



# Thyroid Problems in Women and Children: Self-Help and Treatment

*M.D. Joan Gomez*

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The thyroid gland is central to the proper functioning of our bodies, regulating metabolism and organ function. Thyroid disorders result from an underactive thyroid - hypothyroidism, with symptoms including fatigue, mood swings, weight gain, intolerance to cold, or an overactive thyroid - hyperthyroidism, with symptoms including irritability, weight loss, sleep disturbances, vision problems and heat intolerance. Women are 5 to 8 times more likely than men to suffer from an overactive or underactive thyroid. Half of all thyroid problems remain undiagnosed, yet thyroid problems are 90% curable and relatively easy to treat if diagnosed.

This book focuses on women and children; thyroid problems covered include Graves Disease, Hashimoto's Disease, simple goiter, and de Quervain's thyroiditis. It contains special chapters for pregnant women, babies, children, adolescents and women over 50. The book discusses which vitamins help, the role of iodine, what diets work for a healthy thyroid, and the role of stress in thyroid problems. The "Latest Updates" chapter covers the latest medical research in the field.

Written in a style that is easy to read and understand, including informative case histories, the book is a necessity for every woman concerned about her health and the health of her children.

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