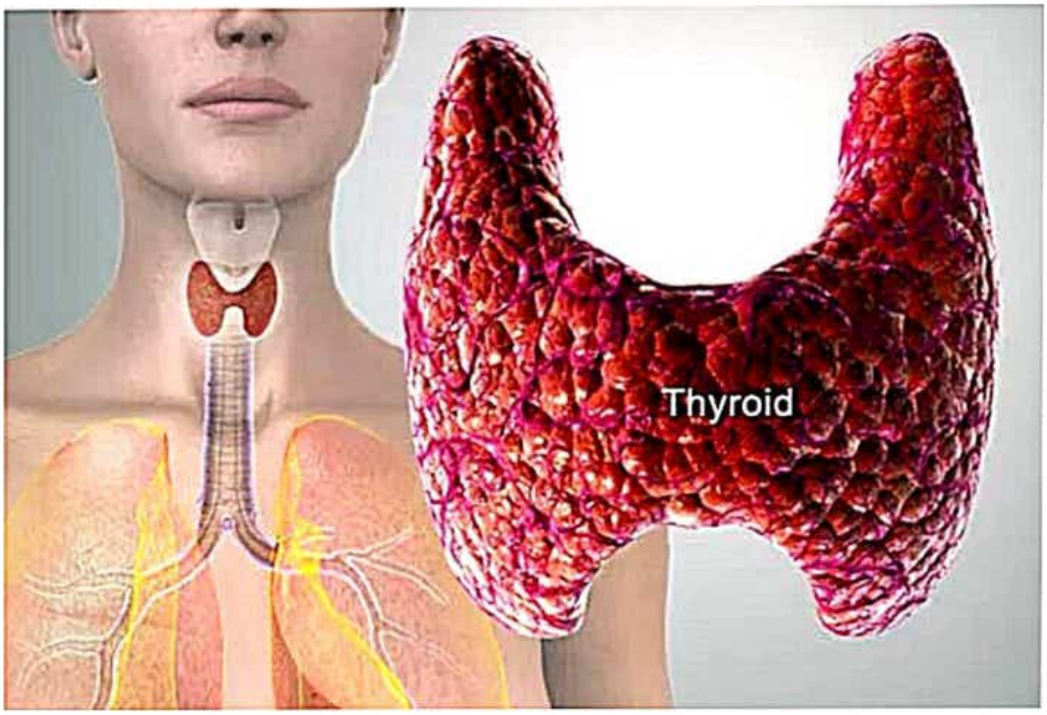
THYROID DISEASE

Problems with the thyroid include a variety of disorders that can result in the gland producing too little thyroid hormone (hypothyroidism) or too much (hyperthyroidism). Thyroid disorders can affect heart rate, mood, energy level, metabolism, bone health, pregnancy and many other functions.

The most common thyroid problems involve abnormal production of thyroid hormones. Too much thyroid hormone results in a condition known as hyperthyroidism. Insufficient hormone production leads to hypothyroid



Thyroid disorders are conditions that affect the thyroid gland, a butterfly-shaped gland in the front of the neck. The thyroid has an important role to regulate numerous metabolic processes throughout the body. Different types of thyroid disorders affect either its structure or function.

REQUIREMENTS

LAB TECHNIQUE

A health care professional will take a blood sample from a vein in your arm, using a small needle. After the needle is inserted, a small amount of blood will be collected into a test tube and it would be get tested, if the person has a thyroid {hypo,hyper} and follow the below

MEDICINE PRESCRIPTION

Medicines called thionamides are commonly used to treat an overactive thyroid. They stop your thyroid producing excess hormones. The main types used are carbimazole and propylthiouracil. You'll usually need to take the medicine for 1 to 2 months before you notice any benefit

FOOD DIETING

THYROID SUPERFOODS

- Roasted seaweed. Seaweed, such as kelp, nori, and wakame, are naturally rich in iodine—a trace element needed for normal thyroid function.
- Salted nuts. Brazil nuts, macadamia nuts, and hazelnuts are excellent sources of selenium, which helps support healthy thyroid function.
- Baked fish.
- Dairy.
- Fresh eggs

IMPACT OF THYROID

When you have too little thyroid hormone in your body, it can make you feel tired, you might gain weight and you may even be unable to tolerate cold temperatures. These two max n disorders can be caused by a variety of conditions. They can also be passed down through families (inherited) .

