

Medical Report: Thyroid Dysfunction (Hypothyroidism)

Disease Name: Hypothyroidism (Underactive Thyroid)

Common Symptoms:

- Unexplained weight gain and fatigue
- Increased sensitivity to cold
- Dry skin and thinning hair
- Muscle weakness or joint pain

Home Management & Support:

- Ensure adequate iodine and selenium intake (unless advised otherwise)
- Maintain a consistent sleep schedule to combat fatigue
- Practice yoga or meditation to help regulate metabolic stress

When to Visit a Doctor:

- If you feel a lump or swelling in the neck (Goiter)
- If you experience severe depression or memory issues
- When symptoms persist despite lifestyle changes