

Tishk International University  
Faculty of Nursing  
Nursing Department



Adult Nursing II

# Thyroid Disorders

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# Outline:-



- **Definition of thyroid**
- **Thyroid gland produces three hormones**
- **What are the specific kinds of thyroid disorders**
- **What are hypothyroidism**
- **cause of hypothyroidism**
- **Symptoms of hypothyroidism**
- **What is the treatment for hypothyroidism**
- **What are hyperthyroidism**
- **cause of hyperthyroidism**
- **What are symptoms of hyperthyroidism**
- **treatment of hyperthyroidism**
- **Reference**



# Thyroid disorders

- Thyroid disorders are conditions that affect the thyroid gland, a butterfly-shaped is located in the midline of the neck inferior to neck muscles, but anterior to the trachea or airway.
- There are two principal thyroid hormones made and secreted by the thyroid, thyroxin (commonly known as T4) and triiodothyronine (T3)





# **Thyroid gland produces three hormones**

- 1. Calcitonin**
- 2. Thyroxin, also known as T4**
- 3. Triiodothyronine, also known as T3**

# Specific kinds of thyroid disorders



•Hypothyroidism

•Hyperthyroidism

Hypothyroidism



Overactive Thyroid

Hyperthyroidism

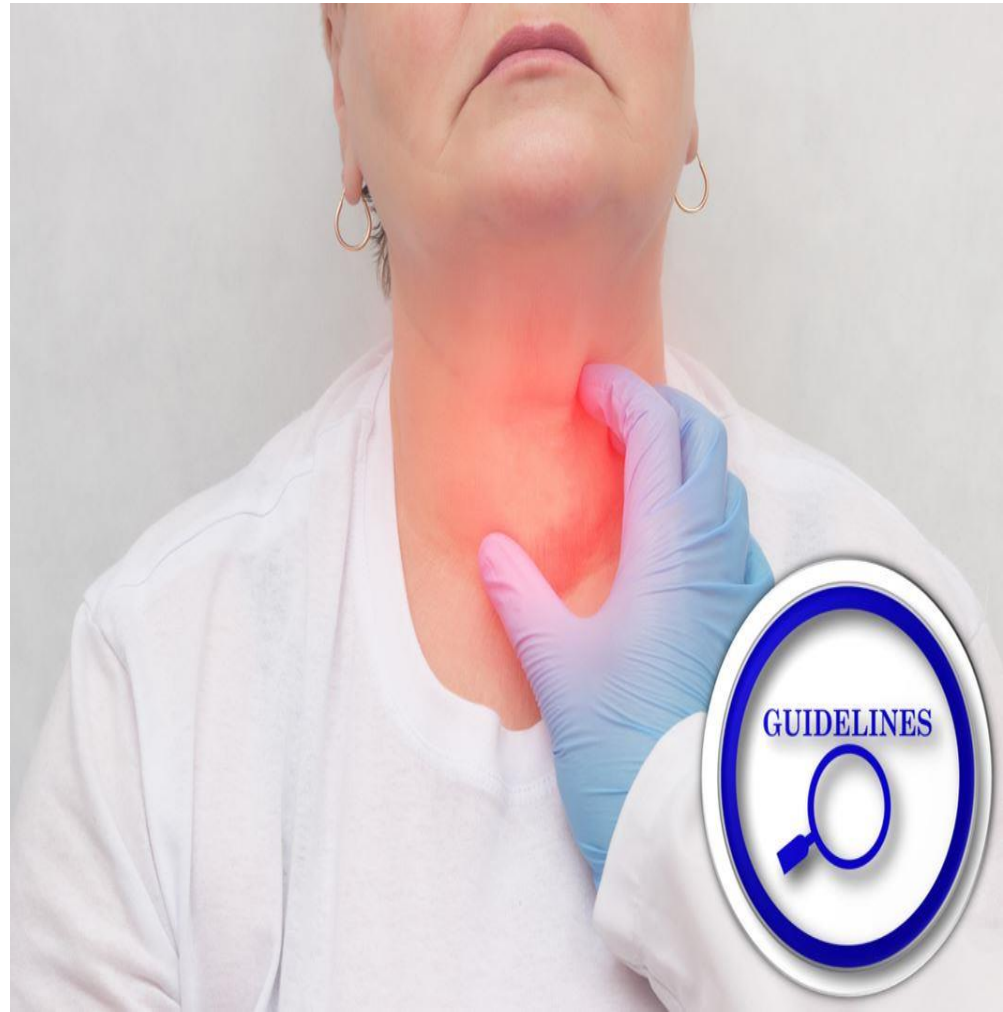
Healthy





# Hypothyroidism

- is a condition in which the thyroid gland doesn't produce enough of certain crucial hormones



# Cause of Hypothyroidism



- Hashimoto's thyroiditis= is a condition in which the immune system attacks thyroid
- Severe iodine deficiency
- Pituitary gland or hypothalamic disease: pituitary gland or the hypothalamus are unable to signal the thyroid and instruct it to produce thyroid hormones
- Overuse of hyperthyroidism treatment

# Symptoms of hypothyroidism



1. Weight gain
2. Fatigue
3. Poor concentration or feeling mentally "foggy"
4. Dry skin
5. Constipation
6. Feeling cold
7. Fluid retention
8. Muscle and joint aches
9. Depression



# 10 SYMPTOMS OF HYPOTHYROIDISM

UNEXPLAINED  
WEIGHT GAIN

FATIGUE

MUSCLE ACHES  
AND WEAKNESS

LOSS OF  
SEX DRIVE

COLD  
INTOLERANCE

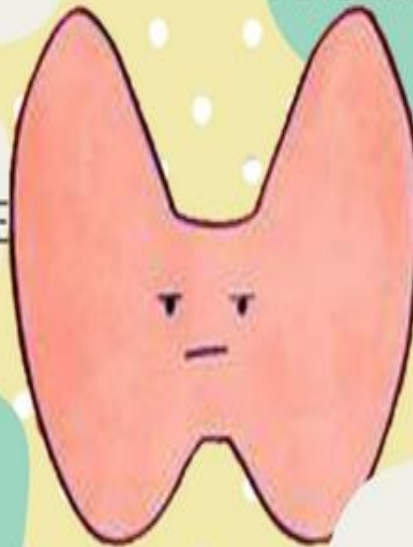
DRY SKIN  
AND  
HAIR LOSS

SLOW  
HEART  
RATE

CONSTIPATION

CHANGES IN THE  
MENSTRUAL  
CYCLE

DEPRESSION



# Treatment for hypothyroidism



- Hypothyroidism can be easily treated with thyroid hormone replacement which is levothyroxine.

# Hyperthyroidism



- Is a condition in which the thyroid gland produce too much of certain hormones.



Normal eye

Graves' ophthalmopathy

# Cause of Hyperthyroidism



1. Excessive intake of thyroid hormones
2. Abnormal secretion of TSH
3. Thyroiditis (inflammation of the thyroid gland)
4. Excessive iodine intake

# Symptoms of hyperthyroidism



1. Unintentional Weight loss
2. Tremor
3. Nervousness
4. Fast heart rate
5. Fatigue
6. Intolerance for heat
7. Increase in bowel movements
8. Increased sweating
9. Concentration problems



# Treatment of hyperthyroidism

1. Anti-thyroid medications, such as methimazole (Tapazole), stop the thyroid from making hormones.
2. Thyroidectomy



# Reference

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THANK YOU FOR  
YOUR LISTENING

DO YOU HAVE  
ANY QUESTIONS?