

## **HYPERTHYROIDISM**

Hyperthyroidism / thyrotoxicosis is a clinical condition, resulting from excess of circulating thyroid hormones T4 (normal range 5.5-12.5 µgm/dL) and / or T3 (normal range 80-200 mg/dL).

### **CAUSES**

- 1) More common between the age of 20 and 40.
- 2) It often starts after times of extreme stress or during pregnancy.
- 3) Diffuse Toxic Goitre (enlargement of the thyroid gland)- Grave's disease.
- 4) Nodular goitre
- 5) Hashimoto's thyroiditis.
- 6) Iodine induced thyrotoxicosis.
- 7) Cancer of thyroid (secondary).
- 8) Ovarian struma.
- 9) Hydatidiform mole.
- 10) Thyroid stimulating Hormone (TSH) pituitary tumor.
- 11) Ingestion of excess quantities of thyroid hormone, termed thyrotoxicosis factitia.
- 12) High-dose radiation therapy.

### **DIETARY MANAGEMENT**

Avoid:

- Avoid smoking, alcohol.
- Avoid tea, cola and chocolates.
- Avoid coffee and caffeinated drinks.
- Avoid refined foods, dairy products and wheat.

### **CONSUME**

- Consume vitamins and minerals, high protein and high calorie diet.
- Vitamin C increases the levels of antioxidants and helps to regulate the thyroid gland. B complex vitamins are another example of vitamins that can help hyperthyroid patients. They help to build the immune system and stabilize the digestive process, which goes off track due to increased metabolism in hyperthyroid patients.
- Consume food that depresses the thyroid - broccoli, cabbage, Brussels sprouts, cauliflower, kale, spinach, turnips, soy, beans, and mustard greens.
- Increase consumption of Omega-3 fatty acids, Vitamin D, Calcium, Vitamin E, magnesium and Phosphorous.
- Omega-3 fatty acids are anti-inflammatory and help immune system function properly.
- Sources of Omega-3 fatty acids: Fish and fish oils provide excellent forms of omega-3s. Flax / linseed oil is the richest source of PUFA's. Other oils that contain PUFA's are safflower oil, soybean oil, cottonseed oil, maize oil, sesame oil, rich bran oil, ground nut oil, mustard oil and olive oil.
- Add little Turmeric to food as it has an anti-inflammatory property.

### **CONSULT PHYSICIAN**

- Consult your physician immediately in case of thyroid crisis - high temperature with flushing and sweating, extreme tachycardia (fast pulse rate), restlessness and agitation, frequent diarrhoea with dehydration.

- Consult your physician prior to taking any supplementations.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**