

What is Hashimoto's?

An autoimmune disorder that occurs when antibodies attack and cause an under-active thyroid

Common symptoms of Hashimoto's

Fatigue

Chronic fatigue and exhaustion that can develop slowly or come on suddenly. It is common to sleep more than usual but still feel completely exhausted.

Dry Skin

Hypothyroidism - when the thyroid function slows down, leads to a decrease in eccrine gland secretion (and sweating) resulting in dry skin.

Depression

Thyroid hormones affect the function of the hypothalamic-pituitary-thyroid axis. Hashimoto's can influence mood and mental health, and people with thyroid disorders are more prone to anxiety or depression.

Possible Causes

There are multifactorial reasons for onset of Hashimoto's

It is not clear what causes the immune system to attack thyroid cells. The onset of disease might be related to some of the following: Genetic predisposition, Bacterial or viral infection, Stress, Environmental toxins and Nutrient deficiencies.

UK Statistics

More common in women than men

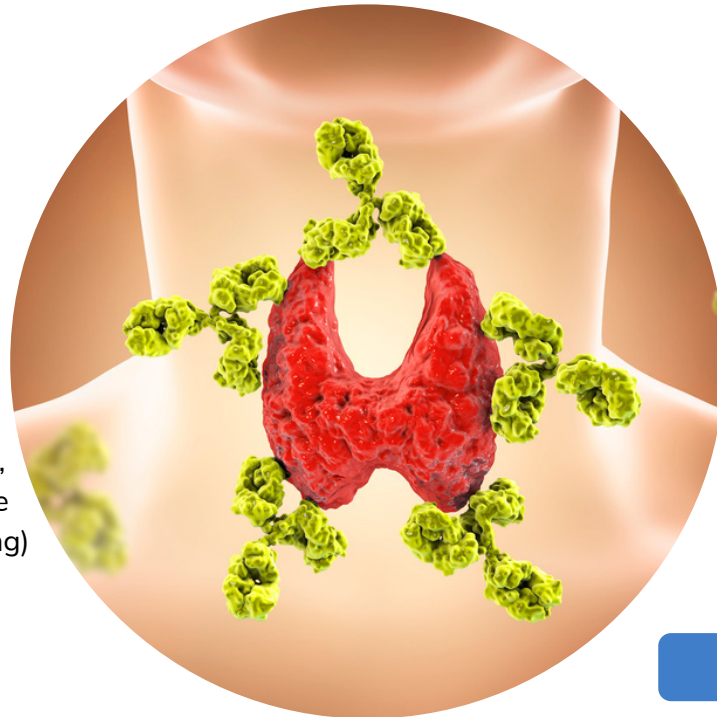
Hashimoto's affects around 2% of the general UK population. It is more prevalent in women with most women typically diagnosed between the ages of 50 to 30 years. It may take years for the condition to be detected because its onset and progression is slow.

Diet & Nutrition

Diet and Lifestyle support for Hashimoto's

Research shows that diet and lifestyle modifications, may have a major role in supporting and ameliorating Hashimoto's symptoms. An individualised approach to this condition is important as every person with Hashimoto's responds differently.

Hashimoto's disease, Thyroid UK. Available at: <https://thyroiduk.org/if-you-are-hypothyroid/hashimotos-disease-2/>



Goiter

Enlargement of the thyroid gland can cause goiter. It can be associated with irregular amount of thyroid hormone in the body.

Weight Gain

Hypothyroidism leads to low levels of thyroid hormone which are important in regulating metabolism, thus slowing metabolism and triggering weight gain.

Nails & Hair

Thinning or coarsening of hair. Thick, dry, brittle nails with visible ridges or swollen fingertips.

