

Thyroid Ultrasound. A probe is put on the neck's skin, and reflected sound waves can reveal aberrant thyroid tissue.

Thyroid Scan. To get pictures of the thyroid gland, a little quantity of radioactive iodine is administered orally. The thyroid gland has a high concentration of radioactive iodine.

Thyroid Biopsy. A tiny sample of thyroid tissue is routinely removed to check for thyroid cancer. Thyroid biopsies are normally performed using a needle.

Thyroid Stimulating Hormone (TSH). TSH, which is secreted by the brain, controls thyroid hormone secretion. A blood test with a high TSH level indicates low thyroid hormone levels (hypothyroidism), whereas a low TSH level implies hyperthyroidism.

T3 and T4 (Thyroxine). The major types of thyroid hormone, as determined by a blood test.

Thyroglobulins. A thyroid-secreted chemical that can be utilized as a marker for thyroid cancer. It is frequently assessed during thyroid cancer follow-up. High levels imply that cancer has returned.

Other Imaging Tests. If thyroid cancer has spread (metastasized), procedures including CT scans, MRI scans, and PET scans can assist determine the degree of the spread.

Thyroid Treatments

Thyroid Surgery (Thyroidectomy). In an operation, a surgeon removes all or part of the thyroid. Thyroidectomy is a surgical procedure used to treat thyroid cancer, goiter, or hyperthyroidism.

Antithyroid Medications. In hyperthyroidism, drugs can reduce the overproduction of thyroid hormones. Methimazole and propylthiouracil are two popular antithyroid medications.

Radioactive Iodine. Radioactive iodine can be used in low doses to test the thyroid gland or kill an overactive gland. Cancerous tissue can be destroyed with high dosages.

External Radiation. During several sessions, a beam of radiation is focused towards the thyroid. The high-energy rays aid in the death of thyroid cancer cells.

Thyroid Hormone Pills. A daily medication that restores the amount of thyroid hormone that your body is no longer able to produce. Thyroid hormone tablets are used to treat hypothyroidism and to help prevent thyroid cancer from recurring following therapy.

Recombinant Human TSH. Injecting this thyroid-stimulating substance can improve the visibility of thyroid malignancy on imaging examinations.

Thyroid Superfoods

While the exact etiology of thyroid issues is unknown, there is evidence that some foods can help with thyroid function. Here are five things to include in your diet if you have hypothyroidism.