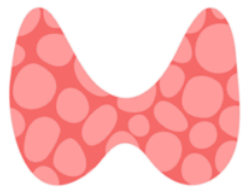




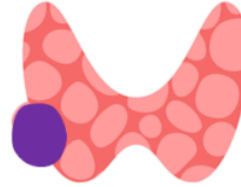
# Thyroid Awareness Month



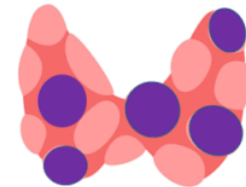
Normal thyroid



Goitre  
Enlarged thyroid



Thyroid nodule  
Can present as a lump



Multinodular goitre  
Can present as neck swelling



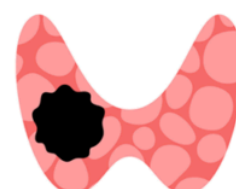
Thyroiditis  
Inflamed thyroid



Hashimoto's thyroiditis  
Can present with hypothyroidism



Graves disease  
Can present with hyperthyroidism



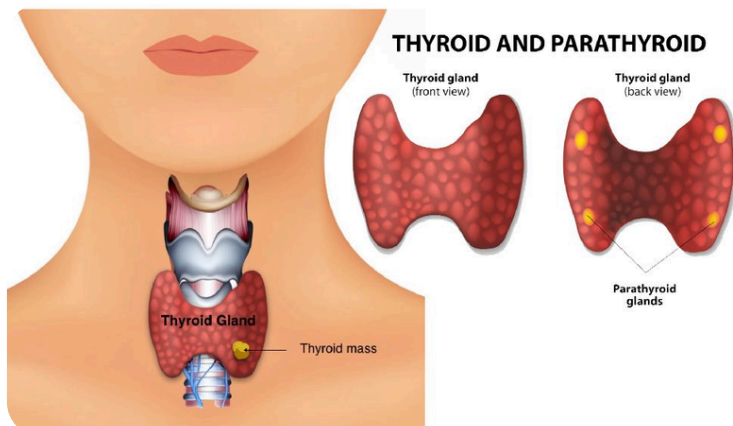
Thyroid cancer  
Can present as a lump/ neck swelling

## What is Thyroid Disease?

Thyroid disease refers to a range of conditions that affect the thyroid gland, a small, butterfly-shaped organ located at the base of your neck.

The thyroid plays a crucial role in regulating metabolism by producing hormones (primarily thyroxine (T4) and triiodothyronine (T3) that control various bodily functions, including energy production, temperature regulation, and growth.

When the thyroid gland is not functioning properly, it can lead to various health issues, typically classified into two broad categories: Hypothyroidism and Hyperthyroidism.



## Supplements of the Month

The following supplements are **15%** off for the month of January:

**Bone Density:** This is our best product for osteoporosis.

**Collagen:** Our collagen is a peptide coming out of Europe that has helped with cartilage regeneration.

**Immune Booster Injection:** This is our homeopathic immune booster. This is safe for anyone to receive and does not interact with medications or supplements

The following products are **50%** off while supplies last:

- Buffered C Powder
- ECGG
- Dr. Rejoint
- Lithium Orotate
- Cramp Bark Extra
- OrthoBiotic

## Hypothyroidism vs. Hyperthyroidism

**Hypothyroidism (Under Active Thyroid):**  
In hypothyroidism, the thyroid produces too little thyroid hormone. This can slow down metabolism and lead to symptoms such as:

- Fatigue
- Weight gain
- Cold intolerance
- Dry skin and hair
- Constipation
- Depression
- Memory problems

The most common cause of hypothyroidism is **Hashimoto's thyroiditis**, an autoimmune condition where the body's immune system attacks the thyroid.

**Hyperthyroidism (Over Reactive Thyroid):**

In hyperthyroidism, the thyroid produces too much hormone, speeding up metabolism and causing symptoms such as:

- Unexplained weight loss
- Rapid heartbeat or palpitations
- Nervousness or irritability
- Tremors (shaking hands)
- Heat intolerance
- Sweating
- Sleep disturbances

The most common cause of hyperthyroidism is **Graves' disease**, an autoimmune disorder in which the immune system stimulates the thyroid to overproduce hormones.

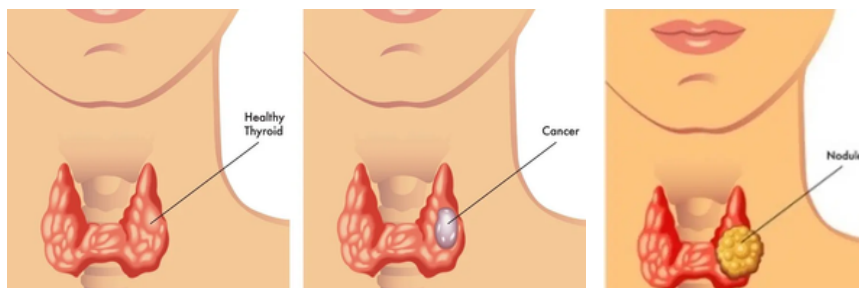
### Testing for Common Thyroid Disorders

#### Thyroid Testing:

- At a minimum of 1 time per year we recommend having the following tests ran:
  - TSH
  - Free T4
  - Free T3
  - TPO antibodies
  - Thyroglobulin antibodies

#### Thyroid Ultrasound:

- If and when we do have lab abnormalities we will follow up with a thyroid ultrasound
- This can help to detect:
  - Thyroiditis
  - Thyroid nodules
  - Thyroid cancer



# Event News

We will be at the **Sun City West Expo**. Come out and meet with us and find out about other services available in the area! There will be raffles, lunch and sample giveaways!

- **Date:** 20 January 2025
- **Time:** 9am-1pm
- **Location:** Sundial Recreation Center, 14801 N. 103rd Ave, Sun City West, AZ, 85351



We are participating in the **Celebration of Buckeye History** and the event includes a cattle drive, rodeo, wild west show, a marketplace and more! Join us at the below date and time for the Buckeye Days event!

- **Date:** 25 January 2025
- **Time:** 9:30am-2pm
- **Location:** Downtown Buckeye on Monroe Avenue

## Upcoming Community Talks:

1/22/2025 at 10am

Canta Mia Clubhouse | Thyroid Health with Dr. Nguyen

*If you want us to speak to your community, please contact Savana by email at [savana@wvncaz.com](mailto:savana@wvncaz.com).*

# Hear from our Doctors



Dr. Huynh discusses the autoimmune disorder, Hashimoto's Thyroiditis. As we focus on thyroid health this month, she puts a spotlight on the importance of thyroid function and diagnosis.



Dr. Nguyen discusses vitamins that help to support your thyroid and gives examples of the foods to incorporate into your diet to add more of these vitamins in.



Dr. Rada talks about signs, symptoms, and the difference between Hyperthyroidism and Hypothyroidism.