

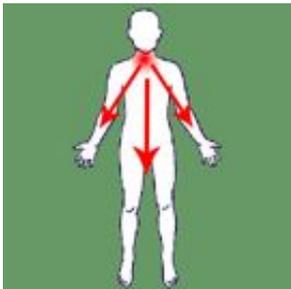
Hyperthyroidism



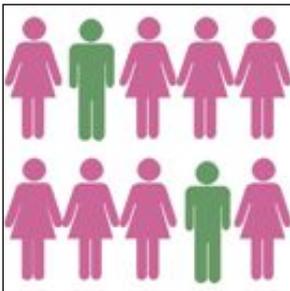
What is Hyperthyroidism?



Hyperthyroidism is where the thyroid gland is overactive (more active than usual).



It makes too much thyroid hormone (a chemical) in your body.



More women than men have it.



We make every effort to make sure the information is correct (right).

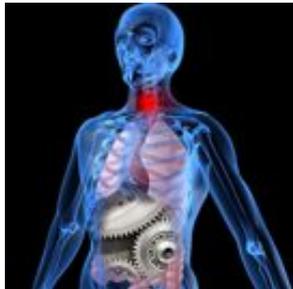
However, we cannot be responsible for any actions as a result of using this information.



What Does the Thyroid Gland Do?



The thyroid gland is found in the neck.

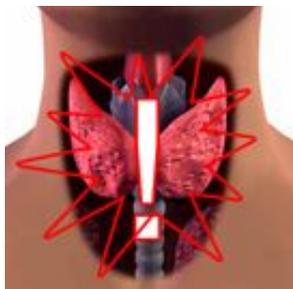


The thyroid gland keeps the body working properly.

It does this by making hormones (chemicals in the body).



These hormones control your heart rate and body temperature.



In hyperthyroidism, the thyroid gland produces too many hormones.

This can make a person:



- Hyperactive (when somebody has a lot of energy; finds it hard to sit still or talks a lot).



- Want to eat more food.



- Suddenly put on or lose weight.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Hyperthyroidism



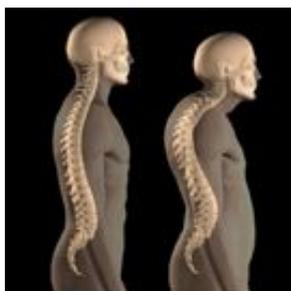
There are two types of Hyperthyroidism:



- **Overt** – where it gives you symptoms.



- **Subclinical** - when the levels of thyroid hormone are still normal.
- There are usually no symptoms, or symptoms may be mild.



If it is not carefully controlled, Hyperthyroidism can give you other health problems.

For example, it can give you osteoporosis (weak and brittle bones).



Hyperthyroidism can be treated.

It can be treated with medicine, radiotherapy (radiation X-rays), or sometimes an operation.



You must make sure your Hyperthyroidism is treated by a doctor, otherwise in the worst case you could die.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Symptoms



Symptoms you may have:



- Difficulty breathing or a fast heartbeat.



- Hyperactivity



- Mood swings (like getting grumpy or cross or nervous)



- Difficulty sleeping



- Fatigue (being really, really tired)



- Muscle weakness



- Needing to poo or wee more often than usual,



- Diarrhoea or Steatorrhoea (Fatty poo that floats on the surface in the toilet, looks oily and may be very smelly),



- Feeling hot and sweating a lot



- Wanting to eat and drink more



- Suddenly getting fatter or losing weight



- **For women:**

- Periods becoming light, not happening every month or stopping altogether



- Not being able to have a baby



- Not being interested in sex anymore



If you have diabetes, you may also feel more thirsty and tired.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Signs of Hyperthyroidism



Signs you may notice:



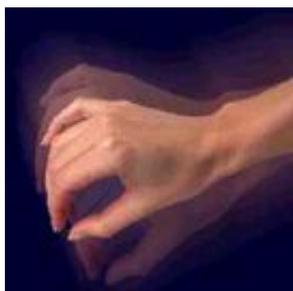
- A swelling in your neck (called a goitre)



- An odd rhythm to your heartbeat and pulse



- A fast heart rate when you are resting



- A tremor (trembling or shaking)



- Warm, moist (damp/wet) skin



- Redness on the palms of your hands



- Lifting of your nails from their nail beds



- Itchy skin with raised itchy swellings (called urticaria)



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Thyroid Storm



This is a very serious thing to happen.

An ambulance should be called straight away.

If not treated, you could go into a coma.



It can happen because of an infection, getting hurt, or stress to the body (like a stroke).



A thyroid storm can also happen to pregnant women who don't know that they have hyperthyroidism.



