

In Endocrinology

**WORLD THYROID DAY & INTERNATIONAL THYROID AWARENESS WEEK
(MAY 22 TO 28) – “IT’S NOT YOU. IT’S YOUR THYROID”**



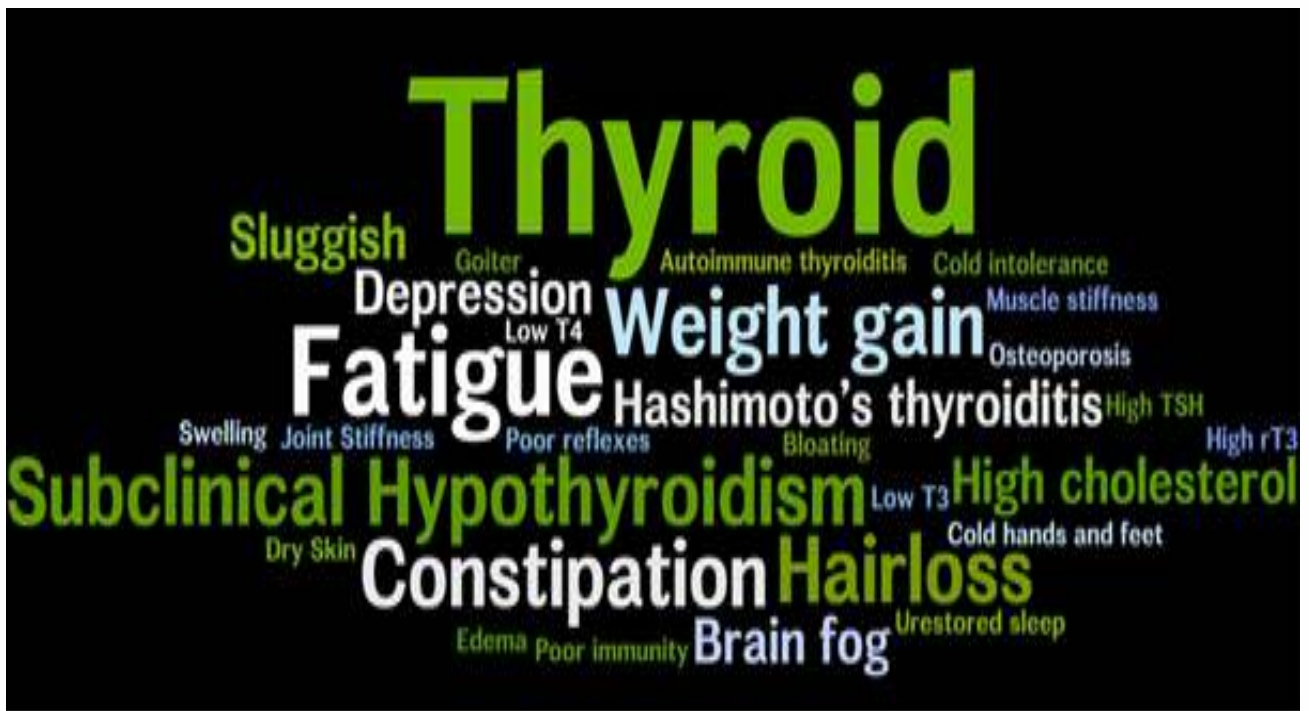
World Thyroid Day is an annual awareness day that was established in 2008 during the congress of the European Thyroid Association (ETA). It focuses on increasing awareness of thyroid health and educating about prevention and treatment of thyroid diseases.

The thyroid gland, often referred to as simply the thyroid, is one of the largest endocrine glands. This butterfly-shaped gland is located in the neck. Hormones produced by the thyroid influence critical body functions and regulate metabolism, therefore thyroid health is extremely important.

Thyroid disorders are very common worldwide, they affect people of all ages and have a large range of symptoms. The most common thyroid disorders include hyperthyroidism (abnormally increased thyroid activity), hypothyroidism (abnormally decreased thyroid activity), thyroiditis (inflammation of the thyroid gland) and thyroid cancer.

World Thyroid Day aims at increasing public awareness of thyroid diseases, namely the importance of their timely diagnosis, treatment and prevention.

Worldwide, around 200 million people suffer from thyroid disorders, with almost 50% of cases remaining undiagnosed. This has consequences for health and well-being, since this little organ regulates processes that are essential to survival. Thyroid disorders lead to symptoms that are often misinterpreted by those affected.



Remember “It’s not you. It’s your thyroid”

The theme for the year 2022 is therefore to improve thyroid communication between doctors and their patients. The EMPATHY study which was conducted with the same idea has revealed that many of the causes of dissatisfaction with thyroid patients are caused by too little communication between the doctor and the patient and from the patient to the doctor.

LET’S CLOSE THIS COMMUNICATION GAP.

Dr. Minal Mohit