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The thyroid gland: undisturbed menstrual bleeding, fertility and protection against breast cancer

The sub-function of the thyroid gland

A malfunction of the thyroid gland is a common cause of an unfulfilled desire to have children. In the same case, these are pronounced disturbances, but often only a latent, i.e. "under-threshold" subfunction.

"Little" here often means "a lot", because such sub-threshold sub-functions have a considerable negative impact on the desire to have children!

The thyroid gland is regulated by higher-level centers in the brain. However, these centers also control egg production and the undisturbed female cycle.

A special form is the autoimmune disease of the thyroid gland (Hashimoto)

Similar to rheumatic diseases, there are so-called auto-antibodies that are directed against the body's own tissue. Such antibodies can destroy the thyroid tissue. That is not life-threatening, because there are thyroid medications that compensate for the deficiency of thyroid hormones.

But it doesn't have to come this far: The trace element selenium prevents, that the



thyroid tissue is destroyed. In all, the element must be taken in high dosage and very long term and an overdosed intake of iodine should be avoided.

Do not forget to have an annual ultrasound examination if you have thyroid disease

Tumors can also affect thyroid function. Therefore: For all disorders of the thyroid gland, a sonographic thyroid examination should be carried out once a year.

Iodine and selenium protect the thyroid gland

Whether the thyroid gland works properly depends on the question of the desire to have children. In case of desire to have a child, regular bleeding disorders or

mammary problems, other standard values apply, which your gynecologist's office knows best!

If the thyroid is functioning properly, iodine and selenium protect against the development of thyroid diseases.

A well-functioning or well-adjusted thyroid apparently also protects against breast cancer

Mastopathy, i.e. very dense and nodular glandular tissue, is a risk factor for breast cancer. The working group Iodine Deficiency reports on its website that taking iodine - as with Asian women on a traditional diet - obviously protects against mastopathy and breast cancer.

Not only iodine, but also selenium protects the thyroid gland and thus also against breast cancer

The thyroid gland has a central control function for the female cycle.

Thus, a well-adjusted thyroid gland is particularly important in terms of protection against breast cancer.