The symptoms of a thyroid storm are:



- A very fast heartbeat (over 140 beats a minute)



- Fever (a temperature higher than 38.5 C, or 101 F)



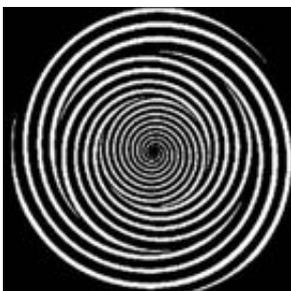
- Dehydration (feeling thirsty) with diarrhoea (runny poo) and vomiting (being sick)



- Jaundice (a yellow colour to your skin)



- Feeling really grumpy, cross and confused



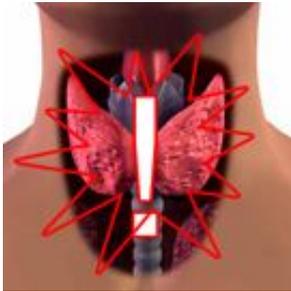
- Hallucinations (seeing things that are not really there)



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Why Hyperthyroidism Happens



Hyperthyroidism happens when your thyroid gland produces too much of one of the thyroid hormones.

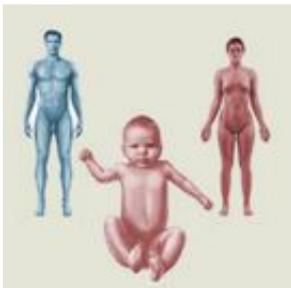
Different things make this happen:



Graves' disease



Graves' disease is the most common reason for Hyperthyroidism happening.



It can run in families.



It is most common in women between 20-40 years of age.



You are also more likely to develop Graves' disease if you smoke.



If you have Graves' disease, your eyes may also be affected.



It can make your eyes hurt and you may see double vision.

You may find that your eyes 'stand out'.



This is known as Graves' Ophthalmopathy.



We make every effort to make sure the information is correct (right).

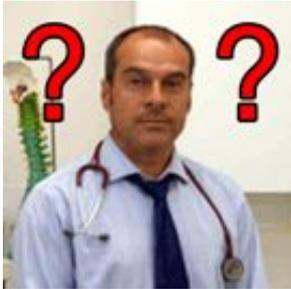
However, we cannot be responsible for any actions as a result of using this information.



Thyroid Nodules



It is possible for lumps to grow in your thyroid gland.
These are called nodules.



Doctors do not know why these nodules grow.
But they are usually benign (non-cancerous).



The nodules can make extra thyroid hormones, causing hyperthyroidism.

When this happens they are called toxic.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



Iodine



The iodine in food is used by your thyroid gland to make hormones.



If you take extra iodine, your thyroid gland can make too many hormones.

This is called iodine-induced hyperthyroidism.



Amiodarone (a type of medicine)



Amiodarone is a medicine used to help a heart to beat regularly.



If you take this medicine, it may give you Hyperthyroidism.

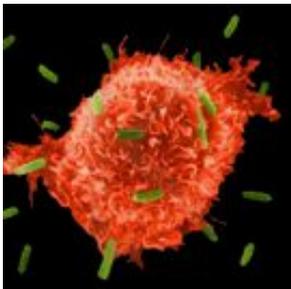
This is because it contains iodine.



Follicular Thyroid Cancer



In rare cases, you may get Hyperthyroidism when you have Thyroid Cancer.



This can happen if the cancer cells in your thyroid gland begin making hormones on their own.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Diagnosis

(finding out you have Hyperthyroidism)



You should see your doctor if you think that you have Hyperthyroidism.



Your doctor will ask you about your symptoms.



You will need to have a blood test.

The blood test will tell you how well your thyroid gland is working.

This blood test is called a **Thyroid Function Test**.



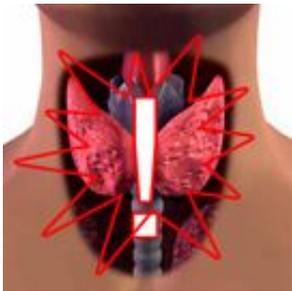
Thyroid Function Test



1. Your doctor will take a small blood sample.



2. This will be tested to see how much thyroid hormone is in your blood.



3. The results will show if you have Hyperthyroidism or not.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



Types of Hyperthyroidism



If your test shows that you have hyperthyroidism, your doctor will tell you what kind of hyperthyroidism you have.



If you have Overt (fully-developed) Hyperthyroidism, you may have symptoms.



If you have Subclinical Hyperthyroidism, you may have no symptoms at all.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Treatment



Treatment is to make your hormone level normal again.



You may also need treatment for other health problems, such as swelling of your thyroid gland (goitre).



Treatment for Subclinical Hyperthyroidism



You may not need any treatment.

In most cases, the hormone will return to normal.

