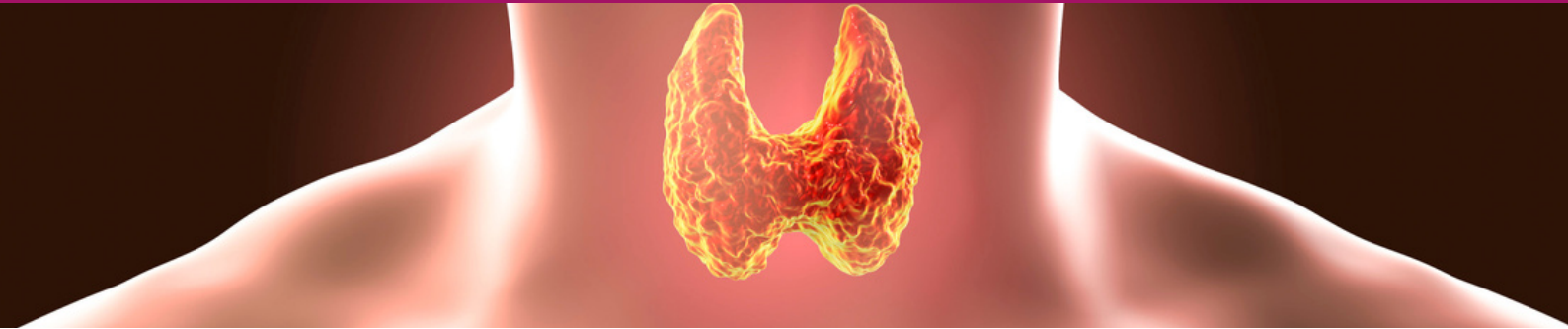


What is Hypothyroidism?

An underactive thyroid gland (hypothyroidism) is a condition where the thyroid gland does not produce enough thyroid hormones



The thyroid gland is an endocrine gland in your neck where thyroid hormones are made. These hormones are necessary for all the cells in your body to work normally and control metabolism, where the food you take into your body is transformed into energy; hence they affect nearly every organ in the body. Without enough thyroid hormones, many metabolic processes and body functions slow down.

Symptoms

Hypothyroidism can cause a variety of signs and symptoms

An underactive thyroid can lead to feeling exhausted, having difficulty concentrating, feeling cold and experiencing weakness and aches in muscles and joints. Another common symptom is unexpected weight gain and/or difficulty losing weight. It can also trigger mental health symptoms such as anxiety and depression, as well as digestive issues such as constipation / slow transit. More visible symptoms such as hair loss and dry skin are also a common sign of insufficient thyroid hormones.

Possible Causes

Hypothyroidism may be due to a number of factors

The most common cause of hypothyroidism is an autoimmune disorder known as Hashimoto's thyroiditis. Other primary causes of hypothyroidism may include inflammation of the thyroid gland (thyroiditis) and not having enough of the mineral iodine in the body which the thyroid uses to both produce and regulate thyroid hormones thyroxine (T4) and triiodothyronine (T3). Hypothyroidism can often be hereditary, where it is passed down through family generations. In some cases, thyroiditis can develop after a pregnancy (postpartum thyroiditis) or a viral infection.

Diet & Nutrition

Nutritional support for underactive thyroid

Following a healthy diet has been shown to be an important factor in supporting Hypothyroidism and having positive clinical outcomes. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns and use personalised approach to optimise thyroid function and support symptoms.

