



Thyroid For Dummies

Alan L. Rubin

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If you or a loved one has been diagnosed with a thyroid condition, you've probably found out at least a little about this mysterious gland--just enough to want to look for answers to the many questions that keep popping up in your mind. What causes this condition? How is it treated? What can you do to get healthy again?

"Thyroid for Dummies, 2nd Edition" gives you the detailed information you're looking for on new methods for detecting thyroid disease in both adults and children, alternative treatments, pros and cons of powerful new drugs now on the market, advice for managing the disease through changes in exercise and diet, and much more. You're discover: What the thyroid does How to identify a sick thyroid and recognize who's at risk Ways to find the right thyroid doctor How to cope with hypothyroidism in children The hereditary connection to thyroid disease How thyroid disease affects the elderly The effects of hyperthyroidism during pregnancy How to decide if surgery is necessary Ten myths about thyroid health

Updated to address advances made since the first edition, including the latest thinking on understanding thyroid disease's connection to depression and mania, "Thyroid for Dummies, 2nd Edition" will tell you everything you need to know about how the thyroid functions, what makes it malfunction, and what to do when a problem occurs.

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Terry Tatum:

A lot of people always spent all their free time to vacation or even go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that's look different you can read any book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book Thyroid For Dummies it is very good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In the event you did not have enough space to bring this book you can buy often the e-book. You can more very easily to read this book from the smart phone. The price is not too costly but this book possesses high quality.

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