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Making India Thyroid Aware

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The Federation of Obstetric and Gynaecological Societies of India (the professional organization representing practitioners of obstetrics and gynecology in India) and Abbott (multinational healthcare major) have launched ‘**Making India Thyroid Aware**’ campaign.

- Owing to low awareness, more and more people in India are being diagnosed with thyroid-related disorders. Therefore, this campaign aims to enhance awareness of the

thyroid as a disease.

Thyroid awareness

- The thyroid gland is in the front of the neck
- One in every 10 adults suffers from hypothyroidism, when the thyroid gland does not produce enough thyroid hormones
- Due to non-specific symptoms, hypothyroidism is underdiagnosed. If left untreated, it may lead to serious cardiovascular and neurological complications
- Women with thyroid conditions are at a higher risk of Poly Cystic Ovarian Syndrome and infertility



- Health experts caution that thyroid may be the new **Diabetes**.
- Over 10% of the local population has a thyroid problem, as compared to 8% having diabetes.
- **Thyroid disease** is a common problem that can cause symptoms because of over or under function of the **thyroid gland**.

The **thyroid gland** located in the front of the neck below the Adam's apple is an essential organ for producing **thyroid** hormones.

Common Thyroid Diseases in India

- **Hypothyroidism:** Hypothyroidism, also called an underactive thyroid or low thyroid, is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone.

North India recorded the maximum cases of hypothyroidism.

- **Hyperthyroidism:** Hyperthyroidism (overactive thyroid) occurs when your thyroid gland **produces too much of the hormone thyroxine.**
 - Hyperthyroidism can accelerate the body's metabolism, causing unintentional weight loss and a rapid or irregular heartbeat.
 - South India reported maximum cases of hyperthyroidism.
- **Goiter and Iodine Deficiency Disorders:** Goiter is an **abnormal enlargement** of the thyroid gland and the most common cause of goiters worldwide is a lack of iodine in the diet.
- **Hashimoto's thyroiditis:** Also known as **chronic lymphocytic thyroiditis.** It is an **autoimmune disease** in which the thyroid gland is gradually destroyed and over time the thyroid may enlarge, forming a painless goiter.
- **Thyroid cancer:** Thyroid cancer occurs in the cells of the thyroid. The cause of thyroid cancer is poorly understood, but may involve a combination of **genetic** and **environmental factors.**

Source: BL