

# THYROID DISEASE and TREATMENT

Read on to find out.



**1800 103 7070**  
FOR APPOINTMENT



## What are the common symptoms of Thyroid disease?

- Fatigue
- Weight gain
- Mood swings
- Lethargy
- Unexplained change in weight

**Is your weight fluctuating? Or do you feel lethargic, just after a good night's sleep? If so, these signs may be the symptoms of Thyroid disease.**

## Key things to remember:

- Healthy lifestyle and diet
- Weight management
- Regular exercise
- Treatable by a medical professional
- Requires a medical diagnosis
- Regular intake of medicines
- Regular monitoring & titration of dose by a physician
- Lab tests or imaging required
- Chronic: can last for years or be lifelong

**Regular monitoring of the Thyroid gland function with tests and timely advice from a physician are the key to a happy life.**

**Talk to the specialist at HCL Healthcare today!**



## Thyroid disease treatment at HCL Healthcare

At HCL Healthcare, various specialists like Endocrinologist, Internal Medicine and Dietitian collaborate to help you manage your Thyroid problem. Post understanding your condition, the best course of action especially suited to your treatment is carried out.

### Our Specialities

Dermatology, Endocrinology & Diabetology, Orthopaedics, Physiotherapy, Obstetrics & Gynaecology, Paediatrics, ENT, General Physician, Internal Medicine, Pulmonology & Sleep Medicine, Dentistry, Cardiology, Dietetics and Nutrition, Radiology

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All medical staff in HCL World Class Family Health Centres are employed by HCL Healthcare

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In affiliation with  
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## Understanding Thyroid Gland

The Thyroid gland is a major endocrine butterfly shaped gland situated in front of the neck. It is regarded as the metabolic rate controller of the body. It produces Thyroid hormones and Calcitonin that helps in regulating levels of Calcium in the blood.



Thyroid gland hormone secretion is under the control of the pituitary gland located in the brain. The pituitary gland produces the Thyroid Stimulating Hormone (TSH) to stimulate the thyroid gland to produce more hormones (T3, T4).

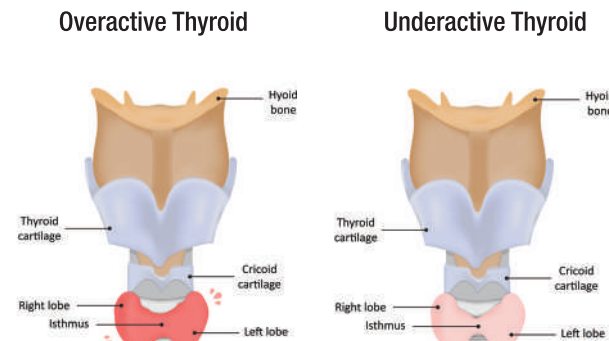
## What are the two different types of Thyroid disease?

**There are two types of Thyroid disease:**

**Hypothyroidism** means a less active thyroid gland and results in slowness, lethargy, drooping of upper eyelids, increased sleep, swelling of the face and limbs, cold intolerance, reduced appetite, weight gain, high cholesterol, constipation, coarse skin, menstrual irregularities and infertility.

**Hyperthyroidism** means increased thyroid hormone activity that manifests as rapid or irregular heart beat, weight loss despite increased appetite, abnormal protrusion of eye ball, nervousness, shaking or quivering, lack of sleep, heat intolerance, diarrhoea, menstrual abnormalities and low cholesterol.

**Look out for these symptoms that may indicate an under or over functioning Thyroid gland. An early detection can help manage the condition effectively and enable the patient lead a better life.**



## Who is more likely to be affected by Thyroid disease?

**Women are three times more likely to be affected by Thyroid disease**

- As compared to urban cities and metro cities, knowledge about the condition is lower though the occurrence of the disorder is the same
- Awareness of Thyroid disorder among pregnant women is higher than among non pregnant women
- In pregnant women, Thyroid disorders can lead to placental abnormalities and increased risks for the baby's well-being, according to experts
- In general, it's a very common disease among the Indian population with more than 10 million cases detected in every year\*



Source: timesofindia.indiatimes.com