

January Health OBSERVANCES



THIS MONTH

JANUARY

Cervical Health Awareness Month

National Birth Defects Prevention Month

National Blood Donor Month

National Glaucoma Awareness Month

5-11 National Folic Acid Awareness Week

18-24 Healthy Weight Week

19 King Day of Service

19-25 National Certified Registered Nurses Week

National Blood Donor Month

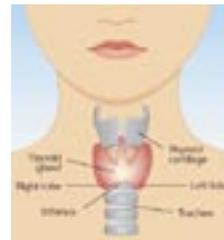
**American Association of Blood Banks
(AABB)**

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Thyroid Awareness Month



Commonly Asked Questions about Identifying, Treating, and Living with Thyroid Disease

Question:

How common is thyroid disease?

Answer:

Thyroid disease is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 27 million Americans – and more than half of those people remain undiagnosed. Women are 5 times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone). Aging is just one risk factor for hypothyroidism.

Question:

**How important is my thyroid in
my overall well-being?**

Answer:

The thyroid gland produces thyroid hormone, which controls virtually every cell, tissue, and organ in the body. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body's systems to speed up – this is called hyperthyroidism; or it can create too little thyroid hormone, which causes the body's systems to slow down – this is called hypothyroidism. If your thyroid gland isn't working properly, neither will you.

Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis. Research also shows that there is a strong genetic link between thyroid disease and other autoimmune diseases, including types of diabetes, arthritis, and anemia.

Question:

How do you know if you have a thyroid problem?

Answer:

First, understand how to recognize the symptoms and risk factors of thyroid disease. Since many symptoms may be hidden, the best way to know for sure is to ask your doctor for a TSH (thyroid-stimulating hormone test, a simple blood test to verify your thyroid gland's condition. Because thyroid disease often runs in families, examinations of your family members may reveal other individuals with thyroid problems.

Question:

Who should have a TSH test?

Answer:

Individuals over the age of 35 and those who have symptoms or the risk factors associated with thyroid disease should talk to their doctor about undergoing a TSH test.

See www.thyroidawareness.com for more information.

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