

JUST JESS on HEALTH:

The thyroid



The thyroid gland sits on the front of the neck just below the cricoid cartilage. The gland secretes our thyroid hormones (T3 and T4) in response to thyroid stimulating hormone, which is secreted by our anterior pituitary gland. This power-house gland assists in metabolism, growth, development and body temperature.

When there is thyroid dysfunction it can result in the following symptoms:

Hyperthyroid	Hypothyroid
Weight loss	Weight gain
Increased appetite	Decreased appetite
Diarrhoea	Constipation
Anxiety	Depression and mood swings
Sweating/heat intolerance	Sensitivity to cold
Tremors	Fatigue
Heart palpitations	High cholesterol
Bulging eyes	Poor memory/brain fog

Both can present in:

- Depression
- Hair loss
- Irregular menstruation
- Goitre (enlarged thyroid)

When getting your thyroid checked it is very important to check the thyroid anti-bodies and thyroid peroxidase in order to make sure that we are not dealing with an auto-immune condition.

The thyroid can be affected by:

- Nutritional factors
- Gastrointestinal dysfunction
- Hormone imbalance
- Poor detoxification (liver)
- Immune dysfunction
- Environmental toxicities (endocrine disrupting chemicals including pollution, BPA, parabens, plastics...)
- Stress
- Certain medications

It is important that a thorough case is taken in order to find the cause of the thyroid dysfunction.

If you are suffering with any of the above symptoms reach out, let's do some investigating. If you would like to book your appointment please don't hesitate to pop me an email/message. I am available for online and face-to-face consultations during this time.

Kind regards
Dr Jess

