

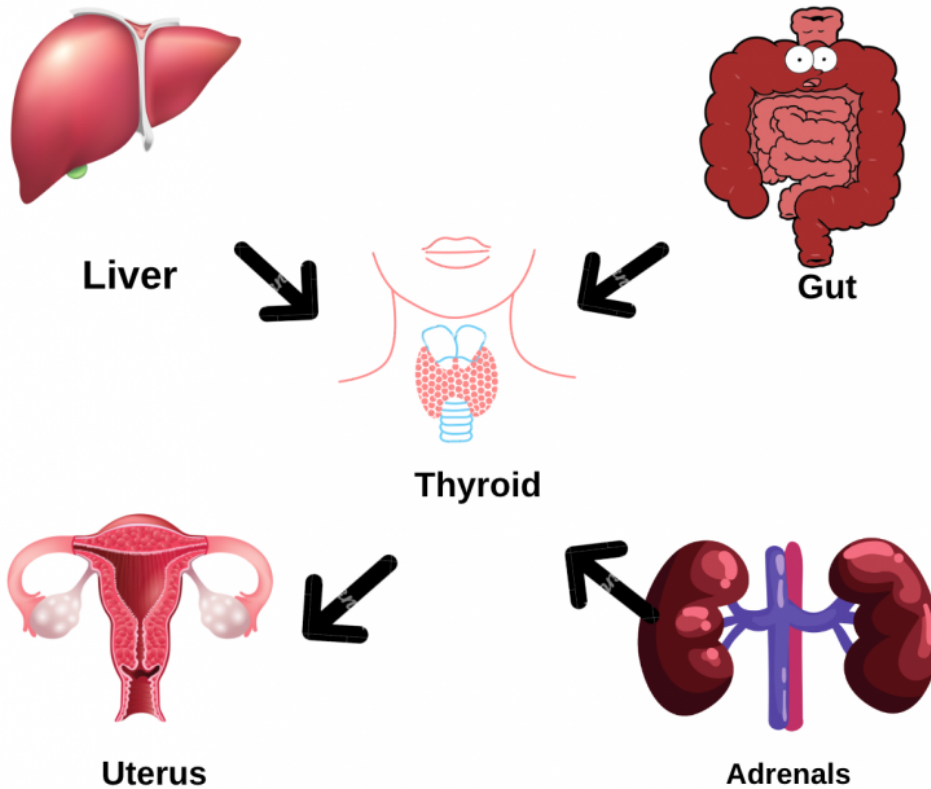
Got Hashimoto's?

Hashimoto's thyroiditis

Today we will talk about the mysterious Hashimoto's thyroiditis or chronic autoimmune thyroiditis.

Hashimoto's is an inflammation in the thyroid gland, in which the immune system is aggressive towards the thyroid gland cells.

What happens with Hashimoto's? Environmental, hereditary, situational, and stress factors gradually have their general effect on the human body and an irreversible cascade of inflammatory attacks on the thyroid gland is launched.



Zhanna Tarjeft, FNP
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Thyroid Issues Can Be Caused by Malfunction in Multiple Body Organs

How to recognize that it has begun? Some people experience discomfort in the neck, a tingling sensation on the anterior surface of the neck, a lump in the throat, coughing, clearing their throat, and itching – these may be signs of ongoing inflammation. BUT not everyone notices or experiences these signs.

Labwork: thyrotropin (TSH), Free T3 and T4, antibodies to thyroperoxidase (TPO) and antibodies to thyroglobulin may be positive in the blood. We will see an increase in antibody

titer – a light bulb that burns over the inflamed thyroid gland. Most importantly, we will see an elevated TSH – this is a sign of a serious problem – hypothyroidism or a deficiency of thyroid hormones – the consequences of prolonged inflammation, in which the processes of recovery of the gland do not keep up with the destruction.

It is a good idea to also obtain a Thyroid ultrasound where we will see a picture of diffuse changes or even small nodules that can be temporary foci of inflammation, as well as an increase in the size of the gland (it fights) or a decrease in size (it surrenders).

Should you need more help with managing the symptoms and finding out the root cause of your health issues, schedule a consultation with Zhanna Tarjeft, FNP [Here](#).

BOOK AN APPOINTMENT

Zhanna Tarjeft, FNP-BC is a Functional Medicine Family Nurse Practitioner specializing in gut health issues such as SIFO (Small Intestinal Fungal Overgrowth), SIBO (Small Intestinal Bacterial Overgrowth), leaky gut, IBS, Mold illness (CIRS, Biotoxin illness) and in thyroid disorders such as hypothyroid and autoimmune thyroiditis (Hashimoto's autoimmune thyroiditis). For more information on how to become a patient, please contact our office.

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