INTRODUCTION:

This comprehensive thyroid information resource contains 61 chapters, divided into three easy-to-navigate sections.

SECTION ONE: "Hypothyroidism" – an under active thyroid gland, accounts for 80% of thyroid disorder cases and this section contains 17 chapters dedicated to the most common thyroid disorder that exists. All aspects regarding hypothyroid conditions are addressed in easy-to-understand language. Anyone from a novice reader to a medical professional can benefit from the compiled information.

SECTION TWO: "Hyperthyroidism" – an overactive thyroid gland, accounts for 20% of thyroid disease cases. Within the 10-chapters, the most common cause - Graves' disease is also addressed, as well as complications, including Thyroid Eye Disease, toxic diffuse goiter, hot nodules, myopathy of the muscles
and a hyperthyroid condition that can be life-threatening (i.e. thyroid storm).

SECTION THREE: "Thyroid Disease" – in general, containing 34 chapters covering everything about disorders, conditions and imbalances of the thyroid gland. Medical professionals and laypersons can benefit from the extensively-researched and well-confirmed information. Included, is information on thyroid antibodies (autoimmunity), goiters, thyroid nodules, cancer, risk factors for developing thyroid disease, types of thyroiditis, coping with a diseased thyroid gland, famous people with thyroid disease (like Oprah Winfrey) and much, much more.

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SECTION ONE: Everything about Hypothyroidism

CHAPTER ONE

Hypothyroidism Basic Facts
The American Association of Clinical Endocrinologists (AACE) estimates that approximately 27-million Americans suffer thyroid diseases and up to 13-million cases remain undiagnosed. Hypothyroid conditions account for about 80% of abnormal thyroid function cases. There are varied symptoms, causes, diagnostic methods and treatments for hypothyroidism.

When a person experiences hypothyroidism, meaning his or her thyroid hormone production has decreased to abnormally low levels (low T3 and/or T4) this results in the metabolism becoming slowed down. The resulting effects are signs and symptoms affecting every area of the body with the severity of them depending on how advanced the hypothyroidism is.

**Major Causes of Hypothyroidism**

Hypothyroidism can have causes that are “primary” (in the gland) or “secondary” (indirectly affecting the gland). The number one cause of hypothyroidism, worldwide is iodine deficiency which is due to the fact that third world countries (less industrialized) account for most of the world population and are areas where iodine is lacking in their diets. The thyroid gland depends on iodine for production of thyroid hormones. Part of this lack comes from their not having iodized salt as we do,
who live in the more advanced countries of the world where iodized salt is more easily attainable.

Industrialized countries have “thyroid autoimmunity” as the most common cause of hypothyroidism. This would also be referred to as “chronic autoimmune thyroiditis”, with most cases falling under the “Hashimoto’s thyroiditis” umbrella.

Thyroid removal surgeries or procedures, in which part of the thyroid gland is removed as treatment for hyperthyroidism (overactive) or to remove thyroid nodules or large goiters, can also result in the need following, to replace thyroid hormone levels that become low afterward.

Other less-common causes of hypothyroidism include pregnancies and problems involving the major glands in the brain that regulate hormone production in the thyroid gland. These are the “hypothalamus” (sends TRH to the pituitary gland) and the “pituitary” (sends TSH to the thyroid, in response to TRH). These glands work in a continuous loop unless disrupted by tumors that can develop within them with hypothyroidism being the end result when the process is hindered, also called “Central Hypothyroidism”.