

# IS IT YOUR THYROID?



## GAYA WELLNESS

Discover our essential guide to understanding the role of thyroid hormones in a woman's body and how a holistic approach can improve symptoms and overall quality of life.

# HEY GORGEOUS



At GAYA WELLNESS, we believe that a comprehensive hormone evaluation and treatment plan includes managing your thyroid health.

The thyroid gland holds a unique and vital role in influencing various aspects of our daily lives, from energy levels to metabolic function. Let's dig a little deeper in understanding, exploring not only the intricacies of thyroid function, but also delving into practical approaches to nurture and restore thyroid health.

Thyroid health is not merely a side thought; it's a gland that influences our vitality, resilience, and overall quality of life. As a clinician, my mission is to bridge the gap between clinical knowledge and compassionate care, empowering you to make informed decisions and take an active role in your well-being.

*Shweta Patel, MD FACOG*

HER THYROID HEALTH

# How could a more advanced assessment of my thyroid help me?

1



## Restored Energy and Vitality

Treating underlying thyroid disease often results in improved energy levels and vitality. As thyroid function is optimized, fatigue and sluggishness, common symptoms of thyroid disorders, tend to dissipate. Individuals experience a renewed sense of vigor, allowing them to engage more fully in daily activities and pursue a vibrant lifestyle.

2



## Balanced Metabolism and Weight Management

Thyroid hormones play a pivotal role in regulating metabolism. Addressing underlying thyroid issues contributes to a balanced metabolic rate, supporting healthy weight management. Individuals may find it easier to achieve and maintain a healthy weight, alleviating the challenges associated with unexplained weight gain or difficulty losing weight often linked to thyroid dysfunction..

3



## Enhanced Mental Well-being and Cognitive Function

Optimal thyroid function is closely tied to mental well-being and cognitive function. Treating underlying thyroid disease can lead to improved mood, reduced brain fog, and enhanced cognitive clarity. Individuals often report a positive impact on their overall mental health, fostering a sense of well-being and resilience.





“I've personally witnessed the profound transformation that personalized thyroid treatment plans can bring. Customized approaches have not just restored hormonal balance; they've changed the lives of my patients.

Dr.Shweta Patel, MD FACOG



## A HEALTHY THYROID

# CHECKLIST

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- Consume adequate selenium and zinc
- Sleep at least 7-8 hours a night
- Limit refined sugars that contribute to inflammation
- Stay hydrated for optimal thyroid function
- Manage stress that can affect the thyroid
- Prioritize high quality and adequate amounts of sleep
- Daily cardiovascular exercise for circulation
- Limit alcohol intake to decrease inflammation
- A customized supplement regimen for individual support
- Avoid excessive iodine intake
- Prescription thyroid hormone when indicated



# Should you schedule a consultation?

## SYMPTOMS

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YES

NO

### PERSISTENT FATIGUE

Unexplained and persistent fatigue can be a symptom of thyroid dysfunction, particularly hypothyroidism.

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### UNEXPLAINED WEIGHT CHANGES

Sudden weight gain or loss, despite no significant changes in diet or physical activity, may indicate a thyroid issue.

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### MOOD DISTURBANCES

Mood swings, irritability, or depression can be linked to thyroid disorders, especially hypothyroidism.

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### HAIR AND SKIN CHANGES

Changes in hair texture, thickness, or skin dryness can be indicative of thyroid dysfunction.

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# Understanding Your Thyroid's Impact on Your Overall Health

Thyroid health is intricately connected to the overall endocrine system, influencing and being influenced by various hormones throughout the body. Understanding this interplay is essential for comprehensive healthcare.

Thyroid hormones influence insulin sensitivity and glucose metabolism. Imbalances in thyroid function, particularly hypothyroidism, can contribute to insulin resistance, potentially affecting blood sugar levels and increasing the risk of diabetes.

Also, the thyroid and adrenal glands, responsible for cortisol production, are interconnected. Chronic stress and elevated cortisol levels may impact thyroid function. Likewise, thyroid imbalances can affect the body's stress response, creating a bidirectional relationship.

# Thyroid Health for Overall Hormonal Harmony



## REPRODUCTIVE HORMONES (ESTROGEN AND PROGESTERONE)

Thyroid hormones play a role in regulating reproductive hormones. Thyroid dysfunction, especially hypothyroidism, can disrupt menstrual cycles, affect fertility, and contribute to complications during pregnancy. Maintaining thyroid health is crucial for reproductive well-being.

## GROWTH HORMONE (GH) AND METABOLISM

Growth hormone influences growth, metabolism, and overall body composition. Thyroid hormones interact with growth hormone, influencing metabolic rate and energy expenditure. Disruptions in thyroid function may impact these processes, potentially affecting growth and metabolism.

## TESTOSTERONE AND SEX HORMONES

Thyroid hormones are involved in the regulation of sex hormones, including testosterone. Imbalances in thyroid function may contribute to changes in libido, fertility issues, and disruptions in the menstrual cycle, emphasizing the importance of thyroid health in reproductive and sexual well-being.

Seeking professional guidance and adopting lifestyle practices that support optimal hormone health, can play a pivotal role in how you feel in your body.



# What do I do next?

Four steps to take today to improve thyroid function.

1

## LIMIT ALCOHOL

Alcohol-induced liver damage can interfere with the conversion of thyroid hormones, further influencing thyroid function.

2

## TAKE A SELENIUM SUPPLEMENT

Selenium is a vital mineral that supports thyroid health by serving as a crucial component in the synthesis of thyroid hormones and acting as an antioxidant, protecting the thyroid gland from oxidative stress and potential damage.

3

## DECREASE INFLAMMATION

Inflammation can impact the thyroid by disrupting its normal function, leading to conditions such as autoimmune thyroiditis (Hashimoto's disease) or inflammation of the thyroid gland (thyroiditis),.

4

## MAKE AN APPOINTMENT!

Advanced thyroid labs, including assessments of free T<sub>3</sub>, free T<sub>4</sub>, reverse T<sub>3</sub>, thyroid antibodies, and thyroglobulin, provide a more comprehensive evaluation, allowing for optimal assessment of thyroid health beyond standard thyroid function tests.



## WHAT DO WE OFFER?



CONCIERGE ACCESS  
VIA TEXT AND ZOOM



NUTRITION AND  
WEIGHT TRAINING  
GUIDANCE



50+BIOMARKER  
WORK UP



ONGOING  
SURVEILANCE



COMPOUNDED  
MEDICATIONS



REGULAR CHECK INS

... & SO MUCH MORE! )  
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MAKE AN APPOINTMENT TODAY!