

# THYROID SCREENING



Every time someone looks in the mirror, a key to their well-being is staring back at them: the thyroid gland.

The main purpose of thyroid hormone is to "run the body's metabolism".

The thyroid gland is the small, butterfly-shaped gland found just below the Adam's apple. The thyroid gland produces hormones that influence essentially every organ, tissue and cell in the body.

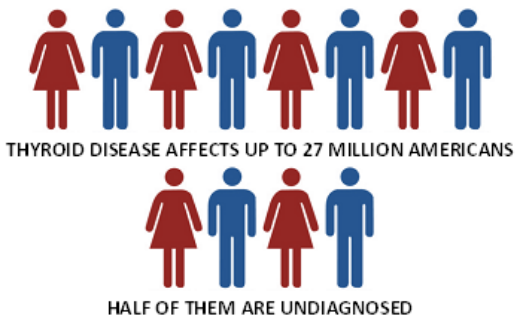
In short, if the thyroid doesn't work properly, your employees don't either.

If left untreated, thyroid disease can cause serious health consequences such as elevated cholesterol levels, an elevated risk of heart disease, osteoporosis, infertility, muscle weakness, weight gain, cold intolerance, depression, sluggishness, sleepiness, slower reflexes, brittle fingernails, dry hair and skin, menstrual irregularities, muscular cramps and aches, poor memory, difficulty concentrating, and, in extreme cases, coma or death.

Because many symptoms of thyroid imbalance may be hard to recognize and may be mistaken for symptoms caused by other conditions, the best way to know for sure about thyroid health is to be screened for a TSH (thyroid-stimulating hormone), a simple blood test that measures whether the thyroid gland is functioning normally.

## Hypothyroidism Can Often Be Detected With A Simple Blood Test.

- Easy: Simple Fingertstick
- Quick: Results in minutes
- Accurate: 100% agreement with lab, 98.5% sensitivity, 96.9% specificity at 5mIU/L +/- 10%
- Affordable



Screening for hypothyroidism with a TSH test is cost effective, saving corporate dollars as well as promoting employee health and awareness. **Adding a TSH screening while conducting cholesterol and diabetes tests is an opportunity to prevent the progression to overt hypothyroidism and its consequences.**

Hypothyroidism left untreated, may lead to cardiac disease, infertility, weight gain as well as other autoimmune disease. Having a TSH test is important. Taking a TSH test for elevated levels is the first indicator of hypothyroidism.

Testing for thyroid TSH will help identify people having high TSH results. Counseling will be able to direct them to the first step in getting treatment and all participants will have an opportunity to be aware of the importance of thyroid health.

Contact **Heart Screen** for more information. ☎ **631.842.1122**

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