

## Mayo Clinic Minute: Thyroid overdrive – understanding Graves' disease

Graves' disease is an autoimmune disorder that triggers the thyroid gland to produce more thyroid hormones than the body needs. It's the most common cause of hyperthyroidism, or an overactive thyroid.

Dr. Marius Stan, a Mayo Clinic endocrinologist, has more on this thyroid disorder.

Editor's note: January is National Thyroid Disease Awareness Month.

Video	Audio
	(person starts a car)
	"Thyroid, and mainly thyroid hormones, are the gas pedal, if you will, for the body."
	(NATS Car revving up)
Marius Stan, M.D. Endocrinology Mayo Clinic	"And as we're pushing that gas pedal, metabolism accelerates, our heart rate beats faster, we feel hot, we can't rest, we can't sleep."
	Dr. Marius Stan says other symptoms of Graves' disease may include anxiety, weight loss, heat sensitivity and bulging eyes.
	"It's a situation of an overactive thyroid that is caused by antibodies that we unfortunately produce that end up really whipping the thyroid into an overactive state."
	Medications are often the first line of treatment. When that doesn't work, surgery or radioactive iodine to destroy the thyroid tissue may be an option.
	Dr. Stan is leading several clinical research trials targeting the disorder.
	"I'm quite optimistic, looking at some of the early results of our trials, that there will be major benefits for patients in the coming years."
	For the Mayo Clinic News Network, I'm Jason Howland.

