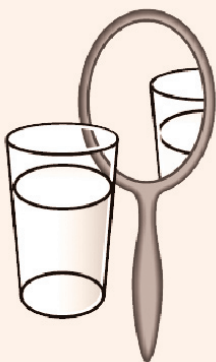


NECK CHECK™

How to take the thyroid “Neck Check™”

All you will need is

- A. a glass of water
- B. a handheld mirror



- 1 Hold the mirror in your hand, focusing on the area of your neck just below the Adam’s apple and immediately above the collarbone. Your thyroid gland is located in this area of your neck.
- 2 While focusing on this area in the mirror, tip your head back.
- 3 Take a drink of water and swallow.

- 4 As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow.

Reminder: don’t confuse the Adam’s apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.



- 5 If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland or a thyroid nodule and should be checked to determine whether cancer is present or if treatment for thyroid disease is needed.

Thyroid Awareness Month is sponsored by the American Association of Clinical Endocrinologists (AACE) and supported by an unrestricted educational grant from Abbott Laboratories.



 Abbott Laboratories

www.aace.com

www.powerofprevention.com

THYROID

IMBALANCE?

Target Your Numbers

Every time you look in the mirror, a key to your well-being is staring back at you: your thyroid gland. The thyroid gland is a small, butterfly-shaped gland located at the base of your neck, just below your Adam's apple. Your thyroid gland makes hormones that help control the function of many of your body's organs including your heart, brain, liver, kidneys, and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being.

Some patients who have an enlarged thyroid gland may also produce too much or too little thyroid hormone. 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 your thyroid health is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test that measures whether your thyroid gland is functioning normally. If you have a family member with thyroid disease, are over the age of 35, or have any symptoms or risk factors associated with thyroid disease, you should talk to your doctor about getting a TSH test.

It's not difficult to keep your thyroid in balance, but you need to know your numbers. If you are diagnosed with thyroid disease, be sure to take your thyroid medicine every day, as instructed by your doctor, and refill your prescription on time so that you don't miss any doses. Your doctor may want to run a TSH test every 6 to 12 months to monitor your thyroid levels to ensure that you receive the optimal dose of thyroid medicine. Use the card below to monitor your levels and discuss them with your doctor.

The optimal TSH range is 0.3 to 3.0 mlU/L.



For more information on symptoms and risk factors of thyroid imbalance, visit www.aaace.com or www.powerofprevention.com.

TSH Tracker

Appointment Date	TSH Test Results	Thyroid Medicine and Dose
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____