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## *Understanding thyroid disorders*

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## **Abstract:**

Thyroid disorders appear to be a widespread and diverse group of medical conditions affecting millions of individuals of all age group worldwide. This abstract provides an outline of thyroid disorders, summarizing their crucial aspect including prevalence, epidemiology, treatment approaches and preventive measures. A thyroid disorder occurs mainly due to the dysfunction of the thyroid gland, an essential endocrine gland responsible for the metabolism of the body, i.e. the ways in which the body uses the energy. Hyperthyroidism and hypothyroidism are the two main disorders where hyperthyroidism is characterized by rise of thyroid hormone level and hypothyroidism is characterized by low level of thyroid hormone secretion. Symptoms including enlarged thyroid gland, weight loss, hair loss, fatigue, heat sensitivity and mood swings are seen in people with hypothyroidism. Similarly, hypothyroid patient are seen to have intolerance to cold, weight gain, depression, coarse hair and myasthenia. Many factors contribute to the disorders, Hashimoto's thyroiditis and Graves' disease being the main ones. With these autoimmune conditions, iodine deficiency or over sufficiency, pregnancy, genetic factor and some medical conditions also leads to the thyroid dysfunction.

Being on medication and with adaptation of a right lifestyle, thyroid hormone balance can be restored. Hormone replacement therapy is considered for hypothyroidism, where a tablet such as levothyroxine is used to replace the thyroxine hormone, which the thyroid is not able to produce sufficiently. In case of hyperthyroidism, medication which suppresses hormone production, radioactive iodine therapy or with surgical removal of thyroid are the choices of treatment.

It is important to have necessary knowledge about a disease for treatment as well as for awareness. Having a basic understanding about the causes, treatments and preventive measures are essential for the patients to address their concerns.

## **Keywords:**

Thyroid disorders, hormone production, radioactive iodine therapy, Hyperthyroidism, hypothyroidism