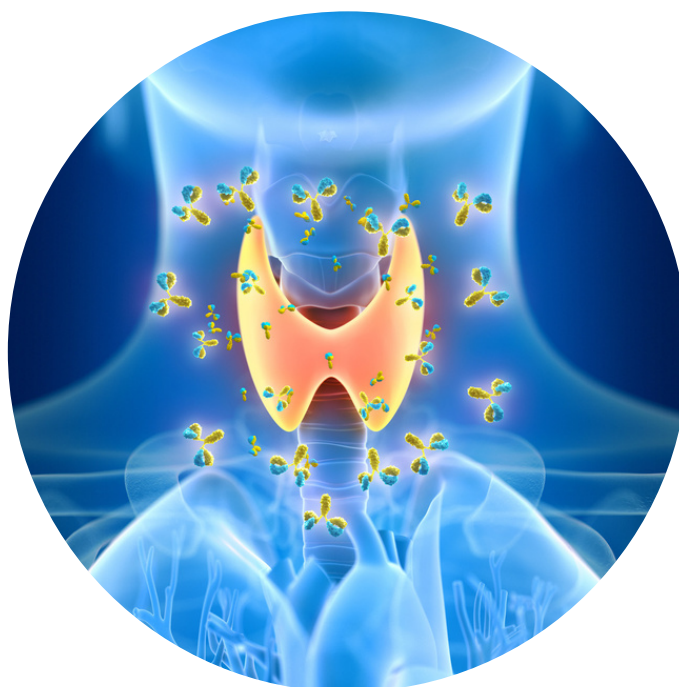


What is Graves' Disease?

an autoimmune disorder that causes an overproduction of thyroid hormones; hyperthyroidism

Common symptoms of Graves Disease



Weight loss

Unintentional weight loss, despite normal eating habits, due to overactive thyroid speeding up the body's metabolism.

Insomnia

Excess production of thyroid hormone can make it difficult to fall or stay asleep, leading to increased fatigue.

Sweating

One of the most common symptoms of Graves' Disease is increased heat sensitivity manifesting as an increase in perspiration, warm or moist skin, or excessive sweating.

Anxiety

Increased anxiety and irritability

Possible Causes

Many factors can increase the risk of developing Graves' Disease

About 3 in every 4 people with an overactive thyroid gland go on to develop Graves' disease. The main cause is still unknown but it mostly affects young or middle-aged women and is often hereditary (1). Many factors can increase the risk of disease such as smoking, being exposed to high emotional or physical stress or having other autoimmune disorders. Pregnancy or recent childbirth may increase the risk of the disorder, particularly among women who have genetic predisposition.

Diet & Nutrition

Diet and the lifestyle support can help manage symptoms

Diet can play an important role in managing Graves' disease, with foods shown to exacerbate and/or ameliorate symptoms. Specific nutrients can help reduce some of the symptoms associated with the condition. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns and recommend a personalised dietary approach.



1. NHS choices. NHS. Available at: <https://www.nhs.uk/conditions/overactive-thyroid-hyperthyroidism/causes/>