

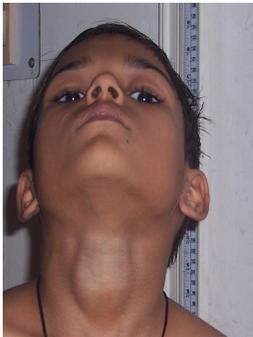
Thyroid swelling

What are the common causes?

Thyroid swellings are common during puberty and tend to improve. They can occur as part of autoimmune disease or iodine deficiency

What to do?

The doctor would usually prescribe blood tests and ultrasound for thyroid. A needle test may also be needed.



How to treat?

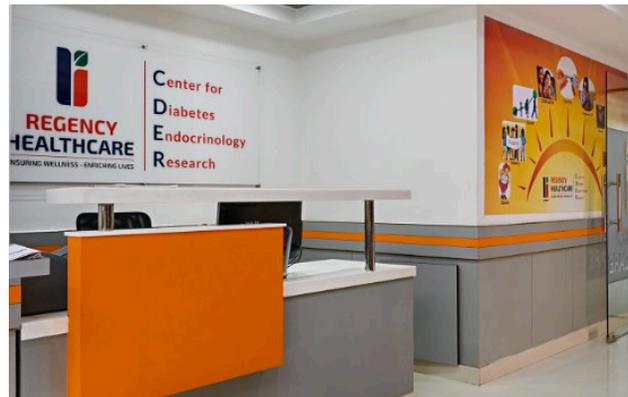
Treatment is usually given only if the thyroid reports are abnormal.

When to worry?

Children with rapidly increasing swelling or localised swelling should rush to the doctor. One in five children with localised thyroid nodule may have cancer needing urgent treatment.



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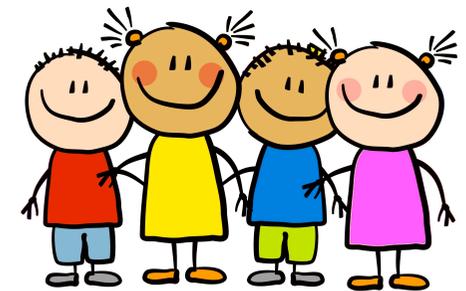
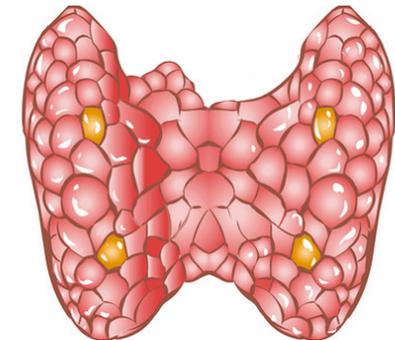
Center for Diabetes Endocrinology & Research,
14/122, Ratan Unique, Opp PPN Market, The Mall,
Kanpur-208001 Tel: 0512-3081818,
Online appointment- <https://www.practo.com>
Email- info.dranuragbajpai@gmail.com,
web- dranuragbajpai.com



GROW India
Growth & Obesity Workforce



Thyroid in children



Anurag Bajpai

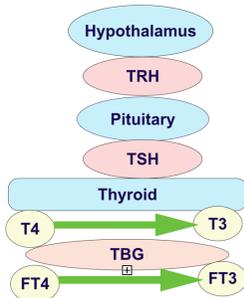
Thyroid gland

What is Thyroid gland?

Thyroid is a gland located in our neck. It produces thyroid hormone thyroxine (T4) that controls growth, brain development and a number of bodily functions.

How is thyroid gland controlled?

Thyroid gland is closely regulated by the pituitary gland through its thyroid stimulating hormone (TSH) secreted by pituitary gland. Decrease in thyroid hormone level increases TSH levels while increase in thyroid levels reduces TSH levels.



How is it assessed?

Thyroid functions are assessed with a blood test for T4 and TSH. The test should ideally be done in a fasting state.

Acquired hypothyroidism

When to think of hypothyroidism in a child?

Hypothyroidism in children is common but often missed. Common features include growth failure, early or delayed puberty, falling grades in school and mild weight gain. Hypothyroidism is not a very common cause of severe obesity in children?

What is the cause?

The most common cause of hypothyroidism in children is autoimmune. In the condition the cells that save the body from infections start to self destroy the gland. It has nothing to do with life style and is not hereditary.

When to treat?

Treatment should be started when TSH levels are high (> 10 mU/L). In special circumstances treatment

How to treat?

The condition is readily treated with thyroxine. The drug is given first thing in the morning with nothing

What if we miss a dose?

Please give double dose on the next day.



How long to treat?

Most children require life long treatment.

How to monitor?

Treatment is monitored with blood test for TSH. The test should be done every three months and six weeks after changing the dose

When to worry?

Rapid weight gain or loss.
Restlessness or excessive sweating (high thyroid)
Constipation, cold intolerance, cold skin (low thyroid)

Take Thyroid medicine at least 30 minutes before eating anything