



IF THE THYROID GLAND IS OVERFUNCTIONING, THE METABOLISM IS IN FULL SWING

In the case of an overactive thyroid (or: hyperthyroidism), the thyroid produces too many hormones that "flood" the body and thus stimulate all organ systems excessively. As a result, the entire metabolism is running at full speed.

WHAT ARE TYPICAL SYMPTOMS OF OVER-FUNCTIONAL THYROID?

With an overactive thyroid, the following organ functions are primarily affected - with typical symptoms:

Temperature regulation:

- increased sweating
- Heat intolerance
- warm skin

Cardiovascular system:

- Palpitation
- fast and sometimes irregular pulse
- moderate high blood pressure

Nervous system:

- Nervousness
- Inner restlessness, restlessness and inner tension
- Shakiness of the hands
- Concentration disorders
- Insomnia

Basal metabolic rate / energy metabolism:

- Weight loss despite good appetite
- frequent and sometimes diarrhea-like defecation
- strong thirst
- physical performance

In addition, hyperthyroidism can cause menstrual disorders. Since the heart and circulation in particular are affected by hyperthyroidism, cardiac arrhythmias and atrial fibrillation can occur in the long term. The constant overload can lead to heart failure.

COMMON CAUSES OF HYPERTHYROIDISM: GRAVES' DISEASE AND HOT NODS

Hyperthyroidism is most often triggered by "hot" nodes – so-called autonomies – or the immune-related thyroid disease "Graves' disease". Graves' disease usually occurs for the first time in younger people between the ages of 20 and 40. Hot nodules, on the other hand, are more common in people over the age of 50. This thyroid asthma is responsible for about 70% to 80% of all hyperthyroidism cases in the elderly. Since the first heart problems can also occur at this age, an overactive thyroid is often not thought of as the cause.

DIAGNOSIS AND THERAPY OF HYPERTHYROIDISM

In addition to ultrasound and laboratory examinations, so-called scintigraphy is also used to diagnose hyperthyroidism. Therapy depends on the type of hyperthyroidism, as well as age. In the beginning, there is often a drug treatment to inhibit the production of thyroid hormones. Other options include surgery and radioiod therapy to "turn off" the diseased thyroid tissue responsible for hyperthyroidism.



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