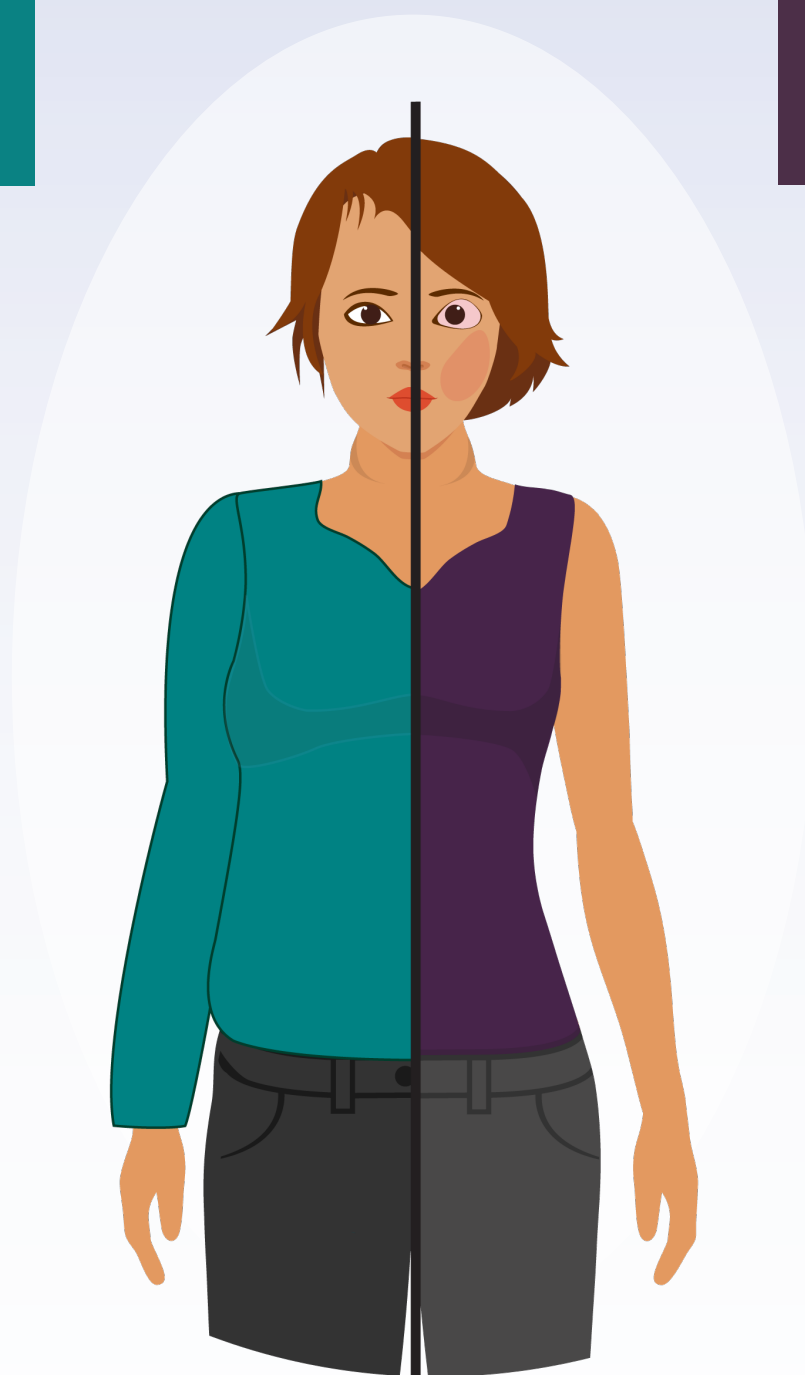


EXPERIENCING THESE SYMPTOMS? IT MAY BE YOUR THYROID

60% of people with thyroid issues are unaware

HYPOTHYROIDISM (Underactive Thyroid)

- Feeling cold
- Hair loss or thinning
- Puffy face and drier skin
- Slow heartbeat
- Joint and muscle pain
- Weight gain
- Constipation
- Heavier periods
- Depression
- Fatigue or weakness



A mass or unusual swelling
in neck or trouble swallowing

HYPERTHYROIDISM (Overactive Thyroid)

- Feeling hot and increased sweating
- Eye redness, irritation, or bulging
- Rapid heartbeat
- Muscle weakness
- Weight loss
- Diarrhea
- Lighter periods
- Anxious or jittery
- Trouble sleeping

Speak with your VA health care provider about your symptoms.

Treatment can help!