



Editor's Pen

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This particular issue is a special supplement on 'Thyroid'

The butterfly shaped endocrine gland situated in the lower front of the neck and job is to make Thyroid Hormones which are secreted in to the blood and then carried to other tissue in the body.

Healthy Thyroid gland uses ingested iodine from iodine enriched foods to produce Thyroid Hormones which regulate body and brain growth development , body temperature, energy level and metabolic functions.

Thyroid hormones influence and regulate the activity of all cells and tissues in the body. If the Thyroid gland produces insufficient thyroid hormones, hypothyroidism causes the body's metabolic function to slow down and resulting in many different adverse effects on bodily function.

If the thyroid gland produces too much thyroid hormone, Hyperthyroidism causes the bodies metabolic functions to speedup causing adverse effects opposite to hypothyroidism.

The most recent study has shown that around 14% of olders suffer from a clinically relevant Thyroid disorder with 4% having an undiagnosed thyroid disorder.

National studies in 2014 have shown that approximately 50 percentage of children and similar percentage of pregnant woman suffer from iodine deficiency. 10% of pregnant women suffer from subclinical hypothyroidism, secondary to autoimmune thyroid disease. Thyroid cancer also appears to be in the increase. Thyroid disorders affect 10 times more women than men world wide this disorders.

"New South Wales Parliament on 1st JUNE 2017 adopted Thyroid Diseases, a "MATTER OF PUBLIC IMPORTANCE".

This year, the theme of WHO is "UNIVERSAL HEALTH COVERAGE, EVERYONE, EVERYWHERE". It should be our motto to proceed as far as possible towards the theme.

Long Live IMA!

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— *Hony Editor*