You will need to return to your GP within 1-2 months for another blood test.



However, sometimes the hormones stay abnormal (subclinical hyperthyroidism) or,

Get worse (overt hyperthyroidism).



If the hormones stay abnormal you may need to have a blood test every 3-6 months.



You may need to have a check more often if:



- You are older



- Or you have a health problem with your heart, or veins or you have had a stroke in the past.



Your doctor may suggest you see a specialist If your tests stay abnormal.

If your tests have got worse you may need treatment for Overt Hyperthyroidism.



Treatment for Overt (fully-developed) Hyperthyroidism



The blood test will show if you have this type of hyperthyroid gland.

If you do, your doctor will suggest you see a specialist.



You will also need to see a specialist if:



- You have Graves' ophthalmopathy.
- This is when your eyes feel uncomfortable, have double vision or stand out.



- For women, if you are pregnant, want to have a baby, or have given birth, **and** you have Hyperthyroidism.



You may need to have emergency treatment in hospital if you have any of the symptoms of a Thyroid Storm.



A Thyroid Storm is a serious reaction that can happen when your Hyperthyroidism is not being looked after properly.



Different Treatment



This will depend on your symptoms and your blood test results:



Medicines called thionamides (for example, carbimazole and propylthiouracil)



Stop your thyroid gland making extra hormones.



They may take while to work (maybe 4-6 weeks).



Your doctor will tell you if you need to take this for a long, long time.



When some people take this medicine, they get:



- Mild skin rash.



- Pain in your joints.



- Nausea (feeling sick).



- Itchy skin.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



You should seek medical attention straight away if you are taking this medicine and you get a:



- Fever



- Sore throat



- Mouth ulcers



- Other symptoms of infection



Beta-Blockers

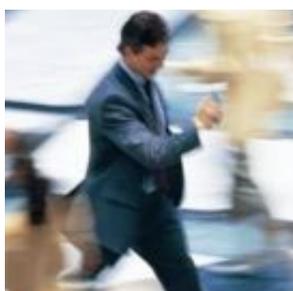
Beta-Blockers deal with some of the symptoms of Hyperthyroidism, like:



- Tremor (shaking and trembling)



- Rapid heartbeat



- Hyperactivity



You should not use beta-blockers if you have asthma.



Beta-Blockers can sometimes make you feel:



- Nausea (feeling sick)



- Fatigue (very, very tired)



- Cold hands and feet



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

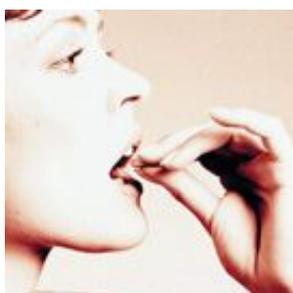


Radio-Iodine Treatment



This is a type of Radiotherapy.

Radiotherapy is a type of treatment that uses radiation, x-rays or gamma rays to kill disease.



If you have this treatment, you will be given a drink or a capsule of radioiodine to swallow.



The dose of radioactivity in the radioiodine is very low. It will not hurt you.



You should not have this treatment if you:



- Are pregnant



- Breastfeeding



For women, if you are planning to have a baby, you should not get pregnant until 6 months after having radioiodine treatment.



If men want a child they should wait 4 months after having radioiodine treatment.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



Surgery



Surgery to take out all, or part, of the thyroid gland is a permanent (long-lasting) cure for hyperthyroidism.

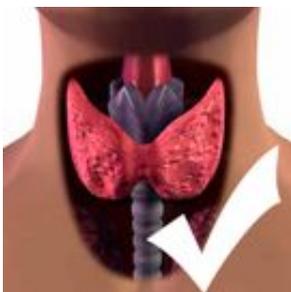


Your specialist may suggest surgery if:

- Your thyroid gland is very, very swollen (a large goitre) and is causing problems in your neck.
- You have thyroid eye disease.



Surgery may also be suggested if you have cancer of the thyroid.



The idea of surgery is to take away just enough of your thyroid gland so that it makes the right amount of hormones.



If too much of the thyroid gland is taken away, you may get an under-active thyroid (hypothyroidism).



If this happens, thyroid hormone tablets can be taken to keep your thyroid levels normal.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.

Pregnancy and Hyperthyroidism



Women with Hyperthyroidism who become pregnant could have a difficult pregnancy.



If you are pregnant and you have Hyperthyroidism, you should see a specialist.

Your specialist will keep an eye on your Hyperthyroidism while you are pregnant.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



The Foundation for People with Learning Disabilities paid for this leaflet to be made.



The medical information was provided by PRODIGY.

www.prodigy.clarity.co.uk



Easy read translations were done by Easyhealth at Generate Opportunities Ltd.