



Iodine Deficiency in Thyroid Patients and Effect on Menstrual Irregularities

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DESCRIPTION

Iodine is a mineral that is essential for the production of thyroid hormones. The thyroid gland is a butterfly-shaped organ located in the front of the neck that regulates the body's metabolism, growth and development. Thyroid hormones affect many functions, such as body temperature, heart rate, brain development and energy levels. The body does not make iodine, so it must be obtained from the diet or supplements. Iodine is found naturally in some foods, such as seaweed, shrimp, other seafood, dairy products, and eggs. Iodine is also added to table salt in many countries to prevent iodine deficiency. However, some people may not consume enough iodine due to:

- Avoiding iodized salt
- Living in regions with low iodine levels in the soil and water
- Following a vegan or vegetarian diet that excludes animal products
- Having certain medical conditions that affect iodine absorption or utilization
- Symptoms of Iodine Deficiency

The main symptom of iodine deficiency is hypothyroidism, which means low thyroid hormone levels. Hypothyroidism can cause constipation, depression, memory problems, menstrual irregularities, infertility. In some women, especially those who have thyroid disorders can have menstrual irregularities. This is because iodine is essential for the production of thyroid hormones, which regulate many aspects of reproductive health, such as ovulation, estrogen and progesterone levels, and uterine lining growth. Another symptom of iodine deficiency is goiter, which is an enlargement of the thyroid gland. Goiter can cause swelling in the neck, difficulty swallowing or breathing, hoarseness, coughing. Iodine deficiency can also have serious consequences for pregnant women and their babies. Iodine deficiency during pregnancy can cause miscarriage, stillbirth, birth defects, stunted growth, intellectual disabilities, and developmental delays. In severe cases, iodine deficiency during pregnancy can lead to a condition called cretinism, which is a form of brain damage that causes mental retardation, deafness, blindness, spasticity. Iodine deficiency can be diagnosed by

measuring the levels of thyroid hormones and Thyroid-Stimulating Hormone (TSH) in the blood. TSH is a hormone that signals the thyroid gland to produce more thyroid hormones when they are low. If iodine deficiency is present, the thyroid hormones will be low and the TSH will be high. Iodine deficiency can also be diagnosed by measuring the amount of iodine in the urine. Urinary iodine reflects the amount of iodine intake from the diet or supplements. A low urinary iodine level indicates iodine deficiency. The treatment of iodine deficiency depends on the severity and the cause of the condition.

The main goal is to increase the intake of iodine to restore normal thyroid function and prevent complications. This can be done by:

- Eating more foods that are rich in iodine or fortified with iodine
- Taking iodine supplements as prescribed by a doctor
- Using iodized salt instead of regular salt or sea salt

In some cases, additional treatment may be needed to correct hypothyroidism or goiter. This may include:

- Taking synthetic thyroid hormone pills to replace the missing thyroid hormones
- Having surgery to remove part or all of the enlarged thyroid gland

Iodine deficiency can be prevented by ensuring adequate intake of iodine from the diet or supplements. The recommended daily intake of iodine for adults is 150 micrograms (mcg). For pregnant and lactating women, the recommended intake is 250 mcg.

CONCLUSION

However, too much iodine can also be harmful and cause hyperthyroidism, which means high thyroid hormone levels. Therefore, it is important to avoid excessive intake of iodine from supplements or foods that are very high in iodine, such as kelp or seaweed. The upper limit of iodine intake for adults is

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1,100 mcg per day. Iodine deficiency is a common and preventable cause of thyroid problems. By eating a balanced diet that includes iodine-rich foods or supplements, can maintain

a healthy thyroid function and avoid the complications of iodine deficiency.