

5 SIGNS SOMETHING COULD BE UP WITH YOUR THYROID



WEIGHT LOSS/GAIN

Losing or gaining weight without explanation



MOOD SWINGS

Nervousness, anxiety, irritability or depression



TEMPERATURE CHANGES

Feeling cold or hot more easily



NECK SWELLING

Enlarged thyroid gland or a thyroid nodule



PERIOD PROBLEMS

Excessive bleeding or fewer/lighter periods



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Franciscan HEALTH