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Hypothyroidism

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Hypothyroidism

Hypothyroidism, often called underactive thyroid, is a condition caused by too little thyroid hormone.

Thyroid hormone comes from the thyroid gland, a small butterfly-shaped gland in the front of the neck. Too little thyroid hormone causes many body functions to slow down.

The most common cause of hypothyroidism is called Hashimoto's disease. In Hashimoto's disease, the immune system accidentally damages the thyroid gland for reasons that are not well understood.

Hypothyroidism: what you should know

- Hypothyroidism in infants can cause severe mental and physical disabilities. For this reason, all newborn babies in the U.S. are routinely tested.

- Hypothyroidism symptoms include the following:

- Feeling tired

- Low energy

- Depression

- Weight gain

- Constipation

- Feeling cold

- Muscle aches

- Dry skin