

 **the** **Telehealth** *Times*

JANUARY IS  
**THYROID**  
AWARENESS MONTH



*Happy New Year!*



# KC KAMRYN'S CORNER

Happy New Year! I hope this your year is off to a great start and that you are staying warm! January is Thyroid Awareness Month. Your thyroid is located in the front of your neck and is a small gland that has a big job! It is the shape of a butterfly and is only about 2 inches long. The thyroid aids in controlling your energy level, temperature regulation, mood stabilization and regulates heart rate.

I hope you enjoy learning more about the thyroid! Please feel free to call me with any questions or concerns.



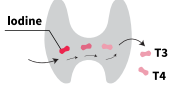
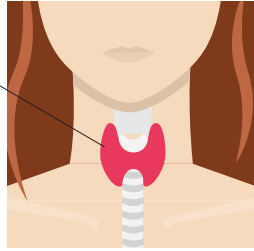
**Kamryn Williams, LPN**  
*Telehealth Coordinator*  
*Palmetto Care Connections*

Yours Truly,  
*Kamryn*

# THYROID AWARENESS

## THYROID GLAND INFOGRAPHIC

THE THYROID GLAND IS A BUTTERFLY-SHAPED ORGAN LOCATED IN THE BASE OF YOUR NECK



THYROID GLAND TAKES IODINE, AND CONVERT IT INTO:

- thyroxine (T4)
- triiodothyronine (T3)

THE THYROID'S HORMONES REGULATE VITAL BODY FUNCTIONS, INCLUDING:



HEART RATE



BODY TEMPERATURE



MUSCLE STRENGTH



CHOLESTEROL LEVELS



MENSTRUAL CYCLES



NERVOUS SYSTEMS

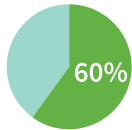


BODY WEIGHT



BREATHING

??????????????  
UP TO 60 PERCENT OF THOSE WITH THYROID DISEASE ARE UNAWARE OF THEIR CONDITION  
???????????????



WOMEN ARE 10 TIMES MORE LIKELY TO HAVE A THYROID IMBALANCE THAN MEN



The thyroid gland is an endocrine gland, and its job is to make thyroid hormones. These hormones are secreted in the bloodstream and carried into every tissue in the body.

Thyroid hormones help keep the brain, heart, muscles, and other organs of the body working as they should.

## THYROID GLAND INFOGRAPHIC

### AN ENDOCRINOLOGIST

Is a doctor who specializes in the endocrine system. (The thyroid gland is part of that system)

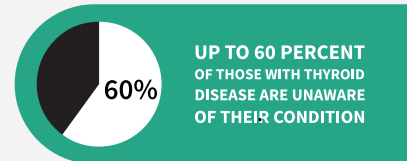


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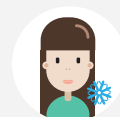


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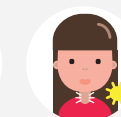
### WHAT CAN GO WRONG WITH THYROID?



