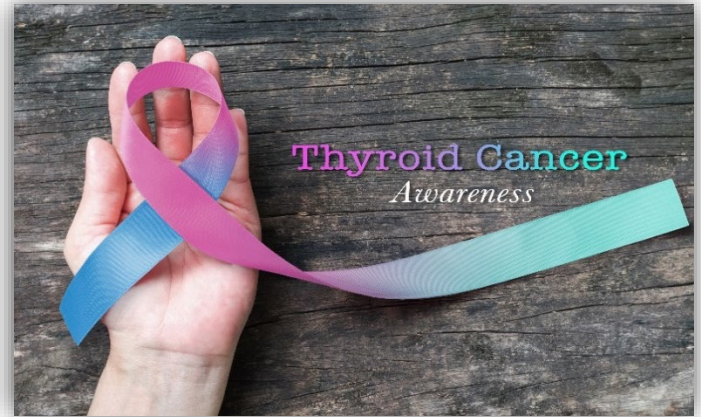


National Thyroid Awareness Month

January is National Thyroid Awareness Month. According to the American Thyroid Association, one in ten people suffer from a thyroid disorder and one in eight women will develop a thyroid disorder in their lifetime. More than half of the people with a thyroid disorder in America are undiagnosed.

The thyroid gland is a butterfly-shaped gland located at the base of your neck, just below your Adam's Apple. The thyroid makes hormones that are secreted in the blood and carried to every tissue in your body.

These hormones help the body use energy, stay warm and keep the brain, heart, muscles and all other organs working as they should. Sometimes the thyroid gland doesn't work properly and makes less thyroid hormone than normal; this is called Hypothyroidism (also known as underactive thyroid disorder). Or sometimes it makes too much; this is called Hyperthyroidism (also known as overactive thyroid disorder). When diagnosing thyroid diseases, your primary care provider will review your medical history, perform a physical exam, and will order specialized blood tests for you. The good news is that most thyroid disorders can be managed or even cured with medication or treatment.



Activity #1 – Test your knowledge

How much do you know about the thyroid gland and the important role that it plays in your body? Test your knowledge and take the thyroid quiz: [Could you have a Thyroid Problem?](#)

Activity #2 – Watch the Thyroid Health Webinar

“Is your metabolism working for you?” This webinar covers one of the biggest influences on our metabolism – our thyroid gland. Learn how to detect if your thyroid gland is altering your metabolism and if so, what you can do about it. Click [here](#) to watch the “Move with a Doc: Thyroid Health - Is your metabolism working for you?” webinar. You're encouraged to be active while listening.

Activity #3 – Thyroid Disorder Matching Game

After completing activities 1 & 2, retest your knowledge on the different signs, symptoms and causes of hypothyroidism and hyperthyroidism with the matching game on page 2.

Activity #4 – Thyroid Cancer Fact Sheet

Read through the Thyroid cancer fact sheet on page 3 to learn more about thyroid cancer and be aware of the signs or symptoms for a proactive approach to thyroid health.

For questions or more information, please email wellness@wellfirstbenefits.com

Thyroid Disorder Matching Game



HINT: Some of the signs/symptoms are seen with both.

Sign/Symptom/Cause	HyPERthyroidism	HyPOthyroidism
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>
Weight gain	<input type="checkbox"/>	<input type="checkbox"/>
Unintentional weight loss	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down/depressed	<input type="checkbox"/>	<input type="checkbox"/>
Nervousness, anxiety, irritability	<input type="checkbox"/>	<input type="checkbox"/>
Impaired memory	<input type="checkbox"/>	<input type="checkbox"/>
Increased sweating	<input type="checkbox"/>	<input type="checkbox"/>
Increased sensitivity to heat	<input type="checkbox"/>	<input type="checkbox"/>
Increased sensitivity to cold	<input type="checkbox"/>	<input type="checkbox"/>
Increased bowel movements	<input type="checkbox"/>	<input type="checkbox"/>
Increased constipation	<input type="checkbox"/>	<input type="checkbox"/>
Rapid or irregular heartbeat	<input type="checkbox"/>	<input type="checkbox"/>
Tremor	<input type="checkbox"/>	<input type="checkbox"/>
Muscle weakness	<input type="checkbox"/>	<input type="checkbox"/>
Pain, stiffness, swelling in joints	<input type="checkbox"/>	<input type="checkbox"/>
Enlarged thyroid gland(goiter)	<input type="checkbox"/>	<input type="checkbox"/>
Changes to skin and/or hair	<input type="checkbox"/>	<input type="checkbox"/>
Elevated blood cholesterol level	<input type="checkbox"/>	<input type="checkbox"/>
Hoarseness	<input type="checkbox"/>	<input type="checkbox"/>
Changes in menstrual patterns	<input type="checkbox"/>	<input type="checkbox"/>
Graves' Disease	<input type="checkbox"/>	<input type="checkbox"/>
Autoimmune Disease	<input type="checkbox"/>	<input type="checkbox"/>

Answer key on Page 4

Thyroid Cancer Fact Sheet



- Unlike most other adult cancers, Thyroid Cancer is typically diagnosed at a younger age and nearly three out of every four diagnoses are in women.
- Thyroid cancer is detectable at an early stage and can be treated successfully
- There are four types of thyroid cancer:
 - **Papillary thyroid cancer:** develops from follicular cells, grows slowly, typically found in one lobe
 - **Follicular thyroid cancer:** less common, develops from follicular cells, grows slowly
 - **Medullary thyroid cancer (MTC):** develops in C cells, frequently part of a genetic syndrome of multiple endocrine neoplasia (MEN), accounts for 5-10% of thyroid cancers
 - **Anaplastic thyroid cancer:** rare, fast-growing form, difficult to treat
- Surgical removal of the affected area is the most commonly used treatment for thyroid cancer
- Thyroid Cancer can cause any of the following signs or symptoms:
 - A lump in the neck, typically near the Adam's apple
 - Loss of voice or hoarseness
 - Enlarged or swollen glands in the neck
 - Trouble swallowing
 - Trouble with breathing
 - Discomfort or pain in the neck or throat
 - Persistent, unexplained coughing
- While the signs or symptoms above can be caused by many other conditions, it is important to discuss your symptoms with your doctor promptly for a more proactive approach to potential thyroid problems and to get the care that you need.

[Learn more](#) about Thyroid Cancer: Symptoms & Treatment.

Sources:

- <https://www.thyroid.org/january-thyroid-awareness/>
- <https://thesurgicalclinics.com/national-thyroid-awareness-month/>
- <https://www.thyroid.org/thyroid-information/>

Answers to Matching Game

Sign/Symptom/Cause	HyPERthyroidism	HyPOthyroidism
Fatigue	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Weight gain	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Unintentional weight loss	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Feeling down/depressed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nervousness, anxiety, irritability	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Impaired memory	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Increased sweating	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Increased sensitivity to heat	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Increased sensitivity to cold	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Increased bowel movements	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Increased constipation	<input type="checkbox"/>	<input checked="" type="checkbox"/>
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Muscle weakness	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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