

JANUARY
TIP SHEET



The thyroid is a butterfly shaped gland in your neck. The gland produces hormones that regulate your body's energy use, along with many other important functions. A few of the body functions that Hypothyroidism can affect are your metabolism, blood pressure and gastrointestinal systems. But many people do not know that **hypothyroidism also may affect mental functions.**



Although they're separate diseases, **depression is sometimes a symptom of hypothyroidism.** Low thyroid hormone levels can contribute to depression and sadness. Hypothyroidism can affect your memory and ability to think clearly. This mental fuzziness is sometimes called "brain fog". Depending on how low your thyroid hormone production drops, your symptoms might be mild to severe. The two conditions share so many signs that doctors sometimes overlook the possibility that **someone who is depressed may also have low thyroid levels.**

If you feel depressed, have fatigue, sluggishness, trouble concentrating or feel like you need more sleep; ask your doctor or mental health provider about having a T-4 and/or TSH test to check your thyroid function.