Thyroid Conditions

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Symptoms

- Weight changes, extreme fatigue, and sensitivity to cold or heat.
- Rapid heart rate, tremors, and feelings of anxiety.
- Persistent 'brain fog' and general muscle weakness.

Age & Gender

- Thyroid issues are much more common in females than in males.
- They can develop at any age, though risk increases as you get older.

Misconceptions

- It’s not just a 'weight issue', as it affects heart rate and mood.
- It’s not always solved instantly by a single pill.
- It's not laziness, but a physical lack of energy due to hormone levels.

Diagnosis

- Blood tests measure levels of thyroid-stimulating hormone (TSH) and thyroid hormones like thyroxine (T4).
- Physical exams check for swelling in the neck, known as a goitre.

Treatment

- Daily hormone replacement tablets are used to balance levels.
- Regular blood tests ensure the dosage remains effective over time.

Support

- Offer temperature-controlled spaces for heat or cold sensitivity.
- Allow flexible start times to help with morning fatigue.
- Provide written instructions to assist with 'brain fog'.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.