

19. THYROID

The thyroid is a small gland in your neck.



This checklist can be downloaded from www.sunderlandactionforhealth.co.uk.

It is free to use for personal use and with people you support.

Your thyroid gland produces hormones that help your body turn food into energy.

Most people's thyroid gland works well and produces the right amount of hormones.



An underactive thyroid means your thyroid gland does not produce enough hormones.

An overactive thyroid means your thyroid gland produces too many hormones.

THINGS TO CHECK

1 Does anyone think you should talk to your doctor about an underactive thyroid?

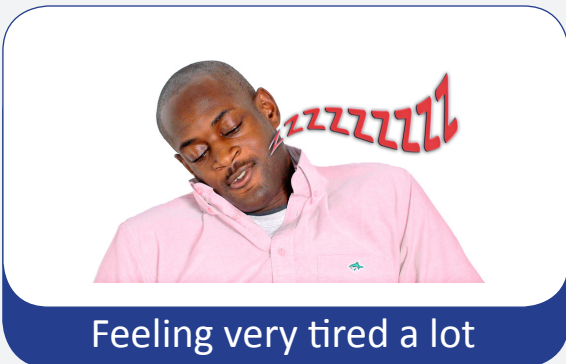
Signs of an underactive thyroid include:



Putting on weight



Feeling sad a lot



Feeling very tired a lot



Feeling cold a lot

An underactive thyroid is not usually serious.

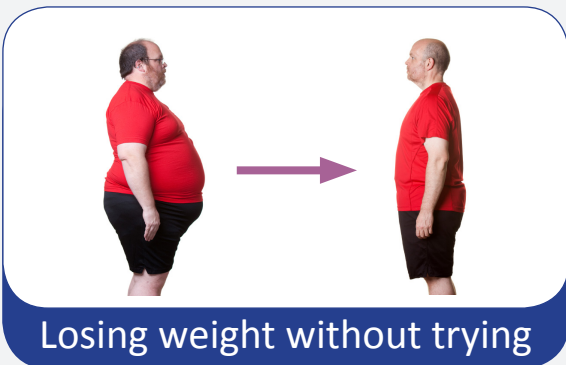


It can often be treated by taking hormone tablets to replace the hormones your thyroid isn't making.

Your doctor will check if you have a thyroid problem or other health problems.

2 Does anyone think you should talk to your doctor about an overactive thyroid?

Signs of an overactive thyroid include:



An overactive thyroid is often treated by medicine.

An overactive thyroid usually responds well to treatment and most people are able to bring their symptoms under control.

Your doctor will check if you have a thyroid problem or other health problems.



Thyroid UK

The Thyroid UK website has advice and information about problems with thyroid and the support and treatment you can get.



www.thyroiduk.org.uk

Easy Health

Easyhealth is run by an organisation called Generate Opportunities Ltd.

There are Easy Read leaflets about 'Hyperthyroidism' and 'Hypothyroidism' designed by many different organisations.

Look in the 'Health Leaflets' section.



www.easyhealth.org.uk

USING THIS CHECKLIST

This checklist is a part of The Health Action Planning toolkit available from www.sunderlandactionforhealth.co.uk

The Health Action Planning toolkit is free to use.

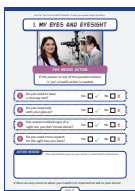


- There are 20 other checklists in the series covering a wide range of health issues.

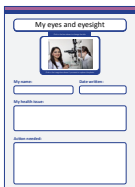
There is a Health Action Plan template which has two sections.



- In the first section you can record important health information about yourself including your allergies, immunisations, family history, health conditions and medication you take.



- In the second section of the Health Action Plan template you can record your answers to the questions from each of the 21 checklists.



- There are also a series of Easy Read Health Action templates that you can use to record the progress you make on addressing a health action. You can record what the health action is, who will help and what steps need to be taken.

NHS
Sunderland
Clinical Commissioning Group

The Health Action Planning Toolkit was originally developed by The Clear Communication People Ltd in partnership with Surrey & Borders Partnership NHS Foundation Trust health professionals and other health professionals in Surrey.

This checklist has been adapted for the Sunderland Clinical Commissioning Group.

The Health Action Planning Toolkit is intended as a aid to support people with learning disabilities to access the support and advice of qualified health professionals. The Clear Communication People Ltd take no responsibility for medical diagnosis, advice and treatment given in conjunction with the use of this checklist.

- Easy Pics imagenbank © The Clear Communication People Ltd
- Some photosymbols used - go to www.photosymbols.com