

TREATMENT OPTIONS

There are several treatments available for hyperthyroidism. The best approach for you depends on your age and health. The underlying cause of hyperthyroidism and how severe it is make a difference too.

- **Anti-thyroid medicine.** These medications slowly ease symptoms of hyperthyroidism by preventing the thyroid gland from making too many hormones. Symptoms usually begin to improve within several weeks to months.
- **Beta blockers.** These medicines don't affect thyroid hormone levels. But they can lessen symptoms of hyperthyroidism, such as a tremor, rapid heart rate and heart palpitations.
- **Radioiodine therapy.** This treatment causes the gland to shrink. This medicine is taken by mouth. With this treatment, symptoms typically lessen within several months.
- **Thyroidectomy.** This is surgery to remove part of or all of the thyroid gland. It is not used often to treat hyperthyroidism.

source: www.mayoclinic.org

Customer Service 800-317-0708 or
989-772-5938
Michigan Relay 7-1-1
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Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
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989-539-2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
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Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989-426-9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231-796-5825

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Midland, MI 48642
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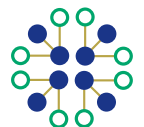
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HYPERTHYROIDISM AND MENTAL HEALTH: UNDERSTANDING THE CONNECTION

Hyperthyroidism, or an overactive thyroid, can significantly impact mental health, often leading to symptoms like anxiety, irritability, and even more severe conditions like depression or mania. These mental health changes are linked to the thyroid hormones' influence on neurotransmitters, the brain's messaging system, and the body's stress response.



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WHAT IS THE THYROID?

The thyroid is a butterfly-shaped gland in your neck that plays a big role in your body. It produces hormones that control how your body uses energy, affecting nearly every organ system.

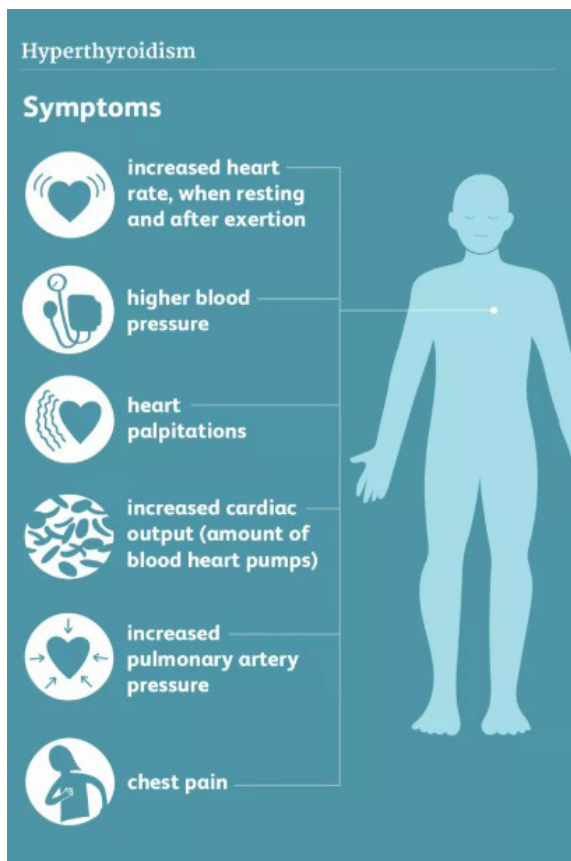
Hyperthyroidism occurs when your thyroid becomes overactive, producing too much thyroid hormone. This excess hormone speeds up many of your body's processes, leading to a range of symptoms.

SHARED SYMPTOMS

- Anxiety: Nervousness, restlessness, irritability
- Depression: Fatigue, changes in appetite, sleep difficulties
- Mood swings: Emotional lability
- Cognitive issues: Difficulty concentrating, memory impairment

WHY IS THIS IMPORTANT?

- 40.5% of hyperthyroid patients have moderate to severe anxiety
- 50.6% experience moderate to severe depression
- Hyperthyroidism increases depression risk by 67%



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- Addressing hyperthyroidism often alleviates mental health symptoms.
- Treatment involves managing thyroid hormone levels.
- Early intervention is key.