

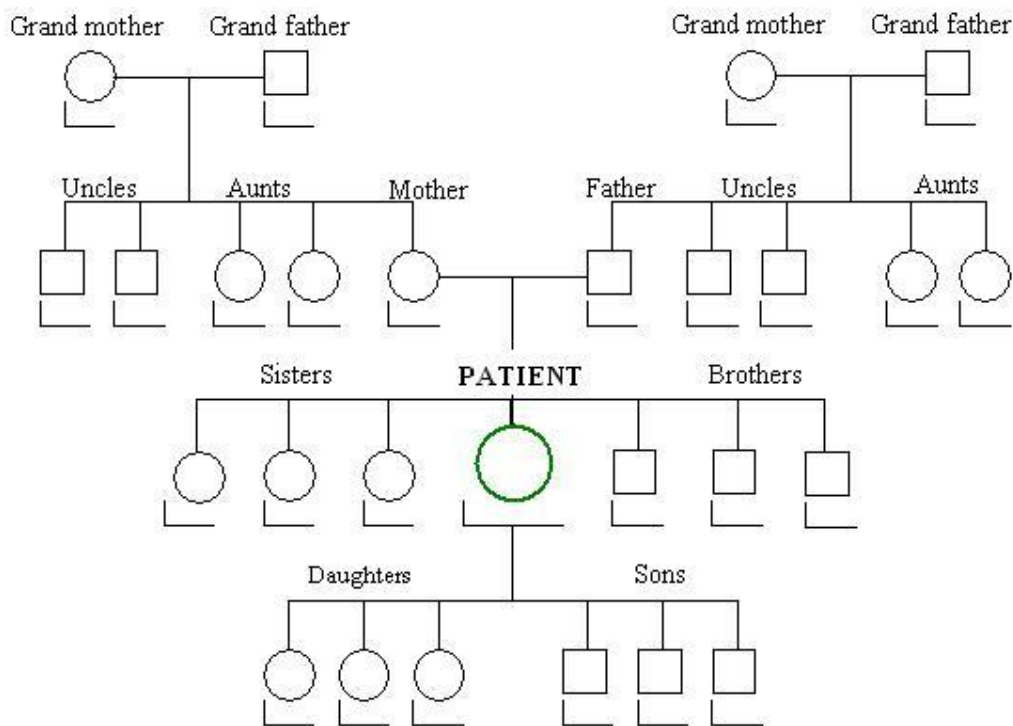
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**Who should be Tested?**

Hypothyroidism tends to come on in later years. Usually people inherit from and with the thyroid diseases family history, especially for women at age 50, during pregnancy or consider pregnant are requested to make a thyroid test. Through the diagram, if you or any of your relatives have a thyroid or related problem, you can examine to see if you can tell who should be checked for hypothyroidism or hyperthyroidism.

In carrying out the evaluation of your family, you will probably find that several relatives on one side of the family will have had either a thyroid disorder or a thyroid-associated condition. In contrast, those relatives on other side of the family will probably have had few if any of the disorders.



The Diagram is a scheme that can help you trace various thyroid and related conditions through your family tree.

**Instruction:**

- A. Write the age of living family members in the CIRCLE or SQUARE.
- B. Write the age at which other family members died in the CIRCLE or SQUARE plus add a (+).
- C. For each person, note which of the diseases listed on the right they have had by writing the number(s) on the line under the CIRCLE or SQUARE.

**Description:**

1. Thyroid Disease
  - a. Overactive
  - b. Underactive
  - c. Cancer
  - d. Other: goiter, etc.
2. Gray Hair
  - a. Starting before age 30
3. Diabete Mellitus
4. Cataracts of the eyes
5. Gallstones
6. Vitiligo
  - a. White spots on the skin
7. Collagen Disorders
  - a. Rheumatoid arthritis
  - b. Lupus erythematosus
  - c. Scleroderma
  - d. Polyarteritis
8. Alcoholism
9. Breast Disorders
  - a. Mastitis
  - b. Cancer
  - c. Milk in breast (galactorrhea) at time other than after pregnancy

10. Eyes
  - a. Large or protruding eyes
  - b. Circles under the eyes
11. Sun Poisoning
  - a. Rash, hives, or blisters
12. Allergy
  - a. Hay fever, asthma, hives
13. Pernicious Anemia
  - a. Anemia due to lack of Vitamin B<sub>12</sub>
14. Raynaud's Disease
  - a. Blue or white fingers when exposed to b. cold temperature
15. Skin Cancers
16. X-Ray Treatment to Face or Neck

Example: A woman who died at age 65. And had diabetes and breast cancer would be;

45 +  
3, 96

In summary, over the age of 50 on the "thyroid side" of your family be examined by a physician for evidence of hypothyroidism. Below the age of 50, only those relatives who feel sluggish and run down need to be tested for hypothyroidism. Finally relatives who seem hyperactive (fast pulse, increased sweating, nervousness, etc.) can be examined by their physicians for evidence of hyperthyroidism.

Source From Book: *A Home Reference 4 th ed. - Your Thyroid published by Ballantine Books 2005 (Pg. 111-115)*