Hypothyroidism



Goiter



Hyperthyroidism



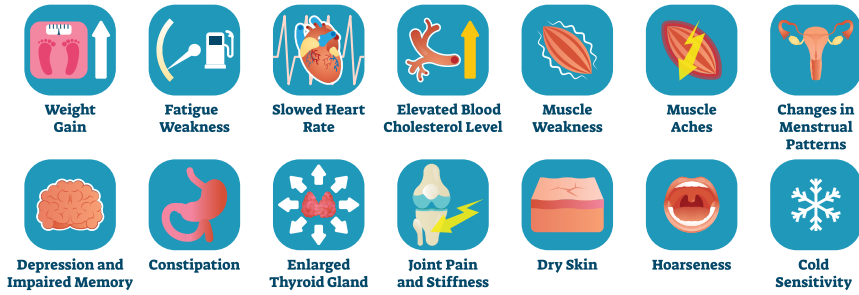
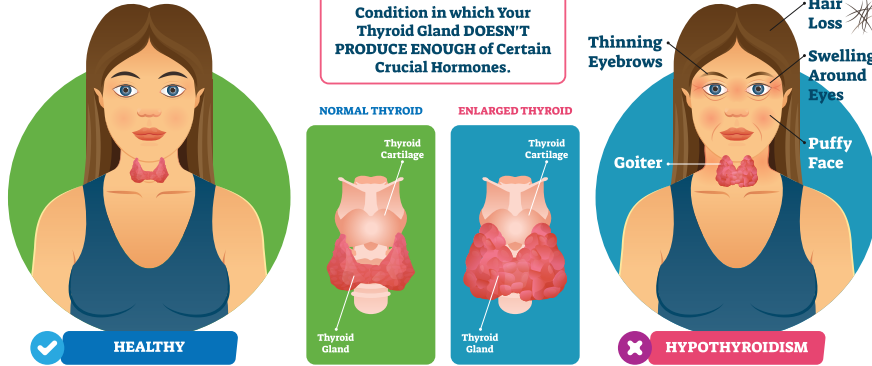
Cancer

# THYROID AWARENESS

## HYPOTHYROIDISM

*Underactive Thyroid*

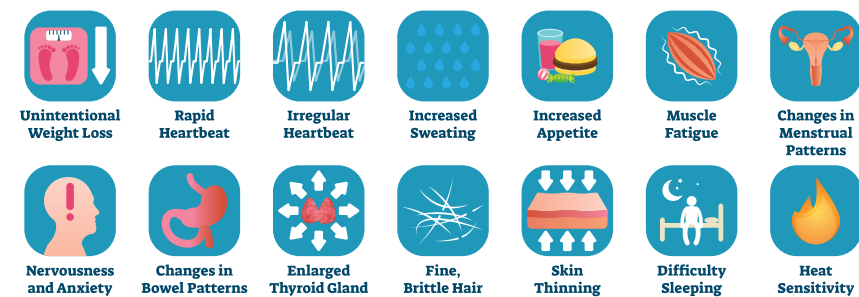
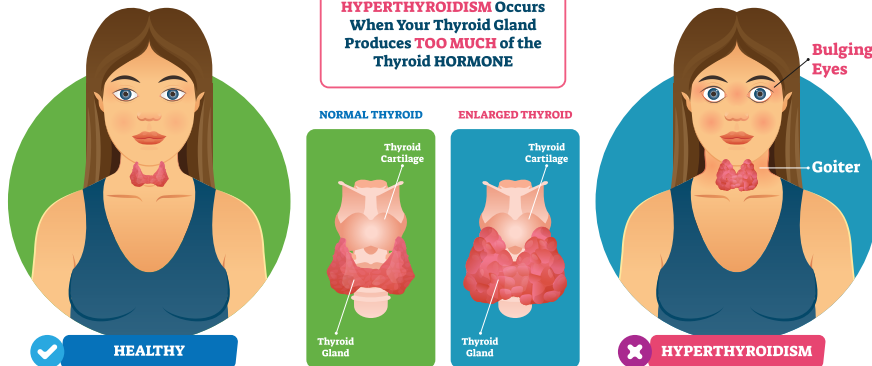
**HYPOTHYROIDISM** is a Condition in which Your Thyroid Gland **DOESN'T** PRODUCE ENOUGH of Certain Crucial Hormones.



