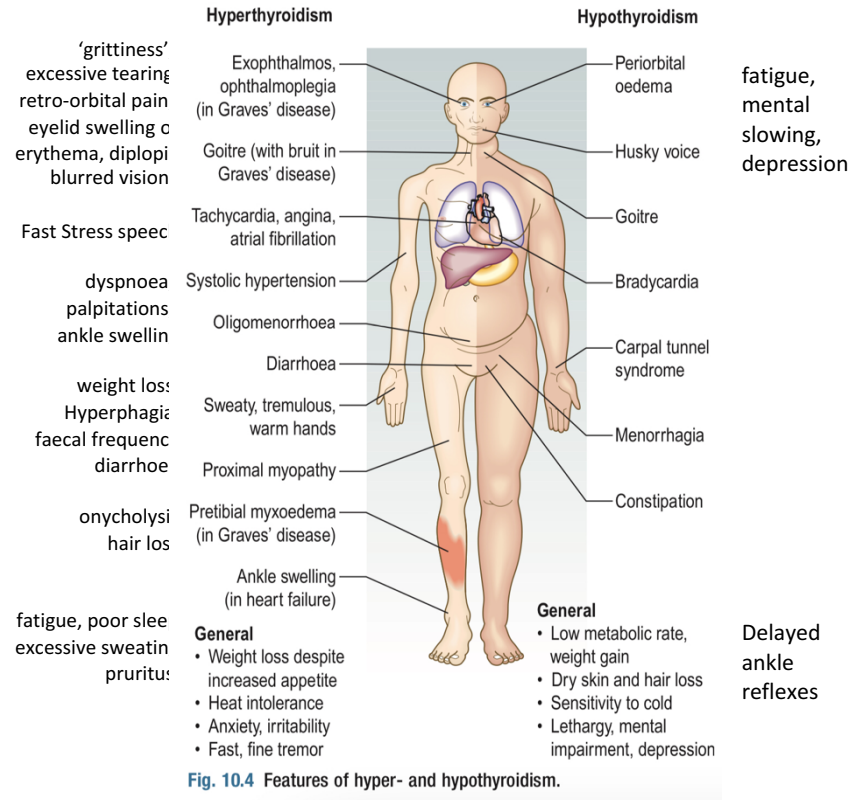


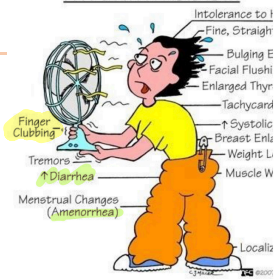


# Thyroid diseases



Condition	Profile	Notes
<p><b>Thyrotoxicosis</b></p> <p>secretory diarrhoea</p> <p>steatorrhea</p> <p>weight loss</p> <p>(clubbing)</p>	<p>Increased metabolism due to elevated thyroid hormone in the blood</p> <p>Hyperthyroidism symptoms</p> <p>P/E: warm, moist skin, proximal muscle weakness (due to a catabolic energy state), tremor and brisk deep tendon reflexes <i>Tachy</i></p>	<p>Causes aside from graves' disease:</p> <ul style="list-style-type: none"> <li>-Excessive TH ingestion</li> <li>-Toxic multinodular goitre</li> <li>-Solitary toxic nodule (nodules can be painful in case of bleeding)</li> <li>- <i>Thyroiditis</i></li> <li>-Amiodarone can result in hyperthyroidism</li> </ul>
<p><b>Graves' disease</b></p> <p>HISTORY SUGGESTING HYPERTHYROIDISM <i>↑ production</i></p> <ul style="list-style-type: none"> <li>• Fatigue, poor sleep</li> <li>• Tremor, heat intolerance, excessive sweating (hyperhidrosis)</li> <li>• Pruritus (itch), <i>pruritus</i>, onycholysis, hair loss</li> <li>• Irritability, anxiety, emotional lability</li> <li>• Dyspnea, palpitations, ankle swelling</li> <li>• Weight loss, Hyperphagia, faecal frequency, diarrhoea</li> <li>• Proximal muscle weakness <i>→ Both</i></li> <li>• Oligomenorrhea or amenorrhea</li> <li>• Eye symptoms (grittiness, excessive tearing, retro-orbital pain, eyelid swelling or erythema, blurred vision or diplopia) in the setting of autoimmune disease</li> </ul> <p><i>hip &amp; shoulder</i></p>	<p>Hyperthyroidism symptoms +</p> <p>P/E:</p> <ul style="list-style-type: none"> <li>• Vitiligo</li> <li>• <b>Acropachy</b></li> <li>• <b>Pretibial myxedema</b></li> <li>• Lid retraction</li> <li>• Lid lag</li> <li>• <b>Exophthalmus</b></li> <li>• Chemosis</li> <li>• Diffuse thyroid enlargement (can be nodular)</li> <li>• <b>Thyroid bruit</b></li> </ul>	<p>Autoimmune disease</p> <p>With a Familial component</p> <p>More common in women ages 30-50</p> <p>sympathetic hyperactivity.</p> <p><b>Graves' ophthalmopathy</b></p> <p>Characteristically associated with restriction of upgaze. Caused by an inflammatory infiltration of the soft tissues and extraocular muscles</p>

**HYPERTHYROIDISM**



	<ul style="list-style-type: none"> <li>• Signs of Graves' ophthalmopathy (proptosis, redness, edema)</li> <li>• corneal ulceration, diplopia, ophthalmoplegia and compressive optic neuropathy</li> </ul>	<p>Inflammation of the orbital soft tissues may lead to other more severe features</p> <p>Smoking increases risk of graves ophthalmopathy</p>
<b>Thyroiditis</b>	<p>Significant history:</p> <ul style="list-style-type: none"> <li>• Recent pregnancy – postpartum thyroiditis</li> <li>• Hyperthyroidism with diffuse neck pain followed by hypothyroidism - viral (de quervin's) thyroiditis</li> </ul>	
<b>Goitre (large or retrosternal)</b>	<p>Compressive symptoms: SOB, stridor and dysphagia</p>	Usually euthyroid
<b>Thyroglossal cyst</b>	<p>Neck cyst that moves with tongue protrusion</p>	Arises from remnant thyroglossal duct
<b>Thyroid malignancy</b>	<p>Fixation of the thyroid to surrounding structures (such that it does not move on swallowing) and associated cervical lymphadenopathy.</p>	

<b>Hashimoto thyroiditis</b>	<p>Hypothyroidism signs, Most common cause</p>	<p>Autoimmune etiology</p>
<b>Hypothyroidism notes</b>	<ul style="list-style-type: none"> <li>• Antithyroid, radioiodine therapy, Lithium medication can cause hypothyroidism</li> <li>• Residence in an area of iodine deficiency, such as the Andes, Himalayas, Central Africa: can cause goitre and, rarely, hypothyroidism.</li> <li>• Graves disease surgery</li> </ul>	<p><b>HISTORY SUGGESTING HYPOTHYROIDISM</b></p> <ul style="list-style-type: none"> <li>❖ Fatigue, mental slowness, depression</li> <li>❖ Cold intolerance</li> <li>❖ weight gain, constipation</li> <li>❖ Carpal tunnel syndrome</li> <li>❖ Dry skin or hair</li> </ul> <p><i>↓ appetite</i></p> <p><i>Loss of distal 1/3 of eyebrows</i></p>

**HYPOTHYROIDISM**

