

# Thyroid Health Club

## Hypothyroidism is Linked to a Myriad of Health Issues, Study Says

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With incessant rise of patients diagnosed with hypothyroidism, medical studies have confirmed the link between hypothyroidism with a myriad of health risks. If left untreated, hypothyroidism can progress and cause a multitude of complications.

Dr. Obada Yousif, founder of Thyroid Health Club, a thyroid support group, believes that understanding the symptoms of hypothyroidism and getting regular screenings to confirm an early diagnosis will avert the onset of the complications. ?Patients need to be aware of the possible complications of hypothyroidism in order to prevent further risks down the line,? Yousif advised.

According to Yousif, some of the symptoms and complications included fatigue, increase sensitivity to cold, constipation, dry skin, weight gain, hoarseness of voice, muscle weakness, elevated blood cholesterol levels, muscle aches, tenderness and stiffness, pain, stiffness or swelling in the joints, heavier than normal or irregular menstruation, thinning hair, slowed heart rate, depression, and impaired memory.

When hypothyroidism isn't treated, symptoms may become more severe. Constant stimulation of the thyroid

gland to release more hormones may lead to an enlarged thyroid (goiter). Myxedema, advanced hypothyroidism, may also be triggered although it is rare. Signs and symptoms include low blood pressure, decreased breathing, decreased body temperature, unresponsiveness and even coma. In extreme cases, myxedema can be fatal.

However, Dr. Yousif warns of more dangerous complications. "For pregnant women, having untreated thyroid disorder may place your baby at higher risk of having birth defects as thyroid hormones are vital for brain development. Hence, if these problems are addressed shortly after the birth, the child may experience healthy development."

An abbreviated thyroid function test is part of the newborn screen. This usually includes a panel of blood tests performed on a newborn to exclude diseases.

Another health risk linked to hypothyroidism is heart disease. Hypothyroidism can affect the heart?s health even on its mildest form.

Underactive thyroid can increase the risk of developing heart disease because it increases levels of bad cholesterol. ?Too much bad cholesterol can lead to atherosclerosis, hardening of the arteries, which can escalate the risk of stroke and heart attack. Hypothyroidism can also result to fluid buildup around the heart, a pericardial effusion, which may make it difficult for the heart to pump blood,? said Dr. Yousif.

Dr. Yousif also clarified the link between hypothyroidism and fertility. If thyroid hormone levels are too low, it can affect ovulation and decrease a woman's chances of conceiving. Even with proper treatment, there is no guarantee that the woman will be fully fertile.

?This is the reason why the team at Thyroid Health Club is very passionate about providing thyroid support for women. The risk to infertitility is very high as proven by numerous studies here in the United States and abroad,? said Dr. Yousif. Medical research has revealed that high majority of women found with moderate to severe underactive thyroid can have difficulty in conceiving a child. Unfortunately, there?s still no treatment available.

?Best case scenario is to detect the disease at its earliest stage to prevent any complications,? said Dr. Yousif. By monitoring food intake, exercising, and regular screening, any complications linked to hypothyroidism may be barred.

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# Thyroid Health Club

*Dr. Obada Yousif -Endocrinologist understanding the challenges posed by traditional medicinal products and the risks associated with their use, created thyroidhealth.club to provide today?s families with a range of quality products for their daily lives.*

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Thyroid Health Club