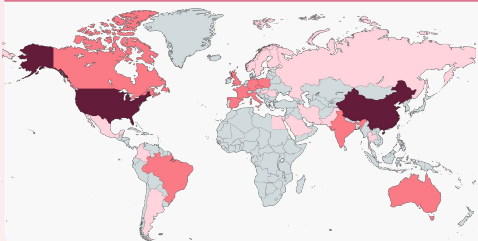


WORLD THYROID DAY 2026



Thyroid disorders are a spectrum of conditions affecting the thyroid gland's hormone production and function, impacting metabolic rate and various bodily systems

Global Prevalence



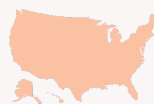
~200M

Global incidence of thyroid disorders worldwide

High Low



US Prevalence



< 12%

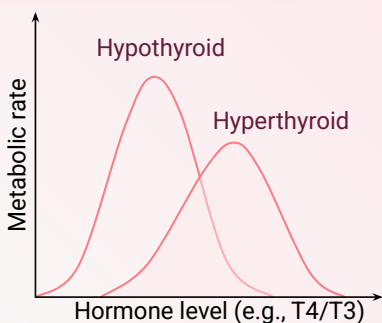
~60% undiagnosed rate

Female

Male

Women are five to eight times more likely than men to have thyroid problems

TYPES OF THYROID DISORDERS



Hypothyroidism: Characterized by underactive thyroid; slow metabolism (e.g., Hashimoto's)

Hyperthyroidism: Caused by overactive thyroid; fast metabolism (e.g., Graves' disease)

Other Disorders: Nodule formation, goiter and thyroid cancer

STAGES OF HASHIMOTO'S THYROIDITIS

Overt Hypothyroidism

Thyroid Strain

Autoimmune Attack

Autoimmune Priming

Silent Triggers

SYMPTOMS OF HYPOTHYROIDISM



Memory issues



Dry skin



Weight gain



Cold intolerance

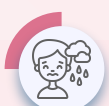
SYMPTOMS OF HYPERTHYROIDISM



Weight loss



Irritability



Sweating



Tremors

DIAGNOSIS & TREATMENT

Diagnosis challenge: Commonly misdiagnosed, with an average delay of 1-2 years



Blood Tests



Clinical Interview



Scans & Biopsy



Thyroid Ultrasound

COMMON TRIGGERS



Iodine deficiency/excess



Radiation exposure



Autoimmune (e.g., Hashimoto's)



Genetics/Family history

First Line

Second Line



HYPOTHYROIDISM

Levothyroxine

Liothyronine
Desiccated thyroid extract



HYPERTHYROIDISM

Methimazole
Propylthiouracil (PTU)

Radioactive iodine (RAI)
Thyroid surgery
Beta-blockers



ADJUNCTIVE AND
NODULE CARE

Selenium
supplements

Vitamin D
Nodule monitoring