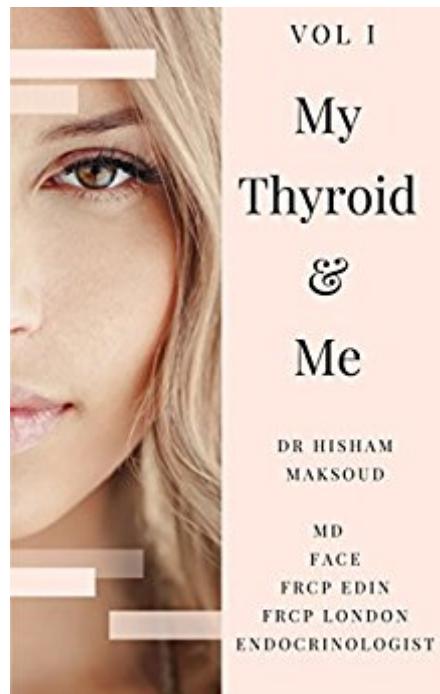


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# My Thyroid & Me



## **Synopsis**

This series is written by Dr Hisham Maksoud MD FRCP Edin FRCP London FACE LLM a leading Endocrinologist who currently practice in the UK who endeavour to educate the patients about their Endocrine glands. The first Volume explains the Thyroid gland and helps the patient answer questions that are often asked in a clinic such as: what is a Thyroid Gland, where is my Thyroid, what can the Thyroid do, what happen when my Thyroid becomes over active? How do you treat an over active Thyroid? What happen when my Thyroid becomes Under active? How do you treat an under active Thyroid? When do I need Thyroxine treatment? When do I need T3 Treatment What about Armour Thyroid, what is a Thyroid Nodule? How do you treat a Thyroid Nodule? What is Fine Needle Aspiration of The Thyroid, how is thyroid surgery performed? What do you expect after Surgery? What happens to my calcium? How do you read Thyroid Tests? What is the TSH? What is T4? What is T3? What is Thyroid antibodies? What can you do to improve your energy level if you have Thyroid problems? What about Vitamin D? what about my Vitamin B12 and Iron? What about my Cortisol level? What is an endocrinologist? How do you choose your endocrinologist? The Endocrine series is designed to help you the patient understand your own endocrine system to work better with your endocrinologist locally. It is a joint venture between you and your endocrinologist to try and achieve the best possible treatment outcome. By reading this series you will find out options of treatment available to you that you can discuss in depth with your endocrinologist. The information available out there on the net is often confusing and not personal to you. This series of books is designed to help you learn about your condition to be an expert patient and help your endocrinologist look after you. The endocrine glands are complex and often need fine tuning to work better for you. Have you ever thought why are you tired and why do you feel this way? Did you often ask I am just 50 why do I feel as if I am 90 years of age? Did you look around you and ask how can a 70 year olds have more energy than me. The hormone is responsible for all these well observed changes that you often cannot explain. An Endocrinologist will listen to you very carefully and help you understand how your hormone regulate your body function and gain more out of every day. Your Thyroid and How to Keep it Healthy. Excel and successes and achieve your full potential. Most endocrine condition are managed well and help you continue to enjoy your life to the full.

## **Book Information**

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## Customer Reviews

Hisham Maksoud gives a good overview of the options you have when dealing with thyroid issues. This is the first volume in a series of books dealing with the endocrine system. It has a small section on nodules but mostly deals with active or underactive thyroid issues. So to me it was helpful and taught me a lot.~The Rebecca Review

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