

When Thyroid is affected

Thyroid problem is more common than you think By Cresta Kwan

Hyperthyroidism	Hypothyroidism
<ul style="list-style-type: none"> ● Jitteriness, shaking ● Nervous, irritability ● Rapid heart beat or palpitations ● Feeling hot ● Weight loss ● Fatigue, feeling exhausted ● More frequent bowel movements ● Shorter or lighter menstrual periods 	<ul style="list-style-type: none"> ● Fatigue or lack of energy ● Weight gain ● Feeling cold ● Dry skin and hair ● Heavy menstrual periods ● Constipation ● Slowed thinking

Suffering from nervousness and rapid heartbeat? Having sluggish metabolism and feeling fatigue? You might have thyroid illness.

About 200 million people in the world suffer from some form of thyroid illness. People of all ages and races can get thyroid illness. Women are five to eight times more likely than men to have thyroid illness. Improved public awareness and understanding of thyroid will enable patients and their families to cope more effectively with the symptoms and negative effects of thyroid.

Six common questions of thyroid:

Q1. What is a thyroid gland?

The thyroid is a small gland of our endocrine system; shaped like a butterfly that rests in the middle of the lower neck, just below the Adam's apple and weighs an average of 20 grams. Its primary function is to control the body's metabolism (rate at which cells perform duties essential for living including heart function and nerve system). It produces, stores and secretes thyroid hormones (T4, T3), which tell the body's cells how much energy to use and monitor a child's growth and development.

Q2. How does thyroid affect the body?

When the thyroid gland produces too much hormones, the condition is known as overactive thyroid or hyperthyroidism. On the other hand, an abnormal deficiency of thyroid hormones is known as underactive thyroid or hypothyroidism.

Q3. How common is thyroid disease?

About 13 million of Americans have thyroid disease. More than half of them are not aware of the available treatments. [Ref: the American Thyroid Association] Grave's disease is a common thyroid disorder commonly occurring in women in the age group of 20s-40s with a ratio 5:1 (women: man). [Ref: *National grave's disease foundation*]

Thyroid cancer is the 9th commonest cancer among Singapore women [Ref: Singapore cancer registry 1998-2002] and the 10th commonest overall cancer among Hong Kong women in 2003. Thyroid cancer usually occurs in the 20 - 44 age group. [Ref: the HK Practitioner Vol.28 / Nov 2006]

Examples of celebrities are US President's mother Barbara Bush, famous host Oprah Winfrey, and Hong Kong' pop star Maggie Cheung.

Q4. Things you should know about thyroid:

Postpartum thyroiditis occurs in 5% to 9% of women after they have given birth. It is usually a temporary condition.

A non-functioning thyroid gland affects one in 4,000 newborns. If left untreated, the child will be physically and mentally retarded.

Graves' disease often occurs in the younger age groups, the entire thyroid gland might be overactive and there is a higher chance of having diffuse toxic goiter (enlarged thyroid gland).

Nodules might be overactive within the thyroid. This is a common condition for people over the age of 20 or over 70.

[Ref: US ATA, Santa Barbara Thyroid Clinic]

Q5. How to treat thyroid disease?

If thyroid disease is left untreated, it may lead to serious consequences, such as infertility, psychiatric disorders, paralysis, and even heart failure. So, hypothyroidism is often treated with a drug called levothyroxine that replaces the missing thyroid hormone in the body. Hyperthyroidism, generally could involve drug therapy to block hormone production or radioactive iodine treatment (RAI) that disables the thyroid, or even thyroid surgery to remove part or the entire gland. However the RAI and surgery may often result in life-long hypothyroidism.

Q6. Is there an alternative treatment for thyroid disease?

Yes, other than drug therapy prescribed by physicians, there are alternative treatments. In Singapore, "HealthGuard T18" is a well known modernised Traditional Chinese Medicine (TCM). HealthGuard T18 is approved by the Health Science Authority (HSA) and has a global recognised GMP production license, protected by anti-counterfeit technology and it is exclusively found in Singapore.

What are the benefits of "HealthGuard T18"?

HealthGuard T18 supports an integrated approach and helps to restore the gland function naturally without any side effects. Thyroid patients can take HealthGuard T18 while on prescribed drug therapy. Conrad Health-Guard Products Pte Ltd is incorporated in Singapore with a Research & Development team and the GMP factory alliance located in Hong Kong. Founder Mr Ted Yu is a former sufferer of hyperthyroidism for many years until he found a formula that cured him. Since incorporation in 2003, many thyroid patients in Singapore have benefited from HGT18 herbal formula with amazing testimonies.

For more information on Conrad Health-Guard products, please write to qna@health-guard.net or call to 6223 8622, free consultation.

Event: "T for Thyroid Health Talk & Award Presentation 08"

- Highlights:**
- What to do if Thyroid Nodules are found?
 - How to tackle Thyroid Goiter & Nodule?
 - Learn the Thyroid Health-The Diagnosis and Prevention
- Guest Speaker:** Dr. Kevin Tan, Professional in Endocrinology, Internal Medicine, and Diabetes with 20 Years of Practice.
- Date:** August 23, 2008 Saturday
Time: 12:00 – 4:00 pm
Venue: YMCA Auditorium (Dhoby Ghaut)
Admission fee: Adults (\$20) Students (\$5)



Light refreshment and goodie bags available.
 Seats are Limited! Register Now via Phone: 6223 8622 or via online official website: www.worldcontest.org/event.php. Early Bird Registration: \$2 discount for adults by August 18. Ladies registration before deadline can enjoy 10% off feminine hygiene serum "U Magic"!