



# TEST YOUR THYROID

## MEDIA RELEASE

May 2021

### 'TEST YOUR THYROID'

Statistics show that **over 1 million Australians are living with an undiagnosed with some form of thyroid disorder, Be Thyroid Aware and Test Your Thyroid!**

**May** is the time of the year when the Australian Thyroid Foundation's (ATF) **Thyroid Awareness Month**, calls upon all Australians to be aware of their thyroid health.

Thyroid Disorders affect all Australians of all age groups and demographics. Awareness is the key to ensuring you do not overlook a thyroid disorder which could be affecting your health and wellbeing.

- 1 in 10 Australians will be affected by some form of thyroid disorder
- 7 of the 10 are women
- Over 1 million Australians are undiagnosed
- 60,000 Australians are diagnosed each year
- Thyroid Cancer is increasing, affecting younger Australians
- Iodine Deficiency & Thyroid Disorders affect pregnancy outcomes for women of childbearing years.

"Thyroid testing is important for the diagnosis of a thyroid disorder. If you think symptoms you are experiencing may be due a thyroid disorder, please visit your doctor and ask for a Thyroid Function Pathology Test. Further testing is available if your doctor deems necessary. Testing will determine if your symptoms are thyroid related. Diagnosis can improve your quality of life and wellbeing – says Beverley Garside – ATF CEO."

"Thyroid Disorders can affect patients of all ages and demographics in different ways, with women diagnosed more than men. Women of childbearing years also need to ensure their thyroid health and function has been determined and treated if necessary. Good Thyroid health during this life stage is essential for the development of the newborn – says Professor Creswell Eastman - ATF Medical Advisor."

During May the ATF encourages all Australians to be aware of their thyroid health and visit their doctor to discuss symptoms, testing, family history of a thyroid disorders and to ensure your thyroid health is determined.

As the Australian Education, Support, Advocacy and Awareness Organisation the ATF wants all Australians to be aware and not ignore any symptoms which may be related to thyroid disease.

"All Australians should be aware of their family history - if members of your family have been affected by some form of thyroid disorder, please ensure you do not overlook any symptoms. Early



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detection is important, a simple blood test and if necessary a thyroid ultrasound examination if necessary will either determine or eliminate the possibility” states Professor Eastman – ATF Medical Advisor.

The ATF’s has been supporting and educating its members and the general public about the importance of Good Thyroid health for **over 25 years!** The ATF is very proud to have reached this milestone and we look forward to continuing our work into the future and continuing to raise awareness” says Beverley Garside – ATF CEO”

## **About the Thyroid**

The thyroid gland is located at the front of the neck, below the voice box. The thyroid gland is a soft, small bow-shaped gland, below the voice box or larynx (Adam’s Apple) on either side of the trachea (windpipe). Thyroid disease affects women more than men and is usually caused by an autoimmune disease. Iodine deficiency is the most common worldwide cause of thyroid disorders. Along with thyroid auto-immune disease, a low-iodine diet can cause hypothyroidism, an enlarged thyroid gland (goitre), infertility, pregnancy outcomes and foetal brain development. As part of the endocrine system, the thyroid plays a critical role in the healthy function of the body, influencing and regulating the activity of all cells and tissues. A healthy thyroid gland uses ingested iodine from iodine enriched foods to produce thyroid hormones which regulate body and brain growth and development, body temperature, energy levels and metabolic functions.

May is Thyroid Awareness Month in Australia, which incorporates World Thyroid Day (25 May) and International Thyroid Awareness Week (25-31 May)

For Information, or to support the ATF, please visit [www.thyroidfoundation.org.au](http://www.thyroidfoundation.org.au)

~ ENDS ~

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## **About the Australian Thyroid Foundation**

The Australian Thyroid Foundation Ltd (ATF) was founded in 1995 and is now the peak advocacy and support organisation for Australians living with a thyroid disorder. The ATF is a national not-for-profit organisation with a focus on providing education and support to its members and promoting Good Thyroid Health messaging throughout the community. The ATF is a member of Thyroid Federation International (TFI), a world-wide thyroid patient organisation dedicated to global action of thyroid related issues.