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Signs you have goiter

An estimated 20 million people in the U.S. have some type of thyroid disease, but 60 percent of those cases are undiagnosed, according to the American Thyroid Association (ATA). That's because a lot of people don't know what to look for when it comes to symptoms of thyroid disease. The fact is, the thyroid is one of the parts of our body that affects almost every aspect of our ability to function, which means a thyroid problem can manifest in many different ways, whether it's subtle symptoms with your hair and nails, or more severe signs like dramatic weight gain or loss. But if you're curious to know the most definitive sign that something is amiss with your thyroid, keep reading to see what the experts say. And for another thing to look out for when it comes to this gland, If You Can't Stop Doing This at Night, Get Your Thyroid Checked. ablokhin / iStockThe top indicator that your thyroid is off isn't very subtle at all. In fact, it's likely staring at you in the mirror every day. "The most common sign of a thyroid problem is a swollen neck caused by an enlarged goiter," Jaydeep Tripathy, MD, a primary care doctor at Doctor Spring, told Best Life. Rajeev Sharma, MD, an endocrinologist at Roswell Park Comprehensive Cancer Center (RPCCC), explains on the center's website that "any enlargement or abnormal growth of the thyroid gland is considered a goiter." You'll notice this enlargement low on the front of your neck, where your butterfly-shaped thyroid gland is located. Goiters crop up in approximately five percent of people in the U.S., according to John Hopkins Medicine, and are usually not threatening, unless the cause is due to thyroid cancer. So it's always worth getting any lump in your neck checked out. And for more symptoms to pay attention to, If This Happens When You Eat or Drink, You Need Your Thyroid Checked. iStockIn addition to swelling near your Adam's apple, the main symptoms of a goiter are "feeling of tightness in the throat area, hoarseness (scratchy voice), neck vein swelling, dizziness when the arms are raised above the head," the Cleveland Clinic explains. Less common signs of a goiter could be coughing, wheezing, difficulty swallowing, and difficulty breathing. But sometimes goiters don't cause any signs or symptoms, experts at the Mayo Clinic note. Again, if you think something's up, talk to your doctor. According to Cleveland Clinic, goiters can be diagnosed through a physical exam, hormone test, antibody test, ultrasound of the thyroid, a thyroid scan, a CT scan, or an MRI scan. And for more useful information delivered straight to your inbox, sign up for our daily newsletter. iStockThe two main forms of thyroid disease are hyperthyroidism (overactive thyroid) and hypothyroidism (underactive thyroid), and goiters can be found in people with both. "A goiter indicates there is a condition present which is causing the thyroid to grow abnormally," the ATA explains. In addition to goiters though, people who have hyperthyroidism can have a variety of symptoms, including an increased resting pulse rate, diarrhea, nausea, vomiting, rapid heartbeat, sweating without exercise or increased room temperature, agitation, and restlessness. Patients with hypothyroidism may experience symptoms like fatigue, dry skin, constipation, weight gain, and menstrual irregularities on top of goiters. And for another common occurrence that should lead you to a doctor, If You Notice This on Your Nails, Get Your Thyroid Checked, Doctors Say. peakSTOCK / iStockAccording to the ATA, the existence of a goiter "doesn't necessarily mean that the thyroid gland is malfunctioning"; it could also mean that you're pregnant or have an iodine deficiency. While it's not a problem in the U.S. very often, people who lack iodine in their diet often notice the presence of goiters, Medical News Today reports. Iodine, which is found in iodized salt and other U.S.-manufactured foods, is used by the thyroid to create metabolism-regulating hormones. The National Institutes of Health (NIH) recommends people consume iodine naturally by eating fish and dairy products, both rich sources of iodine. Pregnant women's bodies produce a hormone known as human chorionic gonadotropin, which can cause the thyroid to enlarge, the Cleveland Clinic explains. "Pregnancy-associated goiters occur much more frequently in iodine-deficient areas of the world," the AMA says, adding that it's also relatively uncommon in the U.S. And for more thyroid concerns, If You Notice This With Your Eyes, Get Your Thyroid Checked, Doctors Say. Medical conditionGoitreOther namesGoiterDiffuse hyperplasia of the thyroidSpecialtyEndocrinology A goitre, or goiter, is a swelling in the neck resulting from an enlarged thyroid gland.