



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## HASHIMOTO'S THYROIDITIS

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### Abstract:

Hashimoto's thyroiditis is an auto immune disease, a disorder in which the immune system turns against the body's own tissues. In people with Hashimoto's, the immune system attacks the thyroid. This can lead to hypothyroidism, a condition in which the thyroid does not make enough hormones for the body's needs. Genetic, hormonal imbalance, radiation exposure are the major cause. Weight gains, puffiness of face, depression are the clinical manifestation. There is no cure for Hashimoto's but replacing hormones with medication can regulate hormones with medication can regulate hormone levels and restore your normal metabolism.

**Keywords :** Immune disease, Hypothyroidism, Radiation exposure, Genetic, Metabolism

### Introduction:

Hashimoto's thyroiditis also known as chronic lymphocytic thyroiditis is an auto immune disease in which the thyroid gland is gradually destroyed. Early may be no symptoms. The thyroid may enlarge forming a painless goiter. Some people eventually develop hypothyroidism with its accompanying weight gain. Thyroid typically shrinks in size.

### Definition

**Hashimoto thyroiditis** is an autoimmune disorder of inadequate **thyroid** hormone production. The biochemical picture indicates raised **thyroid**-stimulating hormone (TSH) in response to low free T4. Low total T4 or free T4 level in the presence of an elevated TSH level confirms the diagnosis of primary **hypothyroidism**.

## Etiology

Auto Immune Disorder

## Clinical Manifestation

- ✓ Hypothyroidism
- ✓ Feeling cold
- ✓ Depression
- ✓ Dry skin
- ✓ Constipation
- ✓ Fatigue
- ✓ Sleepiness
- ✓ Weight gain

Signs and symptoms of hypothyroidism include:

- ✓ Fatigue and sluggishness
- ✓ Increased sensitivity to cold
- ✓ Constipation
- ✓ Pale, dry skin
- ✓ A puffy face
- ✓ Brittle nails
- ✓ Hair loss
- ✓ Enlargement of the tongue
- ✓ Unexplained weight gain
- ✓ Muscle aches, tenderness and stiffness
- ✓ Joint pain and stiffness
- ✓ Muscle weakness
- ✓ Excessive or prolonged menstrual bleeding
- ✓ Depression
- ✓ Memory lapses

## Diagnosis

- ✚ History collection
- ✚ Physical examination
- ✚ Blood investigation
- ✚ MRI & CT scan
- ✚ Ultrasound of Thyroid gland
- ✚ **A hormone test.** Blood tests can determine the amount of hormones produced by your thyroid and pituitary glands. If your thyroid is underactive, the level of thyroid hormone is low. At the same time, the level of TSH is elevated because your pituitary gland tries to stimulate your thyroid gland to produce more thyroid hormone.
- ✚ **An antibody test.** Because Hashimoto's disease is an autoimmune disorder, the cause involves production of abnormal antibodies. A blood test may confirm the presence of antibodies against thyroid peroxidase (TPO antibodies), an enzyme normally found in the thyroid gland that plays an important role in the production of thyroid hormones. But the TPO antibody test isn't positive in everyone with Hashimoto's thyroiditis. Many people have TPO antibodies present, but don't have a goiter, hypothyroidism or other problems.

## Treatment

Treatment for Hashimoto's disease may include observation and use of medications. If there's no evidence of hormone deficiency, and your thyroid is functioning normally, your doctor may suggest a wait-and-see approach. If you need medication, chances are you'll need it for the rest of your life.

### Synthetic hormones

If Hashimoto's disease causes thyroid hormone deficiency, you may need replacement therapy with thyroid hormone. This usually involves daily use of the synthetic thyroid hormone levothyroxine (Levoxyl, Synthroid, others).

Synthetic levothyroxine is identical to thyroxine, the natural version of this hormone made by your thyroid gland. The oral medication restores adequate hormone levels and reverses all the symptoms of hypothyroidism.

- ✓ Physiotherapy
- ✓ Communication Therapy
- ✓ Behaviour therapy

## Prognosis

The **prognosis** for someone with **Hashimoto's thyroiditis** is excellent with proper treatment. Restoration of thyroid hormone levels with medical treatment will reverse the signs and symptoms of **hypothyroidism**. Without treatment, **hypothyroidism** can worsen over years, potentially leading to organ damage and severe illness.

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