



# The First Year: Hypothyroidism: An Essential Guide for the Newly Diagnosed

*Maureen Pratt*

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## **The First Year: Hypothyroidism: An Essential Guide for the Newly Diagnosed** Maureen Pratt

Hypothyroidism primarily strikes women, and heart disease is the leading cause of death for American women. Pratt illuminates important new developments in the areas of thyroid disease and cardiac involvement. This revised edition also explores the link between environmental factors and hypothyroidism and the role of thyroid disease in iron deficiency and anemia. Millions of Americans live with an underactive thyroid gland: Hypothyroidism affects approximately 11 million Americans. By the age of 65, 17% of women have an underactive thyroid compared to 9% of men, and 1 out of 5 women over the age of 75 has Hashimoto's thyroiditis (the most common cause of hypothyroidism). Pratt provides the latest information that newly diagnosed and ongoing hypothyroid patients need to know in order to take charge of their lives. Using her firsthand experience, and with input from medical experts and other informed thyroid patients, Pratt walks you through the medical and emotional, personal and professional impact of hypothyroidism and offers practical, encouraging, and positive suggestions on life with hypothyroidism.

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