[1][2] A goitre can be associated with a thyroid that is not functioning properly. Worldwide, over 90% of goitre cases are caused by iodine deficiency.[3] The term is from the Latin gutturia, meaning throat. Most goitres are of a benign nature. Signs and symptoms A goitre can present as a palpable or visible enlargement of the thyroid gland at the base of the neck. A goitre, if associated with hypothyroidism or hyperthyroidism, may be present with symptoms of the underlying disorder. For hyperthyroidism, the most common symptoms are associated with adrenergic stimulation: tachycardia (increased heart rate), palpitations, nervousness, tremor, increased blood pressure and heat intolerance. Clinical manifestations are often related to hypermetabolism, (increased metabolism), excessive thyroid hormone, an increase in oxygen consumption, metabolic changes in protein metabolism, immunologic stimulation of diffuse goitre, and ocular changes (exophthalmos).[4] Hypothyroid people commonly have poor appetite, cold intolerance, constipation, lethargy and may undergo weight gain. However, these symptoms are often non-specific and make diagnosis difficult. [citation needed] According to the WHO classification of goitre by palpation, the severity of goitre is currently graded as grade 0, grade 1, grade 2.[5] Goitre Class I Goitre Class II Goitre Class III Causes Worldwide, the most common cause for goitre is iodine deficiency, commonly seen in countries that scarcely use iodized salt. Selenium deficiency is also considered a contributing factor. In countries that use iodized salt, Hashimoto's thyroiditis is the most common cause.[6] Goitre can also result from cyanide poisoning; this is particularly common in tropical countries where people eat the cyanide-rich cassava root as the staple food.[7] Cause Pathophysiology Resultant thyroid activity Growth pattern Treatment Incidence and prevalence Prognosis Iodine deficiency Hyperplasia of thyroid to compensate for decreased efficacy Can cause hypothyroidism Diffuse Iodine Constitutes over 90% cases of goitre worldwide[3] Increased size of thyroid may be permanent if untreated for around five years Congenital hypothyroidism Inborn errors of thyroid hormone synthesis Hypothyroidism Goitrogen ingestion Adverse drug reactions Hashimoto's thyroiditis Autoimmune disease in which the thyroid gland is gradually destroyed. Infiltration of lymphocytes. Hypothyroidism Diffuse and lobulated[8] Thyroid hormone replacement Prevalence: 1 to 1.5 in a 1000 Remission with treatment Pituitary disease Hypersecretion of thyroid stimulating hormone, almost always by a pituitary adenoma[9] Diffuse Pituitary surgery Very rare[9] Graves' disease—also called Basedow syndrome Autoantibodies (TSHR-Ab) that activate the TSH-receptor (TSHR) Hyperthyroidism Diffuse Antithyroid agents, radioiodine, surgery Will develop in about 0.5% of males and 3% of females Remission with treatment, but still lower quality of life for 14 to 21 years after treatment, with lower mood and lower vitality, regardless of the choice of treatment[10] Thyroiditis Acute or chronic inflammation Can be hyperthyroidism initially, but progress to hypothyroidism Thyroid cancer Usually unimodular Overall relative 5-year survival rate of 85% for females and 74% for males[11] Benign thyroid neoplasms Usually hyperthyroidism Usually uninodular Mostly harmless[12] Thyroid hormone insensitivity Secretional hyperthyroidism, Symptomatic hypothyroidism Diffuse Sarcoidosis Amyloidosis Hydatidiform mole Cysts Acromegaly Pendred syndrome Diagnosis Goitre with toxic adenoma Goitre may be diagnosed via a thyroid function test in an individual suspected of having it.[13] Types A goitre may be classified either as nodular or diffuse. Nodular goitres are either of one nodule (uninodular) or of multiple nodules (multinodular). Growth pattern Uninodular goitre: one thyroid nodule; can be either inactive, or active (toxic) – autonomously producing thyroid hormone. Multinodular goitre: multiple nodules;[14] can likewise be inactive or toxic, the latter is called toxic multinodular goitre and associated with hyperthyroidism. These nodules grow up at varying rates and secrete thyroid hormone autonomously, thereby suppressing TSH-dependent growth and function in the rest of gland. Inactive nodules in the same goitre can be malignant.[15] Thyroid cancer is identified in 13.7% of the patients operated for multinodular goitre.