

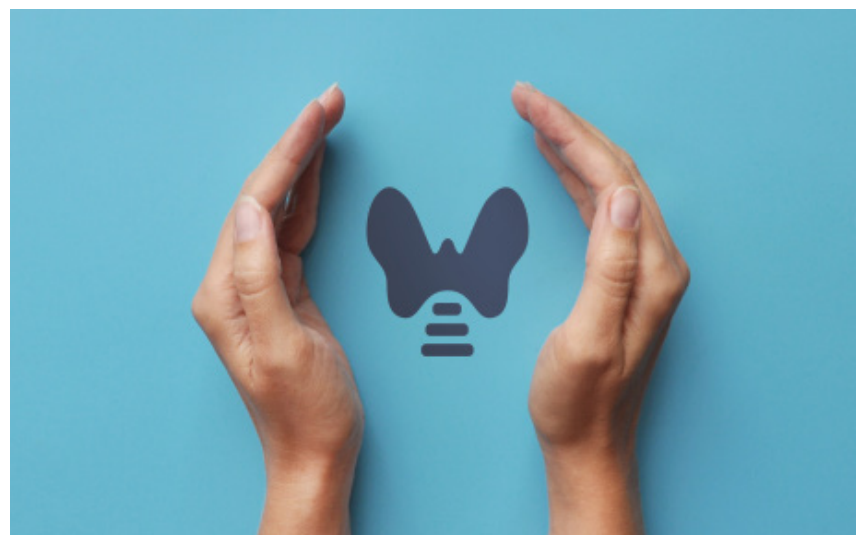
# January Is Thyroid Awareness Month

Thyroid Awareness Month brings recognition to thyroid-related diseases and thyroid cancer.

## What Is the Thyroid?

The thyroid is a gland in the neck that generates chemicals to help regulate the body's metabolism.

The thyroid impacts every cell in the body.



**Hyperthyroidism** occurs when the body produces too many thyroid hormones.



**Hypothyroidism** occurs when the body doesn't produce enough thyroid hormones.

**20 million**



Americans are living with a type of thyroid disease.

**60%**



of people are unaware they have a thyroid condition.

**44,000**



cases of thyroid cancer were diagnosed in the U.S. in 2022.

**1 in 8**



women will have a thyroid condition in her lifetime.

Undiagnosed thyroid disorders can lead to cardiovascular illness, osteoporosis and infertility.



### Symptoms of a thyroid condition include:

- Depression or change in moods
- Eye problems
- Fatigue
- Memory issues
- Trouble sleeping
- Unexplained weight gain or weight loss

## Get Your Thyroid Checked

Thyroid Awareness Month is a great reminder to speak with your provider about your risk for thyroid-related conditions.

Most thyroid disorders are treated through daily medication.



Discuss your risk of thyroid disease with your provider.  
Find one today at [weillcornell.org/doctors](https://weillcornell.org/doctors)