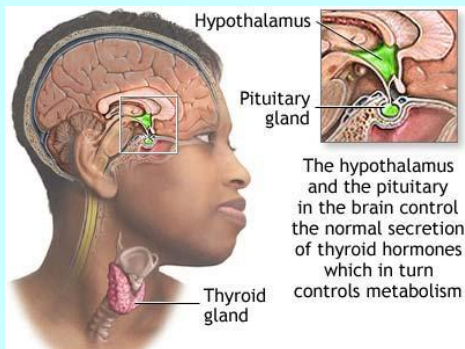


Hyperthyroidism

(Thyrotoxicosis)

Definition

Hyperthyroidism is an imbalance in metabolism that occurs from overproduction of thyroid hormone.



Causes, Incidence & Risks

- The thyroid gland produces several hormones to regulate growth, digestion and metabolism.
- It is subject to a complex control mechanism to ensure that the correct amounts of thyroid hormones are produced and secreted.
- Hyperthyroidism is classified as syndrome that describes the characteristics resulting from this condition.
- Incidence 1 in 1,000

• Causes of hyperthyroidism include:

- Graves Disease (19th century Irish Physician)
 - accounts for 85% of all cases
 - autoimmune
 - familial
 - ♀:♂ = 9:1
- Pituitary Tumours
- Thyroid Tumours
- Testicular Tumours
- Ovarian Tumours
- Thyroiditis
- Ingestion of excessive amounts of thyroid hormone
- Ingestion of excessive amounts of iodine

Symptoms

- Weight Loss
- Increased Appetite
- Lid lag
- Alopecia
- Heat Intolerance
- Goitre
- Bounding Pulse
- Mild Hand Tremor
- Exophthalmus
- Anxiety
- Restlessness
- Increased Sweating
- Fatigue
- Muscle Cramps
- Frequent bowel movements

Symptoms

- Muscle Atrophy
- Absent Menstruation
- Itching
- Breast development in men
- Bone Pain
- Hypertension
- Weakness
- Thirst
- Sleep Difficulty
- Skin Flushing
- Pallor
- Nausea/Vomiting

Investigations

- Hypertension
- Increased pulse
- Tachyponoea
- Goitre on observation
- Increased thyroid hormone levels

Prevention

There are no general prevention measures, except for avoiding excess iodide ingestion.

Treatment

- Treatment will be dependent upon the cause.
- In most cases of thyroid induced hyperthyroidism, it is treated either with surgery, radioactive iodine which destroys thyroid cells or antithyroid medications.
- Beta-blockers may be used to treat some of the symptoms associated with the condition.

Prognosis

Many cases can be treated quite effectively although the condition may be progressive and ongoing treatment may become more aggressive.

Complications

- Cardiac complications include
 - rapid heart rate,
 - congestive failure
 - atrial fibrillation.
- Thyroid crisis
- Increased risk of Hyperthyroidism osteoporosis.

