

Hypothyroidism (Low Thyroid Hormone)

What is hypothyroidism?

Your thyroid gland is in your neck and makes thyroid hormones, which work, on many parts of your body. They help your body use energy. When your thyroid does not make enough thyroid hormone, it is called hypothyroidism.

What are the symptoms of low thyroid hormone levels?

Symptoms can come on very gradually. It can happen at any age but it is more common in old people. Some people have lots of the following symptoms and some don't have any.

- Drowsiness, feeling “tired” a lot
- Dry skin, dry hair, hair loss, brittle nails
- Don't feel like eating but gain weight
- Feeling cold often
- Trouble remembering things
- Reacting slower, falling often
- Heavy and irregular menstrual periods
- Constipation

How do you find out if you have low thyroid?

The only way to know for sure is to have your blood checked for levels of thyroid hormones.

What causes low thyroid?

Sometimes the gland is injured or just doesn't work well. Sometimes it runs in families. Treatment of Hyperthyroidism (too much thyroid hormone) can lead to hypothyroidism.

How is hypothyroidism treated?

Thyroid hormones pills can be given to you. You need to have your blood checked to make sure you are on the right strength of thyroid hormone.