

Hyperthyroidism (High Thyroid Level): Brief Version

What is hyperthyroidism?

Hyperthyroidism happens when the thyroid gland makes too much thyroid hormone. (The thyroid gland is in the front of your neck.) Having too much thyroid hormone causes many symptoms. For example, you may:

- Feel anxious
- Have trouble sleeping
- Be tired
- Feel shaky
- Feel sweaty and hot
- Be short of breath
- Lose weight
- Notice your thyroid gland is swollen (A swollen thyroid gland is called a goiter.)

You may have other problems. Here are some of them:

- Your eyeballs may stick out.
- You may not be able to tolerate heat.
- Your heart may beat fast.
- You may want to eat more often.
- You may have diarrhea.

This disease can easily be treated. If it is not treated, with time it can cause heart failure and death.

How is it treated?

There are several choices for treating hyperthyroidism:

- Medicine
- Radiation
- Surgery

You can take medicine that helps your thyroid gland make less hormone.

- In a couple of months, you should be doing better.
- You may have to take the medicine for a year or more.

You may be treated with radioactive medicine, which destroys the thyroid cells that are making too much hormone. Sometimes after radiation your thyroid makes too little thyroid hormone. Your healthcare provider can prescribe thyroid hormone medicine to treat this problem so that your thyroid hormone level will be back in balance.

Another possible treatment is having surgery to take out all or part of the thyroid gland. Surgery cures the disease most of the time. You may have too little thyroid hormone after the surgery. You will then need to take thyroid hormone the rest of your life.

You may keep having eye problems after your thyroid problem is treated. Your provider may prescribe steroid medicine or eyedrops for these problems. Using a steroid for a long time can have serious side effects. Take the medicine exactly as your healthcare provider prescribes. Don't stop taking it without your provider's approval and keep your follow-up appointments.

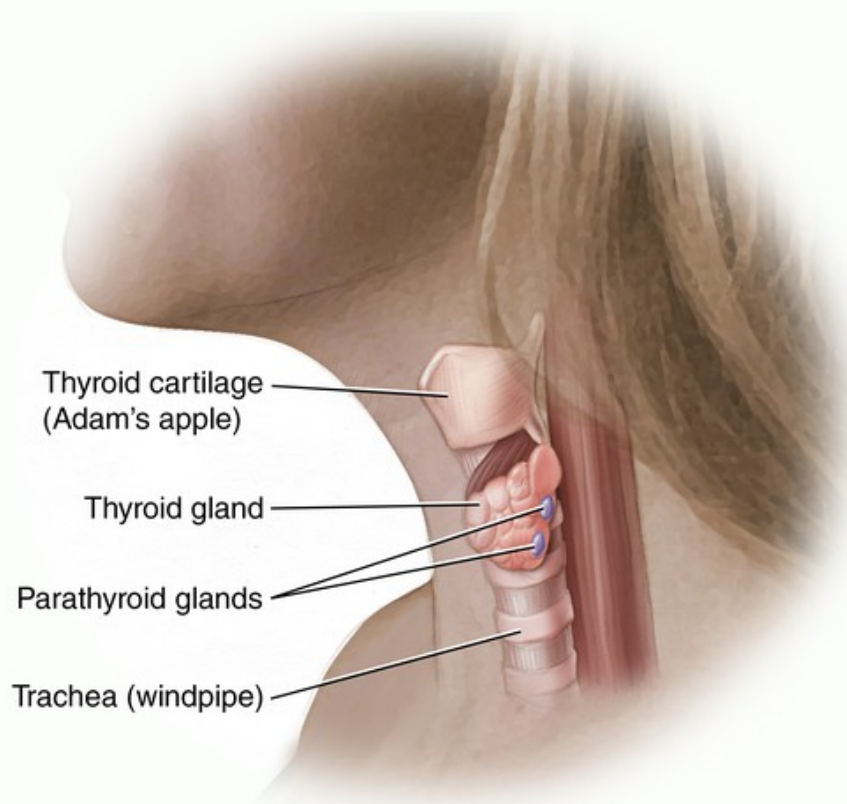
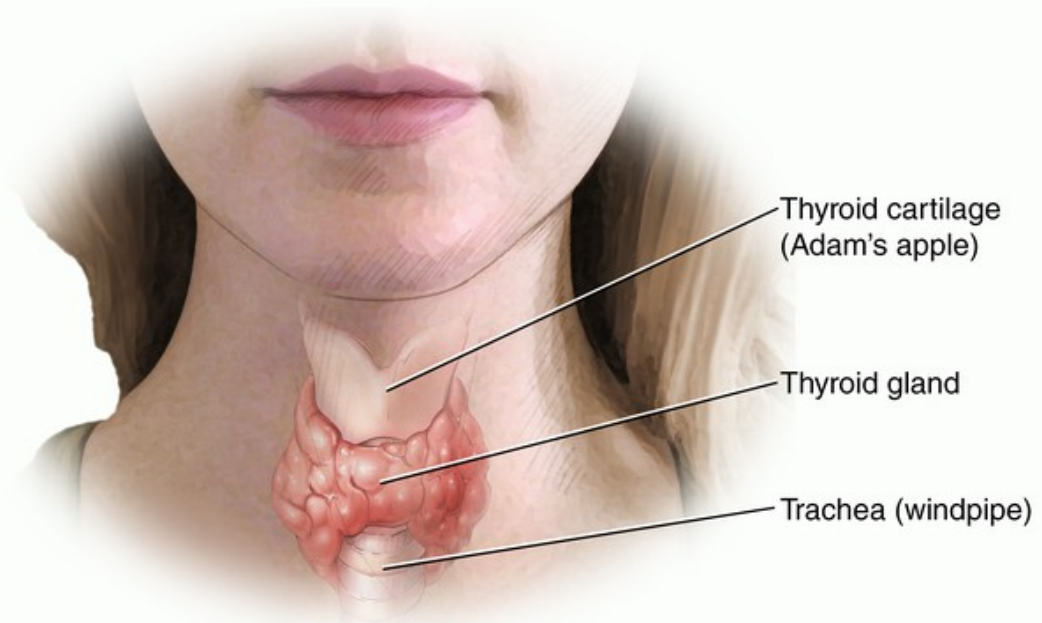
How can I take care of myself?

- Make sure you follow your healthcare provider's advice.
- Don't stop taking your medicine or change the way you are taking it without talking to your healthcare provider first.
- Don't smoke. Smoking can worsen the eye problems that can happen with thyroid disease.

Developed by RelayHealth.

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Thyroid and Parathyroid Glands



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