

## What is Hypothyroidism?

Hypothyroidism is a condition that occurs when your thyroid gland doesn't produce enough thyroid hormones.

The thyroid gland produces T4 and T3. But this production is not possible without stimulation from the pituitary gland which produces Thyroid Stimulating Hormone (TSH)

The production of TSH regulates how much the thyroid hormones triiodothyronine (T3) and thyroxine (T4) are produced. This interrelationship can reveal a lot about how healthy the thyroid is and what might be affecting it.

**By comparing values of these 3 tests, doctor can determine whether a person has hypothyroidism (low thyroid function), hyperthyroidism (overactive thyroid).**

- 1 A normal TSH and normal T4 indicates a normally functioning thyroid gland.
- 2 A low TSH and high T4 generally indicates hyperthyroidism.
- 3 A high TSH and low T4 indicates primary hypothyroidism (due to thyroid disease).
- 4 A low TSH and low T4 suggest secondary hypothyroidism (due to a disease of the pituitary gland or hypothalamus of the brain).
- 5 A low T3 along with elevated TSH are considered evidence of hypothyroidism.
- 6 A low TSH alongside elevated T3 levels are considered evidence of hyperthyroidism.

## Foods To Be Avoided In Hypothyroidism



(Cooking will reduce the goitrogenic effect of cauliflower, broccoli, cabbage and radish)

**Recommended to eat normal iodised salt.**