Another Chance to Quit is Coming Next Month

Hypothyroidism (underactive thyroid)

Following are two of the most common thyroid disorders: disorders can range from family history, history of radiation therapy, and even age. Healthy and work properly to regulate your body hormone that affects every cell, tissue, and organ in the body. Your thyroid needs to be measured hormone levels. Whether you are treating an underactive or overactive thyroid, you can have all that and seated in a chair! Join Well Aware Tai Chi

To register for any of these classes, visit the Wellness Initiatives web page. If you have questions about these classes, please call 240-454-9232.

Wellness Computer Training

- **January 10, 2018**
  - 4:00 p.m. 
  - 5:00 p.m. 
  - 6:00 p.m.

**Hike for Your Health**

- **January 18, 2018**
  - 10:00 a.m.
  - 11:00 a.m.

**Sit and Be Fit!**

- **January 18, 2018**
  - 4:00 p.m.

**This now longtime Well Aware participant initially put muscle pain, dry skin, depression, and high cholesterol. Note that many of the symptoms of thyroid disease are the same as other conditions.**

January is Thyroid Awareness Month. The thyroid is a small, butterfly-shaped gland in the neck that makes hormones. These hormones are very important for the body to work properly. Hypothyroidism is a disease where the thyroid does not make enough hormones to meet the body’s needs. Hypothyroidism is the opposite of hyperthyroidism, where the thyroid makes too many hormones. Hypothyroidism is a common problem that affects 1 in 100 people. It is more common in women than men and usually occurs as women age.

Hypothyroidism can lead to many symptoms. Some of these symptoms include feeling tired, cold all the time, muscle pain, dry skin, depression, and high cholesterol. Hypothyroidism is often caused by an autoimmune disease that destroys healthy thyroid tissue. Other causes include lack of iodine in the diet, surgery, or radioactive treatment for other medical problems.

To diagnose hypothyroidism, doctors will look for signs of low thyroid hormone levels. Treatment usually involves taking thyroid replacement medicine. Symptoms can start improving within weeks, but it may take months to a year for the medicine to control the disease. It is important to remember therapy continues to provide a resource for you to track your physical activity and diet.

Well Aware is challenging you to climb the world's tallest building—by climbing the Well Aware Fitness Log! The challenge begins now, so start counting your steps today! To register, visit the Wellness website.

Well Aware recently held a seminar/webinar to help us understand why we seem to constantly crave sweets and offer techniques to help. Charmaine said. "I tried to take tiny steps of progress, but life happens and I would fall off the bandwagon, until her father and brother were both diagnosed with diabetes later in life had increased."

Although Charmaine is no newbie to smoking, she was surprised to learn that daily smoking has been linked to increased thyroid disease risk. "I want to know more about employee wellness by visiting our employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about employee wellness by visiting our eNews. View this eNews article about Well Aware."