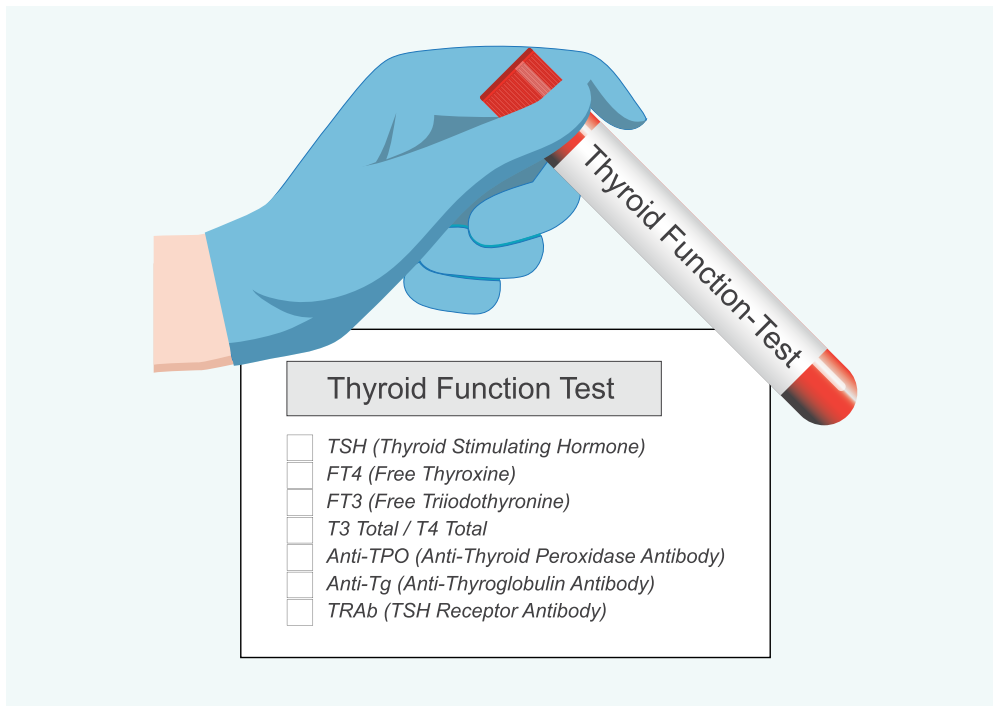
## HYPERTHYROIDISM

*Overactive Thyroid*

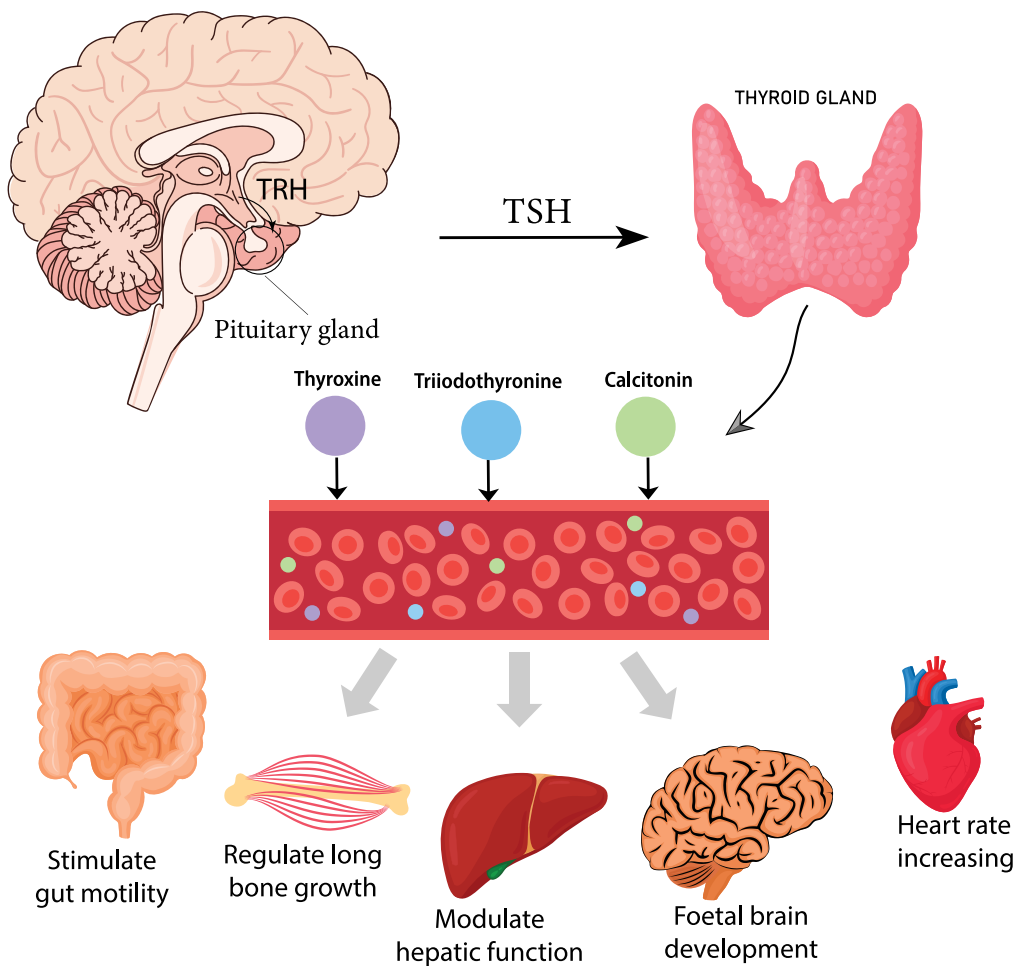
**HYPERTHYROIDISM** Occurs When Your Thyroid Gland Produces **TOO MUCH** of the Thyroid HORMONE



