



## Connecticut Behavioral Health Home

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### A Myth about Thyroid Disease

The symptoms of thyroid disease are obvious

The facts: The symptoms of thyroid disease can be subtle and easy to overlook.

Significant weight gain or loss, fatigue or irritability, and cold or hot sensitivity are quite common and could point to other health issues, too.

Because of symptom subtlety or overlap, thyroid disease can be tricky to diagnose, Dr. Kellis says.

A test for thyroid stimulating hormone (TSH) can identify thyroid problems before symptoms occur. But if you don't report symptoms, your doctor may not screen you for thyroid disease.

Ask your doctor about screening if your family has a history of thyroid disease. Heredity is a factor in Graves' disease, Hashimoto's disease (a type of hypothyroidism) and thyroid cancer.

<https://health.clevelandclinic.org/debunking-5-big-myths-about-thyroid-disease/>

## Community Resources

[Local Thyroid Cancer Support Groups](#)

[Husky Health](#)

[How to Find an Endocrinologist](#)

[How to Find an ENT](#)

[Find a Thyroid Surgeon Near You](#)

[ThyCa New Haven, Connecticut Support Group](#)

[Thyroid Naturopaths in Connecticut](#)

## Online Resources

[Thyroid Awareness Resources Online](#)

[Graves Disease National Online Support](#)

[American Thyroid Association](#)

[8 Questions to Ask Your Thyroid Surgeon](#)

[12 Hypothyroidism Websites](#)

[Overview of Hypothyroidism In Men](#)

## Toolkits

[Thyroid Cancer Survivors Association-Multi-lingual Resources](#)

[Hypothyroidism Diet: Foods to Eat and Avoid/ Thyroid Informational Resources](#)

[Low Iodine Diet Guidelines](#)

[Thyroid Gland Basics/Disorders/ Resources](#)

[American Thyroid Association Patient Handouts & Information](#)

### **BHH Services**

**Comprehensive Care Management**— Assess for risks with thyroid health. Plans of care should include discussion regarding these risks and include appropriate goals if the client wants to address.

**Care Coordination**— Support clients with finding a specialist to work with. Work with specialists to ensure clients understand and receive needed treatment.

**Health Promotion**— Educate clients on thyroid health and importance.

**Comprehensive Transitional Care**— If a client is experiencing thyroid issues and is deemed in need of hospitalization, get involved in discharge planning with hospital and assist client with after-care and rehabilitation services if needed.

**Patient and Family Support**— Provide clients and their families with information needed for seeking out local support groups or counseling that offer individual and or family health support.

**Referral to Community Support Services**— Find support groups, events, or community organizations that can help clients who are living with thyroid disease, supporting a loved one with thyroid disease, or has lost someone to thyroid cancer.

