

# HYPERTHYROID

*Hyperthyroidism = overactive thyroid gland*

## Basics

- Graves disease is the most common form of overt hyperthyroidism. It is a genetic, autoimmune disorder.
- Symptoms due to elevated levels of thyroid hormones
- Risk factors include family history of hyperthyroidism or other autoimmune disorders, high iodine intake, stress, use of steroids, and smoking
- Atrial fibrillation is the most common cardiac complication of hyperthyroidism

## Symptoms

- Nervousness, anxiety, irritability, tremor
- Palpitations, chest pain, muscle weakness, frequent bowel movements, menstrual irregularity
- Weight loss, sleep disturbances, heat intolerance, increased perspiration



## Prevention strategies

- Implement dietary and lifestyle changes that reduce the likelihood of oxidative stress and inflammation. Stay physically active, limit stress and avoid exposure to environmental toxins. Do not smoke!
- Be mindful that many medications have the potential to cause hyperthyroidism as does taking too much iodine.
- Treat all other autoimmune disorders. Grave's disease may be associated with other autoimmune diseases, such as type 1 diabetes mellitus, celiac disease, pernicious anemia, myasthenia gravis, and adrenal insufficiency.
- Untreated hyperthyroidism can lead to atrial fibrillation with subsequent blood clots and stroke, low bone mineral density, osteoporosis and increased susceptibility to fractures.