

## ADRENAL STRESS AND HYPOTHYROIDISM

Adrenal stress is a term used to describe fatigue and other symptoms that may be caused by problems in the adrenal gland, but doctors differ on whether this is an actual medical condition, or whether it is related to hypothyroidism.

Our adrenal glands, located near the kidneys, produce cortisol, a hormone that helps the human body deal with stress. According to the adrenal fatigue theory, too much stress can prevent our adrenal glands from creating certain hormones, leading to a wide variety of symptoms. But there is not significant evidence to support this theory.

Hypothyroidism, on the other hand, is the condition where our thyroid gland does not produce enough thyroid hormone, which travels through the bloodstream and affects nearly every part of the body, from the heart and brain to our muscles and skin.

The thyroid gland also controls how the body's cells use energy from food, a process called metabolism. Among other things, our metabolism affects the body's temperature, heartbeat, and efficiency in burning calories. Without enough thyroid hormone, our body processes slow down, making less and less energy and causing sluggishness.

### What causes hypothyroidism?

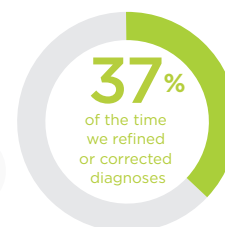
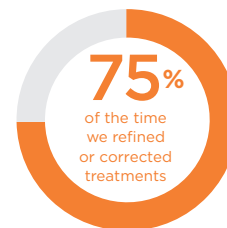
The most common cause of hypothyroidism is Hashimoto's thyroiditis, an inflammation of the thyroid gland. Thyroiditis is an autoimmune disorder caused by antibodies in our bodies that attack and destroy the thyroid gland. In addition, thyroiditis can also be caused by a viral infection.

But many hypothyroid symptoms are so similar to adrenal fatigue that the two are often confused or misdiagnosed. Also, tests for thyroid and adrenal problems are often difficult to interpret correctly. Some research does indicate, however, that low thyroid function could sometimes be prompted by adrenal stress.

### What are the symptoms of hypothyroidism?

The thyroid gland, which is located just below the throat at the base of the neck, controls our sense of well-being, metabolism and ability to ward off viruses and bacteria. A wide variety of symptoms can indicate hypothyroidism or adrenal dysfunction. Some of the most common indicators include fatigue, weight gain, depression, sensitivity to cold, muscle or joint aches, poor memory, shortness of breath, chronic yeast infections, low libido, and infertility.

Adrenal fatigue and hypothyroidism are complex, intricate conditions that are difficult to diagnose, and require a diligent approach by patients and health care providers alike in determining the patient's actual needs and appropriate treatments.



**If you have questions about a diagnosis, or are facing a medical decision, contact Best Doctors.**

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