

Hashimoto's Thyroiditis Disease: A Short Note

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HASHIMOTO'S THYROIDITIS DISEASE

Hashimoto's disease is a condition in which immune system attack thyroid gland which produces hormones and coordinate with the body function. Hashimoto's disease is also called as chronic lymphocytic thyroiditis. The cause of chronic lymphocytic thyroiditis or Hashimoto's thyroiditis is Hypothyroidism.

Hypothyroidism is a condition in which the thyroid gland cannot produce enough hormones which is an auto-immune disorder (immune system creates antibodies against thyroid gland to damage). TPO (Thyroid Peroxidase) is an enzyme which plays a major role in the production of thyroid hormones.

Hashimoto's disease is mostly affects in the middle-aged women. Also occurs in children, men and women of any age. Heredity is also one of the causes of Hashimoto's disease

Hashimoto's thyroiditis may not have any symptoms early on. It shows progress of disease over the years. You may observe swelling at the throat (goiter). As it cause of hypothyroidism symptoms of Hashimoto's thyroiditis disease are similar to hypothyroidism.

Symptoms include

- Fatigue
- Sluggishness
- Depression
- Sensitivity to cold
- Constipation
- Pale
- Dry skin
- A puffy face
- Brittle nails

- Hair loss
- Enlargement of tongue
- Gaining of weight
- Muscle aches, weakness, tenderness and stiffness
- Joint pains
- Menstrual bleeding (Prolonged bleeding)
- Loss of memory

Diagnosis can be as similar to hypothyroidism. Physical examination, laboratory test of hypothyroidism, test of free T4 levels, TPO antibody test. In some cases, cannot see hypothyroidism or symptoms but TPO antibody is positive due to hereditary.

Treatment for Hashimoto's disease varies on patient health history. Patient with mild hypothyroidism history may not require medication but tests should be done for every 3 or 6 months. Patients with hypothyroidism condition treatment may be replacement of thyroid hormone or levothyroxine can be taken orally at a right dose, inexpensive, and very effective in restoring the thyroid hormone levels, and results in an improvement of symptoms of hypothyroidism. Levothyroxine has no side effects. When insufficient dose is taken, serum TSH remains and shows symptoms of hypothyroidism. If the dose is excessive, serum TSH will become suppressed and the patients may develop symptoms of hyperthyroidism or have other side effects. To find the appropriate dose, at beginning stage of treatment, testing with TSH every 6-8 weeks is required until the correct dose is determined. Patients with TPO antibodies but the thyroid function tests (TSH and Free T4) normal, then the patient does not require treatment.

If the condition is untreated, hypothyroidism may lead to enlargement of heart and, possibly heart failure; mental health issues like depression may occur early in Hashimoto's disease and may become severe over time.

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