

Thyroid care essentials:

Small gland, big influence; habits that help

Your thyroid regulates metabolism, energy, and overall well-being; keeping it balanced supports daily vitality and long-term health. Lifestyle choices play a key role in maintaining thyroid function and preventing disorders.



Diagnosed thyroid disorder

- Take thyroid medication exactly as directed
- Regular TSH/T4/T3 monitoring
- Watch for weight, energy, mood & pulse changes
- Don't self-prescribe supplements.



Not at risk

- Balanced diet with natural iodine/selenium sources
- Regular activity and sleep
- Be alert to subtle symptoms and check family history
- Avoid unnecessary thyroid supplements.



Borderline / Subclinical

- Eat iodine- and selenium-containing foods in moderation
- Monitor symptoms and consider periodic lab tests
- Maintain healthy weight & manage stress
- Discuss treatment thresholds with your clinician.