



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Health Series



Thyroid

Easy Read

A Down's Syndrome Association publication

About this leaflet



This leaflet is made by the
Down's Syndrome Association



It is in **Easy Read**.

Easy Read means easy words with pictures to help everyone understand.



We ask **Having a Voice groups** to help us make Easy Read Information



Having a Voice groups are groups of people with Down's syndrome.

They help people have their say.



Having a Voice groups make sure the Easy Read information is easy to understand.

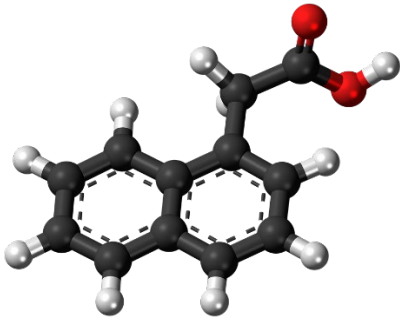


You can find out more about **Having a Voice** on the Down's Syndrome Association website.

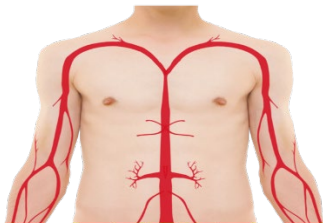
What is the thyroid and what does it do?



The thyroid gland is in the front of your neck.



The thyroid gland makes hormones. This is what hormones look like in our bodies.



Hormones are chemicals inside of our bodies. These chemicals are healthy. They make sure our bodies are working properly.

Sometimes your thyroid gland might not work properly



An underactive thyroid means that your body is **not making enough** hormones.

It is working **too slowly**.



An overactive thyroid means that your body is making **too many** hormones.

It is working **too fast**.



Hormones are important as they make sure that our bodies are working properly.

How will you feel if you have an underactive thyroid?



You may feel tired.



You may put on weight



You may feel depressed.



You may feel achy.



You may have dry skin and hair.



If you feel any of the above
you should go and see a doctor.

How will you feel if you have an overactive thyroid?



You may feel nervous or anxious.



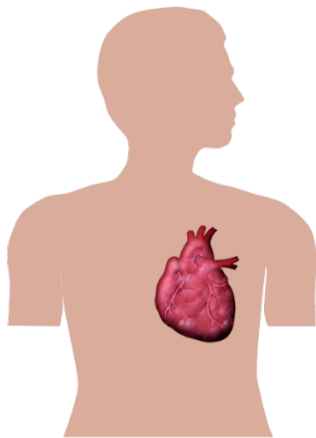
You may feel tired.



You may have lost weight.



You may have trouble sleeping.



You may have a fast heart rate.



If you feel any of the above
you should go and see a doctor.

How does your doctor check your thyroid is working properly?



The doctor or nurse will ask to take a blood sample.



The doctor or nurse will use a needle to take a blood sample from you.



The doctor or nurse can use a cream to numb the area.



Some people do not like needles.

It may help to bring a family member or carer so they can support you.



Some people find that playing their favourite music helps them to feel more relaxed.

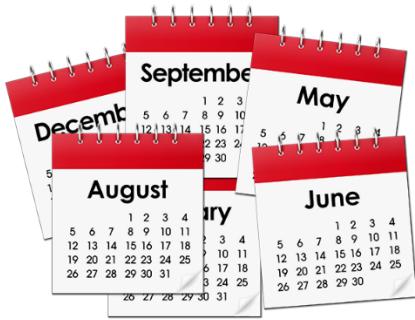
How is a thyroid problem treated?



The doctor may give you medication that you will need to take every day.



You may need to have more blood tests in the first few months to make sure that everything is going okay.



You will need to take the medication for the rest of your life.

How will the medication make me feel?



You should feel better once you have started taking your medication.



If you feel unwell after taking your medication, it is important that you go and see your doctor.



If you think you may have a thyroid problem after reading this document, you should tell someone you trust and book an appointment with your doctor.



People who have a thyroid condition usually manage perfectly well with the right medication and support.

How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday
from 10am until 4pm.



You can also email us at
info@downs-syndrome.org.uk

You can write to us too.

Our address is:



Langdon Down Centre
2a Langdon Park
Teddington
Middlesex
TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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