Thyroid disorders can range from a harmless goiter (or enlarged gland) that needs no treatment at all to life-threatening thyroid cancer. However, the two most common thyroid problems involve the abnormal production of thyroid hormones. Both conditions are serious and require medical attention.

THERE ARE TYPES OF POSSIBILITY OF THYROID

OCCURING : -

HYPOTHYROIDISM

HYPERTHYROIDISM

HYPOTHYROIDISM : -

Hypothyroidism can lead to a higher risk of heart disease and heart failure. That's mainly because people with an underactive thyroid tend to develop high levels of low—density lipoprotein (LDL) cholesterol the "bad" cholesterol.

It means your thyroid gland is underactive. it isn't making enough thyroid hormone. The most common cause is when your immune system starts to attack itself. It makes antibodies against the thyroid gland.

HYPERTHYROIDISM : -

Hyperthyroidism happens when the thyroid gland makes too much thyroid hormone. This condition also is called overactive thyroid.

Hyperthyroidism speeds up the body's metabolism. That can cause many symptoms, such as weight loss, hand tremors, and rapid or irregular heartbeat

Both conditions can cause fatigue and hair loss, but people with hyperthyroidism may experience weight loss, missed periods, and anxiety, while those with hypothyroidism experience weight gain, depression, and heavy menstrual cycles.

S.NO	NAME	AGE	GENDER	TYPE OF THYROID DISEASE
1	KALAISELVI.D	28	FEMALE	HYPERTHYROIDISM
2	NIRMALA.T	35	FEMALE	HYPERTHYROIDISM
3	SURYA.A	27	MALE	HYPOTHYROIDISM
4	BAKKIYALAKSHMI.R	21	FEMALE	HYPOTHYROIDISM
5	SELVI.L	39	FEMALE	HYPERTHYROIDISM
6	SARALA.J	40	FEMALE	HYPERTHYROIDISM
7	PRIYA.H	24	FEMALE	HYPERTHYROIDISM
8	SATHYA.S	29	FEMALE	HYPOTHYROIDISM
9	MEERA.G	33	FEMALE	HYPERTHYROIDISM
10	HAKIM.A	28	MALE	HYPOTHYROIDISM
11	SANGEETHA	39	FEMALE	HYPOTHYROIDISM
12	DEVIKA.V	22	FEMALE	HYPOTHYROIDISM
13	RAJESH.U	33	MALE	HYPERTHYROIDISM
14	GOMATHI.R	38	FEMALE	HYPOTHYROIDISM
15	KARTHICK.G	25	MALE	HYPERTHYROIDISM
16	SARITHA.S	36	FEMALE	HYPOTHYROIDISM
17	SAMEENA.K	30	FEMALE	HYPERTHYROIDISM
18	MURUGAN.P	39	MALE	HYPERTHYROIDISM
19	PRIYA.H	19	FEMALE	HYPOTHYROIDISM
20	KARTHIKA.P	23	FEMALE	HYPERTHYROIDISM
21	PREMAVATHI.M	22	FEMALE	HYPOTHYROIDISM
22	REVATHI.N	36	FEMALE	HYPERTHYROIDISM
23	LAKSHMI.U	18	FEMALE	HYPERTHYROIDISM
24	RAJESHWARI.S	26	FEMALE	HYPOTHYROIDISM
25	KAMAL.D	34	MALE	HYPERTHYROIDISM
26	KARPAGAM.B	29	FEMALE	HYPERTHYROIDISM
27	DIVYA.B	18	FEMALE	HYPOTHYROIDISM
28	SELVI.L	36	MALE	HYPERTHYROIDISM
29	KALAISELAVAN.N	28	MALE	HYPOTHYROIDISM
30	GOMATHI.M	33	FEMALE	HYPERTHYROIDISM