

*Better
Together*

Patient information

Hashimotos Thyroiditis

Surgical Division Royal Liverpool Hospital and
Broadgreen Hospital

What is your thyroid gland and what does it do?

The thyroid is a small gland in the front of the neck just below the voice box (larynx) it is made up of two parts or lobes. Its most important function is the regulation of your body's metabolism.

What is hashimotos thyroiditis?

It is a disease of the thyroid. It is an autoimmune disorder that occurs when the immune system attacks and destroys the thyroid gland. This leads to insufficient production of thyroxine. It is the most common form of hypothyroidism. It is most common in middle-aged women.

Symptoms

Many people go for years without symptoms or they are that subtle that they can often be mistaken for depression.

The most common symptoms are fatigue, sensitivity to cold, muscle weakness, constipation and sometimes a goitre.

A goitre is an enlargement of the thyroid gland. Sometimes, early on in the disease process, the thyroid seems to be stimulated and people are hot and have palpitations (overactive thyroid). This almost always changes to an under active thyroid (hypothyroidism) over a period of time.

Is it hereditary?

There is evidence that supports it being a hereditary disorder, especially if autoimmune diseases run in the family e.g. overactive thyroid, diabetes and rheumatoid arthritis.

Investigations

Usually consist of blood tests – thyroid antibodies and thyroid function tests. If you have goitre you may be sent for an ultrasound of your thyroid as well.

Treatment.

The hypothyroidism resulting from Hashimoto's thyroiditis will be treated with tablets called levothyroxine (please see separate information leaflet). You will need regular blood tests to check the levels of thyroxine and you may occasionally need to increase the dose, these will need to be taken for life.

It may take some time at first to get the dose of thyroxine correct. If you have not developed hypothyroidism with your Hashimoto's thyroiditis the management will be regular observation and blood tests with your family doctor (G.P.)

Further information

Gail McKane

Tel: 0151 706 3482

Text phone number: 18001 0151 706 3482

British Association of Endocrine Surgeons

www.baes.info

**Author: Surgical Division Royal Liverpool Hospital
and Broadgreen Hospital**

Review date: December 2013

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پینوندیدار بهو نهخوشانهی له‌لایمن تراستهوه پامهند کراون، نهگم داوا بکریت له فۆرماتهکاتی تر دا بریتی له زمانهکاتی تر، نیز ی رید (هاسان خوینندنهوه)، چایی گهواره، شریتی دهنگ، هلی موون و نلیکترۆنیکي هیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字
体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.

A5/White