



January Health Awareness Month

Thyroid Matters

Understanding Common Symptoms. Empowering Health

The **thyroid** is a small gland with a big job, regulating energy, metabolism, temperature, and hormone balance. When **thyroid levels** shift too high or too low, symptoms can be subtle, overlooked, or easily mistaken for everyday stress and fatigue.

At Pacific Noble Primary Care, we encourage regular screenings to prevent long-term complications and support overall wellness.

Common signs of Hypothyroidism (Underactive Thyroid)

- Fatigue and low energy
- Weight gain or slowed metabolism
- Hair loss or dry skin
- Brain fog or mood changes

Hashimoto's disease – most common cause of hypothyroidism in the U.S.

Common signs of Hyperthyroidism (Overactive Thyroid)

- Unexplained weight loss
- Heart intolerance
- Anxiety, irritability, or restlessness
- Rapid heartbeat
- Difficulty sleeping

Grave's disease – most common cause of hyperthyroidism in the U.S.

How your **PNPC** provider can help you stay ahead of potential thyroid issues.

- Thyroid Labs and hormone panels
- Evaluation of symptoms and risks factors
- Medication management
- Ongoing monitoring for hypothyroidism, hyperthyroidism, and Hashimoto's disease.