

Thyroid Self-Check

According to the American Association of Clinical Endocrinologist, an estimated 15 million Americans have undiagnosed thyroid problems.

The thyroid, which is a small butterfly shaped gland, is very influential in the function of vital body organs, brain, liver, kidneys, heart and skin. The gland may be small, but the production of thyroid hormone controls virtually every cell, organ and tissue of the body.

Many symptoms of thyroid problems can be masked by another illness or disease. For instance symptoms such as fatigue, muscle and joint pain may be attributed to chronic fatigue syndrome, while the thyroid issue goes undetected. If you are experiencing irritability, fatigue, unusual weight gain, pale dry skin and increased sensitivity to cold, then ask the physician for bloodwork to check your TSH (thyroid –stimulating hormone) to check your thyroid gland's condition. The American Association of Clinical Endocrinologist states that, untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis.

To check your thyroid, you can take a thyroid neck check. All you need is for the neck check is a handheld mirror and a glass of water.



1. Hold the mirror in your hand, focusing on the lower area of your neck, above the collarbones, and below the voice box. Your gland is located in this area of your neck.
2. While focusing on this area in the mirror, tip your head back.
3. Take a drink of water and swallow
4. As you swallow, look at your neck. Check for any bulges or protrusions in this area. Be careful, do not confuse the Adam's apple with the thyroid gland.
5. If you do see any bulges or protrusions, then contact your physician for an appointment to rule out thyroid disease.

If you need additional information or have questions about your health or insurance, call to speak to a Personal Health Partner.

1-800-327-7272

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