slowly and gradually increase intensity and duration.
- Focus on activities you enjoy to improve adherence.
- Incorporate strength training exercises 2-3 times per week.