Everything women need to know about Thyroid

Around the age of 35-40 it is common for women to develop thyroid problems. Awareness needs to be generated about the common warning signs that can lead thyroid related issues.

New Delhi, Dec 18, 2016: Thyroid disorders are a serious health concern worldwide. In India, about 42 million people are estimated to be suffering from thyroid disorders. It basically translates into 1 in 10 Indians suffering from one or more form of the condition.

Women are 80% more likely than men to develop thyroid disorders due to various differential hormonal fluctuations in their body. Women are also more likely to be iodine deficient, which can in turn lead to thyroid dysfunction.

Padma Shri Awardee Dr. K.K Aggarwal, President Heart Care Foundation of India (HCFI) and National President Elect Indian Medical Association (IMA), stated that, “The Thyroid gland is important in maintaining crucial metabolic processes in the body. Hormones secreted by the thyroid gland help in regulating your body temperature, keeping your brain healthy, your heart pumping rhythmically, and balancing harmony among all organ systems. When you suffer from a thyroid disorder, your thyroid glands can become either over reactive- leading to hyperthyroidism or under reactive- leading to hypothyroidism. Hypothyroidism is more common and can precipitate other conditions such as high cholesterol and heart disorders.”

Early recognition of warning signs of thyroid dysfunction can help in prompt preventive measures, be it medication or lifestyle changes. The symptoms are often trivial and hard to pinpoint. Most reliable method is a blood test to evaluate your TSH levels.

“Certain individuals are at a greater risk of developing thyroid diseases. Most common risk factors include, diabetes, autoimmune disorders, family history of thyroid disease, radiation treatment history, hormonal changes- pregnancy and menopause, and old age. It is important that women nearing menopause undergo an evaluation for their thyroid function”, added Dr. K.K Aggarwal.

Symptoms of hypothyroidism include:

- Extreme fatigue and tiredness
- Weight gain
- Cold intolerance
- Dry or brittle hair
- Memory problems
- Irritability and depression
- Higher cholesterol
- Slower heart rate
- Constipation

Symptoms of hyperthyroidism include:

- Weight loss
- Heat intolerance
• Frequent bowel movements
• Tremors
• Nervousness and irritability
• Thyroid gland enlargement
• Sleep disturbances
• Fatigue

Statistics:

http://www.ijem.in/article.asp?issn=2230-8210;year=2011;volume=15;issue=6;spage=78;epage=81;aulast=Unnikrishnan

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India’s everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact
Heart Care Foundation of India
Sanjeev Khanna-9871079105
Md Adib Ahmed- 9873716235
Email- media.hcfi@gmail.com