



## Hypothyroidism 甲狀腺功能減退症(英文)

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### What is Hypothyroidism?

Hypothyroidism is not uncommon. In particular the conditions of onset are the deficiency of thyroid hormone and low thyroid secretion (insufficient quantity of thyroid hormones produced). Hypothyroidism is the most common thyroid disease.

In some severe conditions, hypothyroidism could result in special condition, known as myxedema, which features dry and thickened skin as well as some facial features of representative hypothyroidism.

### Cause of hypothyroidism

The most common cause of human hypothyroidism is the autoimmune reaction because anti-thyroid antibodies are produced to destroy thyroid. Such autoimmune disease is known as Hashimoto's thyroiditis. The conditions of thyroiditis will destroy the gland. Other causes include planned thyroid reduction for treatment on hyperthyroidism such as radioiodine therapy or surgical operations.

### What are the symptoms of hypothyroidism?

The symptoms of hypothyroidism are usually subtle and progressive, which could possibly be misdiagnosed as symptoms of depression. Not everyone encounters the same symptoms and the following are the most common symptoms:

- Full facial expressions.
- Coarse voice.
- Slow talking speed.
- Gradual drooping eyelid.
- Body and facial swelling for no particular reason.
- Weight increase for no reason.

- Non-gastrointestinal disease caused constipation.
- Thin and dry hair.
- Coarse, dry and thickened skin.
- Abnormal carpal tunnel syndrome (numb hands or ache)
- Slow heartbeat speed.
- Muscular spasm.
- Thin or falling eyebrows
- Non-psychiatric disease other than liver and renal disease and medicine induced or psychiatric disease related confused conscious.
- Increased flow of female menstruation.

Hypothyroidism without treatment could lead to anemia, low body temperature, cardiac failure and death. Symptoms of hypothyroidism could be similar to other conditions or medical problems. Please consult with your family doctor for diagnosis. Such condition caused by other disease is known as secondary hypothyroidism and would sometimes result in pituitary gland disease. When the gland secretion fails, it will no longer stimulate thyroid gland to produce thyroid hormones and will result in hypothyroidism.

### How is hypothyroidism diagnosed?

Apart from complete medical history and physical examinations, the procedures of diagnosing hypothyroidism could include blood test to evaluate the conditions of pituitary gland related to thyroid hormones and thyroid-stimulating hormone.

### Treatment for hypothyroidism

The goal of treatment aims to restore thyroid function to normal state and produce normal thyroid hormones operation. The specific plan for treating hypothyroidism will be determined by your physician based on the follows:

- Your age, overall health and medical history.
- Degree and relevant disease.
- Your tolerance for certain medicine, treatment procedures, or views and personal opinions towards the treatment.
- Comparison between expected recovery procedure for the disease and the actual treatment situations.
- You and your family' s opinion or insurance reimbursement conditions.

The treatment could include prescribed thyroid hormones to replace your hormones deficiency. The increase of thyroid hormones could require years of adjustment. Annual or biannual examination is often required to assure the proper administration of thyroid hormones. The thyroid hormone will usually need to leave margin for all patients.

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