



The Cleveland Clinic Guide to Thyroid Disorders (Cleveland Clinic Guides)

Mario Skugor, Jesse Bryant Wilder

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If you're one of the 20 million Americans with thyroid disease, you deserve relief and answers. Fortunately, now you can get the expert medical advice you need - from one of America's most trusted thyroid authorities. In *The Cleveland Clinic Guide to Thyroid Disorders*, Dr. Mario Skugor, a physician on the forefront of thyroid health, offers complete information on a variety of thyroid diseases and a host of treatment options. He offers the same medical advice he shares with his patients, which will help you improve the quality of your life. Discover how to: Recognize symptoms of a possible thyroid disorder, including fatigue, changes in weight, sweating, and trouble sleeping, and learn when you should be tested; Understand the different tests and treatment options, and how to make sure you get the right drug and the right dose to treat your condition; Take action when you find a lump. Understand the difference between a nodule and a goiter and how each is treated; Become knowledgeable about thyroid cancers, especially the critical importance of early detection and treatment; Get the facts on thyroid controversies, including using thyroid hormones for weight loss, treating depression, and more.

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