



Thyroid disease is a medical condition that occurs when the thyroid gland doesn't produce the right number of hormones. The thyroid is a butterfly-shaped gland in the neck that produces hormones that regulate many other organs.

There are many types of thyroid disease, including:

- **Hyperthyroidism**

An overactive thyroid that produces too much thyroid hormone. Symptoms include:

- Rapid or irregular heartbeat
- Weight loss
- Muscle weakness
- Nervousness or irritability
- Goiter, or swelling in the neck
- Warm skin and sweating
- Red palms
- Loose nails
- Hives
- Hair loss or thinning

- **Hypothyroidism**

An underactive thyroid that doesn't produce enough thyroid hormone. Symptoms include:

- Fatigue
- Weight gain
- Depression
- Constipation
- Irregular or heavy menstrual periods
- Problems conceiving

- **Thyroid nodules**

Lumps in the thyroid gland that are usually harmless and don't cause symptoms

- **Thyroiditis**

Swelling of the thyroid

Thyroid disease can affect many aspects of your health, including your heart rate, mood, energy level, metabolism, and bone health.

Source: American Thyroid Association (www.thyroid.org)