

MediWise Disease Report

Disease: Hypothyroidism

Description:

Hypothyroidism is a condition where the thyroid gland doesn't produce enough thyroid hormone.

Medications:

- Antithyroid medications
- Radioactive iodine
- Thyroid surgery
- Beta-blockers
- Corticosteroids

Precautions:

- reduce stress
- exercise
- eat healthy
- get proper sleep

Recommended Diet:

- Hypothyroidism Diet
- Iodine-rich foods
- Selenium-rich foods
- Fruits and vegetables
- Whole grains

Recommended Workout:

- Include iodine-rich foods
- Consume selenium-rich foods
- Stay hydrated
- Include nutrient-rich foods

- Limit processed foods
- Consume foods rich in vitamins B and D
- Consult a healthcare professional
- Follow medical recommendations
- Maintain a stable weight
- Engage in regular exercise

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