[16] Diffuse goitre: the whole thyroid appearing to be enlarged due to hyperplasia. Size Class I: the goitre in normal posture of the head cannot be seen; it is only found by palpation. Class II: the goitre is palpable and can be easily seen. Class III: the goitre is very large and is retrosternal (partially or totally lying below the sternum), pressure results in compression marks. Treatment Goitre is treated according to the cause. If the thyroid gland is producing an excess of thyroid hormones (T3 and T4), radioactive iodine is given to the patient to shrink the gland. If goitre is caused by iodine deficiency, small doses of iodide in the form of Lugol's iodine or KI solution are given. If the goitre is associated with an underactive thyroid, thyroid supplements are used as treatment. Sometimes a partial or complete thyroidectomy is required.[17] Epidemiology Disability-adjusted life year for iodine deficiency per 100,000 inhabitants in 2002.[18] no data fewer than 50 50–100 100–150 150–200 200–250 250–300 300–350 350–400 400–450 450–500 500–800 more than 800 Goitre is more common among women, but this includes the many types of goitre caused by autoimmune problems, and not only those caused by simple lack of iodine.[19] History Goitre and cretinism in Styria, copper engraving, 1815 Woman in Miesbacher Tracht wearing a goitre choker Chinese physicians of the Tang Dynasty (618–907) were the first to successfully treat patients with goitre by using the iodine-rich thyroid gland of animals such as sheep and pigs—in raw, pill, or powdered form.[20] This was outlined in Zhen Quan's (d. 643 AD) book, as well as several others.[20] One Chinese book, The Pharmacopoeia of the Heavenly Husbandman, asserted that iodine-rich sargassum was used to treat goitre patients by the 1st century BC, but this book was written much later.[20] In the 12th century, Zayn al-Din al-Jurjani, a Persian physician, provided the first description of Graves' disease after noting the association of goitre and a displacement of the eye known as exophthalmos in his Thesaurus of the Shah of Khwarazm, the major medical dictionary of its time.[21][22] The disease was later named after Irish doctor Robert James Graves, who described a case of goitre with exophthalmos in 1835. The German Karl Adolph von Basedow also independently reported the same constellation of symptoms in 1840, while earlier reports of the disease were also published by the Italians Giuseppe Flajani and Antonio Giuseppe Testa, in 1802 and 1810 respectively,[23] and by the English physician Caleb Hillier Parry (a friend of Edward Jenner) in the late 18th century.[24] Paracelsus (1493–1541) was the first person to propose a relationship between goitre and minerals (particularly lead) in drinking water.[25] Iodine was later discovered by Bernard Courtois in 1811 from seaweed ash. Goitre was previously common in many areas that were deficient in iodine in the soil. For example, in the English Midlands, the condition was known as Derbyshire Neck. In the United States, goitre was found in the Appalachian,[26][27] Great Lakes, Midwest, and Intermountain regions. The condition is now practically absent in affluent nations, where table salt is supplemented with iodine. However, it is still prevalent in India, China,[28] Central Asia, and Central Africa. Goitre had been prevalent in the alpine countries for a long time. Switzerland reduced the condition by introducing iodised salt in 1922. The Bavarian tracht in the Miesbach and Salzburg regions, which appeared in the 19th century, includes a choker, dubbed Kropfband (struma band) which was used to hide either the goitre or the remnants of goitre surgery.[29] Society and culture In the 1920s wearing bottles of iodine around the neck was believed to prevent goitre.[30] Notable cases Former U.S. President George H. W. Bush and his wife Barbara Bush were both diagnosed with Graves' disease and goitres, within two years of each other. The disease caused hyperthyroidism and cardiac dysrhythmia.[31][32] Scientists said that the odds of both George and Barbara Bush having Graves' disease might be 1 in 100,000 or as low as 1 in 3,000,000.[33] Heraldry The coat of arms and crest of Die Kröpfner, of Tyrol showed a man "afflicted with a large goitre", an apparent pun on the German for the word ("Kropf").[34] See also David Marine conducted substantial research on the treatment of goitre with iodine. Endemic goitre Struma ovarii—a kind of teratoma Thyroid hormone receptor References ^ "Thyroid Nodules and Swellings". British Thyroid Foundation. ^ "Goitre - NHS Choices". NHS Choices. 2017-10-19. ^ a b Hörmann R (2005). Schilddrüsenkrankheiten Leitfaden für Praxis und Klinik (4., aktualisierte und erw. Aufl ed.). Berlin. pp. 15–37. ISBN 3-936072-27-2. ^ Porth CM, Gaspard KJ, Noble KA (2011). Essentials of pathophysiology: Concepts of altered health states (3rd ed.). 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