# THYROID AWARENESS



## THYROID HORMONES



# THYROID AWARENESS

Good

## Foods for Thyroid

Infographic elements

Bad



Nuts



Lean meat



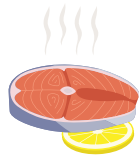
Eggs



Probiotic-Rich foods



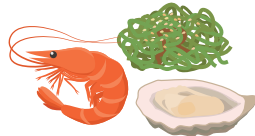
Lemon, walnuts and honey



Wild-caught fish



Vegetables



Shellfish and Seaweed



Coconut oil



Kidney beans and Navy beans



Fruits



Orange juice



Pumpkin and sunflower seeds



Raw Cruciferous Vegetables



Fluoridated Water



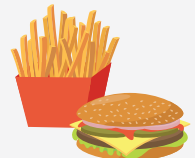
Caffeine



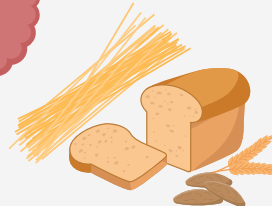
Alcohol



Soy foods



Fast food



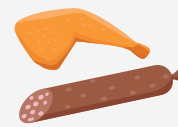
Gluten-containing foods



Carbonated soft drink



Foods Containing Sugar



Processed meat products



Refined vegetable oil and margarine



Refined sugar

A healthy thyroid diet consists of fruits, vegetables, healthy fats, and lean proteins. It is important to limit processed foods, sugar, and excessive iodine.

# FACTS AND STATS

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## Statistics and Facts about Thyroids

- It is estimated that 20 million Americans have some sort of thyroid disease.
- Women are 5 to 8 times more likely to have thyroid issues than men.
- On average, 60% of individuals with thyroid disease are undiagnosed.
- Thyroid issues can be diagnosed at any age but are more commonly diagnosed after age 35.
- At least 12% of people in the United States will develop a thyroid condition in their lifetime.

**JANUARY**

**THYROID AWARENESS MONTH**

## WHAT WE ASPIRE TO BE

### OUR VISION

Every South Carolinian is connected to healthcare services

## WHAT WE ARE

### OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

## WHAT WE DO

### OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

## WHAT WE DO

### FOCUS AREAS



Technology



Telehealth



Broadband



Education

**Telephone: 803.956.6221**

**[www.palmettocareconnections.org](http://www.palmettocareconnections.org)**

*\*The provided content is intended solely for educational purposes and should not be treated as medical advice*

