



January 2009

Announcements:

February: American Heart Month

Blood Pressure and Postural Screening

February 4th, Forker 236
11 am - 12 pm

Wear Red Day, February 6th
To promote healthy heart awareness.

Wellness Walking Club

Starting February 11th
Indoor walk starts at main entrance Beardshear Hall, 11:30 am

Wellness Workshop

STRESSED OUT?!?!
February 18th, Noon
Curtiss Hall, room 8

50 Day Celebration

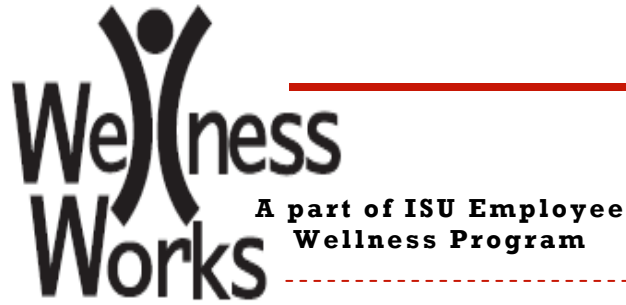
Part of Live Healthy Iowa
Lied Rec. Center, March 4th

If you would like to receive the Wellness Works newsletter or any other wellness information via e-mail, please contact Sally Barclay at Barclay@iastate.edu

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Thyroid Health

While the thyroid has an important role within the human body, it is often overlooked. The thyroid gland controls metabolism, the process of food being broken down to energy and nutrients. When this gland is not working properly the symptoms are often thought to be caused by other bodily functions. Thyroid disorders can go undiagnosed for years, but are easily treatable. Our issue this month looks at two common disorders, Hypothyroidism and Hyperthyroidism. We also have a low-sodium recipe for creamy asparagus soup. If you have further questions regarding thyroid disorders please refer to the websites cited.

mayoclinic.com

Hypothyroidism

Hypothyroidism occurs when the thyroid gland fails to produce enough thyroid hormone. Without enough thyroid hormone, the body becomes tired and run down. Every organ system slows, including the brain, which affects concentration; the gut, causing constipation; and metabolism, resulting in weight gain. Although there are many different causes of hypothyroidism, the resulting effect on the body is the same.

The symptoms of hypothyroidism depend on the amount of decrease in thyroid hormone and the duration of time in which the decrease has been present. Most patients experience mild symptoms, which are often confused with other problems. Symptoms may include:

- Fatigue
- Joint or muscle stiffness
- Decreased hearing
- Weight gain
- Dry skin
- Sensitivity to cold
- Coarseness or loss of hair
- Goiter, or an enlarged thyroid causing a lump in the neck
- Memory and mental impairment
- Depression
- Irritability
- Slowed heart rate
- Decreased libido

Treatment for hypothyroidism is most often through taking a thyroid hormone pill. This pill is a synthetic form of the thyroid hormone that is missing. Though the dosage of this medicine differs from person to person, it has been found to be highly effective in restoring patient's metabolism.

Now that you have an understanding of what hypothyroidism is and the signs and symptoms that are associated with this condition you can now be aware of these things if they happen to you.



Hyperthyroidism

The thyroid produces the thyroid hormones T3 and T4 which have major roles in controlling metabolism. When functioning normally the thyroid produces just the right amount of these hormones to allow for normal metabolism, and therefore normal weight control. Hyperthyroidism occurs when the thyroid overproduces the hormones. The most common cause of hyperthyroidism is Grave's Disease, an autoimmune disease in which antibodies attach to the thyroid and cause it to produce more hormones than needed. It can also be caused by nodules, benign lumps or tumors, in the thyroid. Symptoms of hyperthyroidism can include an increased appetite, unexplained weight loss, the feeling of being hotter than normal (not necessarily a fever), and both fatigue and sleeping troubles. Severe symptoms can include chest pain and palpitations, shortness of breath and muscle weakness.

Two common treatments of hyperthyroidism are the use of anti-thyroid drugs and radioactive iodine treatment. Anti-thyroid medication limits the production of the thyroid hor-

mones. Radioactive iodine treatment is the most frequent treatment used, and it is permanent. This treatment results in the thyroid cells dying, and can cause hypothyroidism, which is treatable through medications. If the hyperthyroidism is caused by a nodule, it is possible to surgically remove the nodule. Hyperthyroidism can be serious, but the treatments available have shown to be successful in overcoming the disease.



endocrineweb.com

Creamy Asparagus Soup

Ingredients (serves 6):

2 cups potatoes, peeled and diced
 1/2 pound fresh asparagus, cut into 1/4-inch pieces
 1/2 cup chopped onion
 2 stalks celery, chopped
 4 cups water
 2 tablespoons butter
 1/2 cup whole-wheat (whole-meal) flour
 1 1/2 cups fat-free milk
 Lemon zest, to taste
 Cracked black pepper, to taste

Directions

In a large soup pot over high heat, combine the potatoes, asparagus, onions, celery and water. Bring to a boil. Reduce heat, cover and simmer until the vegetables are tender, about 15 minutes. Stir in the butter.



In a small bowl, whisk together the flour and milk. Pour the mixture slowly into the soup pot, stirring constantly. Increase the heat to medium high and continue to stir until the soup thickens, about 5 minutes. Remove from heat. Season with lemon zest and cracked black pepper to taste. Serve in warmed bowls.

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