

## January is Thyroid Awareness Month

Thyroid disease occurs when the thyroid gland produces too much or too little hormone. Or it occurs when an abnormal growth develops, giving rise to a lump or nodule in the neck.

Smoking, diabetes or other autoimmune disease, iodine intake, and advanced age can increase your risk for thyroid disease. Women have a much higher risk than men.

If you are feeling fatigued, notice skin or hair changes, or have hoarseness or pain, your doctor may conduct a physical exam to check for an enlarged thyroid and order blood tests to assess thyroid hormone levels. If these tests show a problem, your doctor may order ultrasound imaging, a thyroid scan and uptake, or a thyroid biopsy to help assess your condition.

For more information on thyroid disease risks, screening, diagnosis and treatment, visit RadiologyInfo.org:

- Thyroid Disease (<https://www.radiologyinfo.org/en/info/thyroid-disease>)
- Radioactive Iodine (I-131) Therapy for Hyperthyroidism (<https://www.radiologyinfo.org/en/info/radioiodine>)
- Thyroid Scan and Uptake (<https://www.radiologyinfo.org/en/info/thyroiduptake>)
- Ultrasound-Guided Thyroid Biopsy (<https://www.radiologyinfo.org/en/info/thyroidbiopsy>)
- I Think I May Have A Thyroid Problem. Do I Need A Scan? (<https://www.radiologyinfo.org/en/info/acs-thyroid-disease>)

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