



Thyroid Disease: UPS and downs (Colección Salud)

Manuel Duarte

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Thyroid diseases are more common than we think. Did you know that they represent 40% of endocrinology consultations? To understand better these diseases, experts classify them on: hypothyroidism and hyperthyroidism. What difference does it exist between one and the other? In the first one, thyroid hormone levels on blood are low and body processes are slow; in the second one, blood levels of thyroid hormone are high and they function faster. There are some factors that cause these illnesses such as a low iodine diet, medicine or thyroid inflammation. If I suffer from one of these illnesses, what can I do? Information is important to avoid complications and worries; however, the doctor will give us the best medication to improve our quality of life.

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