

## Manifestation of Hashimoto's Disease

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### DESCRIPTION

Hashimoto's disease is a condition in which your immune system assaults your thyroid gland, which is located below your Adam's apple at the base of your neck. The thyroid gland is a part of the endocrine system, which produces hormones that help your body function properly.

Hashimoto's illness, commonly known as chronic lymphocytic thyroiditis, causes the thyroid gland to become underactive (hypothyroidism). The most prevalent cause of hypothyroidism is Hashimoto's disease. It primarily affects women in their 40s and 50s, but it can also affect men and women of any age, as well as children.

### Causes and symptoms

Fatigue and sluggishness, constipation, pale and dry skin, a swollen face, brittle nails, hair loss, tongue enlargement, unexpected weight gain, muscle aches, and discomfort are all symptoms to look out for. Hashimoto's disease is an autoimmune ailment in which the immune system produces antibodies that attack the thyroid gland, causing it to malfunction. Women are 4-10 times more likely than men to have Hashimoto's disease. Although the condition can affect teens and young women, it is most common in women between the ages of 30 and 50.

### Diagnosis

**Test for Thyroid Stimulating Hormone (TSH):** A high TSH level usually indicates that the thyroid gland isn't producing enough T4 hormones. This lab is most often associated with a hypothyroidism or subclinical hypothyroidism diagnosis.

**Free T4 test:** A low T4 level indicates hypothyroidism in the individual.

**Anti-thyroid antibody test:** Antibodies mean you're more likely to develop Hashimoto's hypothyroidism.

An ultrasound of your thyroid gland is the most common imaging test that may be conducted. The ultrasound will reveal

the size and shape of your thyroid, as well as any nodules or growths in your neck.

### Treatments for Hashimoto's disease

Although there is no cure for Hashimoto's, medicine that replaces hormones can help to normalize hormone levels and restore normal metabolism. There are numerous strengths of the tablets available. Your doctor's specific dosage will be determined by a number of factors, including:

Hypothyroidism Severity

Other medical issues

Other medications that may interact with synthetic thyroid hormones

Once begin therapy, doctor will arrange a thyroid-stimulating hormone (TSH) test to monitor your thyroid function and verify if you are receiving the proper dose. Because thyroid hormones are slow-acting in the body, it may take many months for your symptoms to subside and your goiter to diminish. Large goiters that do not improve, on the other hand, may require thyroid gland removal.

### Who is the most susceptible to Hashimoto's disease?

Mostly affects women than men. (Between the ages of 30 and 50)

Has a tendency to run in families (hereditary).

People with other autoimmune disorders, such as certain liver conditions, B12 insufficiency, gluten sensitivity, rheumatoid arthritis, type 1 diabetes, lupus, and Addison's disease, are more susceptible to acquire it (an adrenal gland condition).

### What effect do food, diet, and nutrition have on Hashimoto's disease?

Iodine, a mineral found in various foods, is used by the thyroid to produce thyroid hormones. If you have Hashimoto's disease or other autoimmune thyroid problems, you may be susceptible to iodine's harmful side effects. Eating foods high in iodine, such

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as kelp, dulse, or other types of seaweed, as well as certain iodine-rich drugs, can cause or worsen hypothyroidism. Supplementing with iodine can have the same effect.

Discuss this with members of your health-care team about:

Which meals and beverages should be avoided or limited

Whether to supplement with iodine

Any iodine-containing cough syrups you're taking

If pregnant, still one must consume enough iodine because the baby obtains it through mother's diet. Too much iodine can also cause issues, such as goiter in children. If you're expecting a child, talk to your doctor about how much iodine you'll require. Other ways that diet and supplements, such as vitamin D and selenium [NIH external link](#), may affect Hashimoto's disease are being investigated. However, there is currently no explicit instruction provided.