



Tips on *Hyperthyroidism* (Overactive Thyroid)



Hyperthyroidism is a condition where your thyroid (a butterfly-shaped gland in the front of your neck) creates and releases more hormones in your body than you need. This is also called an overactive thyroid.¹



What are the symptoms of hyperthyroidism?¹

You may experience some of the symptoms of hyperthyroidism and not others, or many of them at the same time.

Symptoms of hyperthyroidism can include the following:

- Rapid heartbeat
- Feeling shaky, nervous
- Increased appetite
- Diarrhea and more frequent bowel movements
- Double vision
- Thin skin
- Menstrual changes
- Intolerance to heat and excessive sweating
- Sleep issues
- Swelling and enlargement of the neck
- Hair loss and brittle hair texture
- Bulging of the eyes
- Muscle weakness



How do I know if I have hyperthyroidism?¹

Although hyperthyroidism isn't preventable, you can talk to your healthcare provider about taking the following precautionary steps:

A physical exam

- During a physical exam, your healthcare provider will gently feel your neck to check the size of your thyroid gland.

Blood test²

- Your healthcare provider may take a blood sample to test your levels of thyroid stimulating hormone (also called a TSH test).

Imaging tests

- Imaging tests allow your healthcare provider to get a sense of the size and shape of the thyroid.
- They can tell your healthcare provider if the thyroid is overactive and making too many hormones.



What are my treatment options?¹

- There are many treatment options for hyperthyroidism. The right treatment will depend on your age, the type of hyperthyroidism that you have, how severe it is, and other medical conditions that may be affecting your health.
- Your healthcare provider can discuss each option with you and help you determine the best treatment for you.

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¹Hyperthyroidism. Cleveland Clinic website. Reviewed April 19, 2020. Accessed July 15, 2021. <https://my.clevelandclinic.org/health/diseases/14129-hyperthyroidism>.

²Hyperthyroidism (Overactive). American Thyroid Association website. <https://www.thyroid.org/hyperthyroidism>. Accessed July 15, 2021. <https://www.thyroid.org/hyperthyroidism>.