

**Mayo Clinic Medical Edge**

***Hypothyroidism***

1:00

**Log**

**Audio**

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT MAY BE SMALL, BUT ITS JOB IS BIG. THE THYROID GLAND REGULATES THE HORMONES THAT CONTROL THE BODY'S METABOLISM... EVERYTHING FROM YOUR HEART RATE AND TEMPERATURE TO HOW FAST CALORIES ARE BURNED. AN UNDERACTIVE THYROID CAN SLOW EVERYTHING DOWN.
<b>Vahab Fatourech, M.D.</b>	"YOUR BRAIN IS NOT GOING TO BE SO SHARP. YOUR MEMORY IS NOT GOING TO BE GOOD. YOUR HEARING IS GOING TO BE DISTURBED AND YOUR BALANCE IS NOT GOING TO BE GOOD."

	<p>THOSE ARE SYMPTOMS OF RELATIVELY SEVERE UNDERACTIVITY OF THYROID, MAYO CLINIC DR. VAHAB FATOURECHI EXPLAINS. Milder cases with subtle symptoms are much more common.</p>
<b>Dr. Fatourechi</b>	<p>“CLOSE TO 10 PERCENT OF THE POPULATION ABOVE AGE 50, ESPECIALLY WOMEN, ARE GOING TO HAVE MILD DEFICIENCY OF THYROID HORMONE.”</p>
	<p>A SIMPLE BLOOD TEST CAN CONFIRM AN UNDERACTIVE THYROID. AND TREATMENT, IF IT’S RECOMMENDED, IS A PILL TO BOOST YOUR HORMONE LEVELS TO A NORMAL RANGE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>