



- Chronic Disease Self Management Programs
- The Thyroid Trust (www.thyroidtrust.org)
- GoodRx
- Online Support Groups

APPS TO HELP MANAGE HYPOTHYROIDISM

- Thyroid Tracker 2
- Paloma: Thyroid Hormone Health
- ThyForLife

CONTACT US



For general information about our services, please call or email:

(607) 376-7526 x100 • Mon-Fri, 8am - 4pm
info@southerntierconnect.org

For intake, please call or email:

(607) 376-7526 x110
intake@southerntierconnect.org

Where We Are

- Broome
- Chemung
- Chenango
- Cortland
- Delaware
- Fulton
- Herkimer
- Madison
- Montgomery
- Oneida
- Otsego
- Schoharie
- Tioga
- Tompkins

Phone: (607) 376-7526

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SOUTHERNTIER CONNECT

AN ID/DD CARE COLLABORATIVE

Hypothyroidism



HEALTHY
THYROID



UNDERACTIVE
THYROID

WHAT IS HYPOTHYROIDISM?

Hypothyroidism is a medical condition characterized by an underactive thyroid gland, which results in insufficient production and release of thyroid hormones. Thyroid hormones play a crucial role in regulating various metabolic processes in the body, including metabolism, energy production, and the functioning of organs and tissues.

HOW IS HYPOTHYROIDISM MANAGED?

- Thyroid replacement therapy
- Medication compliance
- Regular monitoring
- Lifestyle and diet
- Hydration
- Exercise and physical activity
- Stress management
- Consistent sleep schedule
- Avoid smoking and limit Alcohol

POSSIBLE COMPLICATIONS, IF NOT TREATED

- Cardiovascular Complications
- Myxedema
- Mental Health Issues
- Weight Gain and Obesity
- Joint and Muscle Pain
- Fertility Issues in Women
- Pregnancy Complications
- Goiter
- High Cholesterol
- Neuropathy
- Decreased Bone Density
- Skin Issues
- Constipation
- Impact on Cognitive Function
- Behavior Changes

