

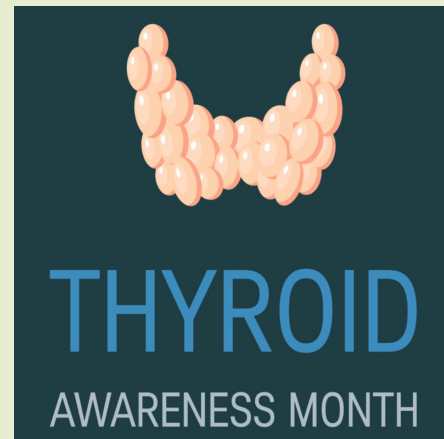


January is Thyroid Awareness Month.

The thyroid is the “master gland” of the body. Located in the neck just below the Adam's apple, this small gland plays a huge role in our bodies, influencing the function of many of our most important organs, including the heart, brain, liver, kidneys and skin. The thyroid gland is vitally important to overall well-being.

More than half of all people affected by thyroid disease are unaware of the cause of their problems. Individuals with low levels of thyroid hormones (hypothyroidism) may have several of the following symptoms, but may not be diagnosed for years:

- Slowed metabolism and slowed heart rate
- Cold and heat intolerance – cold hands and feet
- Fatigue
- Fluid retention - face, legs, eyelids and abdomen
- Dry skin, eyes and/or hair
- Yellowed skin
- Loss of eyebrows
- Constipation
- Headaches, migraines
- Depression, apathy and anxiety
- Irritability - low self esteem
- Low sexual desire
- Infertility
- Memory and concentration impairment
- Enlarged tongue, deep voice and swollen neck
- PMS, Irregular menstrual periods
- Lack of exercise tolerance
- Weight gain (especially in the stomach)
- Hypoglycemia (low blood sugar)



Women are more vulnerable to thyroid imbalances due to hormonal changes throughout their lifetime (puberty, birth control pills, pregnancy, menopause, HRT). Many symptoms of hypothyroidism and menopause overlap. It is especially important for menopausal women who decide to use hormone replacement therapy (HRT) to have their thyroid function tested, because oral estrogens can lower the amount of bioavailable thyroid hormone.

Our pharmacists will work together with you and your doctor to restore thyroid health and proper function. Ask us for more information - and feel good again!

information!



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