

Mayo Clinic Minute: Do you have hypothyroidism?

VIDEO	AUDIO
Dr. Bernet	"Hypothyroidism is when the thyroid is making inadequate amounts of thyroid hormone."
	If you have an underactive thyroid gland, the symptoms may not be noticeable early on, but they can include fatigue, weight gain, dry skin, constipation, muscle pain, and swelling in the hands and feet.
Victor Bernet, M.D. Endocrinology Mayo Clinic	"You just have one of these symptoms, the chances of hypothyroidism is going to be less than when you have a conglomeration of these symptoms all developing — that can be a big deal."
	Over time, if hypothyroidism isn't treated, the symptoms can become worse and lead to other health issues, like high cholesterol and heart problems.
Dr. Bernet	"The symptoms of hypothyroidism overlap with many other general medical issues. So it's important, if you suspect yourself of having hypothyroidism, to go see your doctor and have some appropriate thyroid blood testing done."
	Often, treatment is simply taking daily oral thyroid medication to return hormone levels to a typical range. And treatment likely will be lifelong.
	For the Mayo Clinic News Network, I'm Jason Howland.