

## Thyroid Conditions

Your thyroid gland may not look like much, but it is a small, butterfly-shaped gland that is just below your Adam's apple at the base of neck. Even though it is small, it has a big effect on the way your body works. The thyroid gland controls your body's energy level and makes hormones that are sent out into the bloodstream. This thyroid hormone tells your heart, skin, brain and other parts of your body how fast to work. The thyroid gland makes this hormone from iodine, which is absorbed from the food you eat. When a large amount of thyroid hormone is produced, the cells work faster. When less thyroid hormone is produced, the cells work slower. The pituitary gland monitors the level of the hormone in your blood and tells the thyroid when it needs to make more. Problems with that gland can interfere with your everyday life and is more common than many people realize. When you have a thyroid problem, it usually means that your thyroid gland is underactive (hypothyroidism) and does not work hard enough or it is overactive (hyperthyroidism) and works too hard. Your thyroid gland can also grow and develop lumps (nodules). Nodules are normally harmless, but you still need to have it checked. On few occasions, it can be a sign of thyroid cancer.

### **Symptoms of an underactive Thyroid include:**

- Fatigue
- Weight gain
- Feeling chilled more often than normal

### **Symptoms of an overactive Thyroid include:**

- Hot spells
- Weight loss without trying
- Feeling nervous and jittery

There are several types of tests that determine how your thyroid is functioning. From the results of the diagnostic testing, Dr. Sewell will develop a plan of treatment for your specific thyroid condition.