

TANK TIMES

Brought to you by HealthChoice

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SIGNS OF HYPERTHYROIDISM

Hyperthyroidism occurs when the thyroid gland overproduces hormones that control the body's metabolism.

The American Academy of Family Physicians lists these common signs of hyperthyroidism:

- ✓ Sudden, unexplained weight loss
- ✓ Weakened muscles and fatigue
- ✓ Feelings of nervousness and anxiousness
- ✓ Excessive sweating
- ✓ Rapid heartbeat
- ✓ Tremors
- ✓ Eyes that are red, wide, or swollen

The academy also states that there are other diseases and conditions that can mimic these symptoms, so your doctor may run some tests to confirm his/her diagnosis.

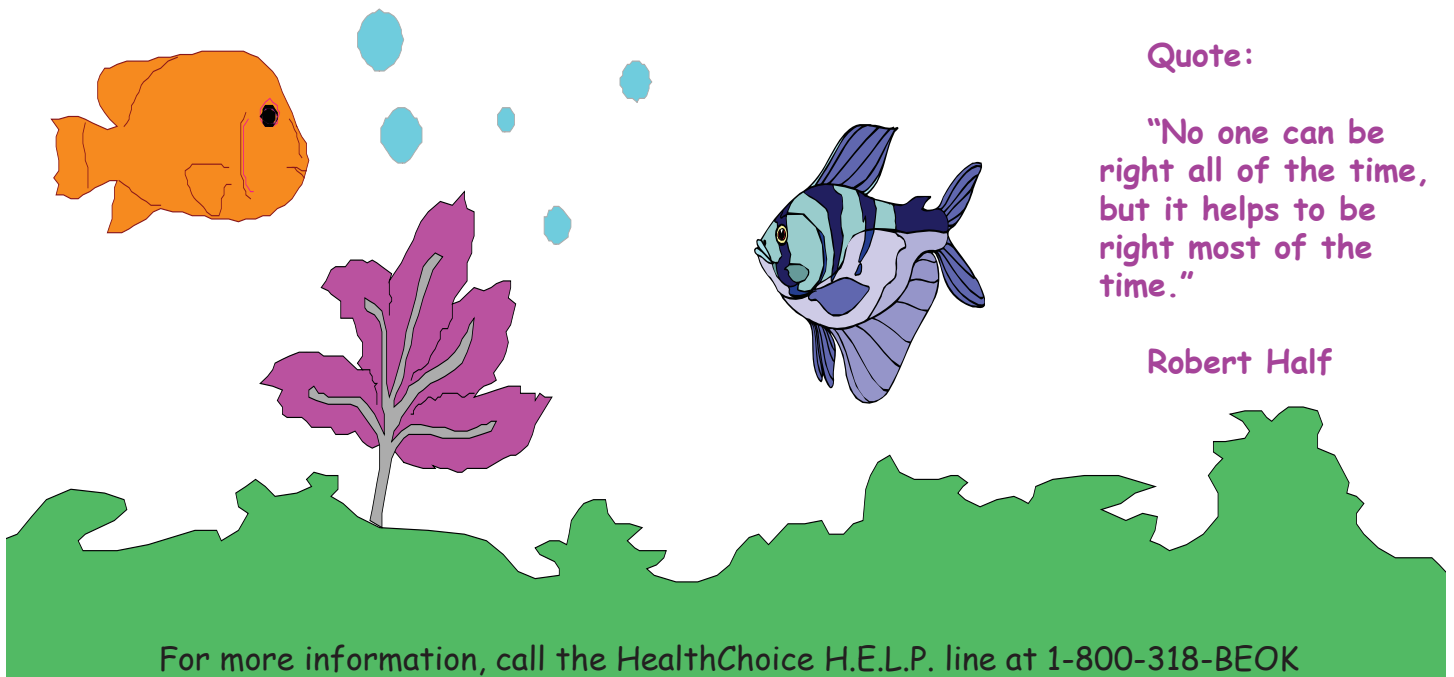
Source: American Academy of Family Physicians



Quote:

"No one can be right all of the time, but it helps to be right most of the time."

Robert Half



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HOW TO LOSE WEIGHT

Your body burns calories all day long by performing regular functions like breathing, digesting, and circulating. To lose weight, you must add physical activity into your daily routine to help your body burn even more calories.

Basically, you can lose weight in three different ways. You can:

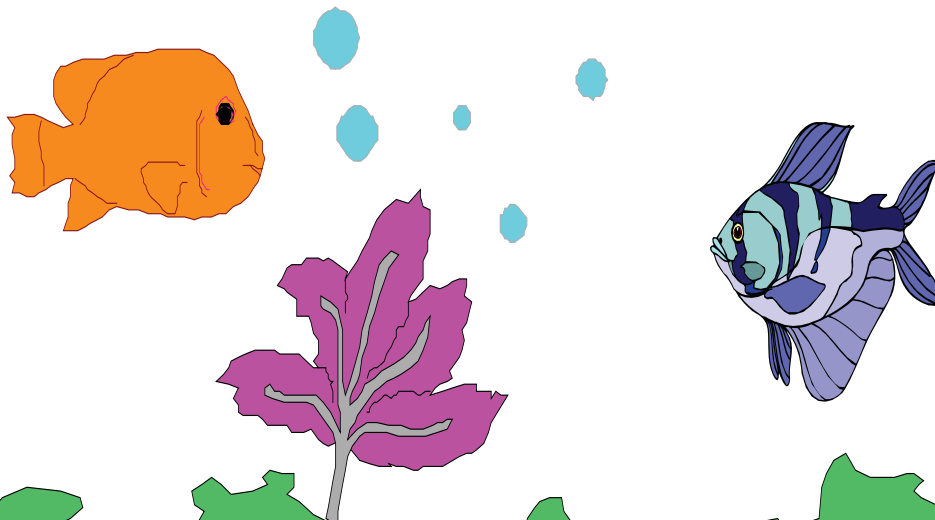
1. Eat fewer calories than you burn each day.
2. Burn more calories than you consume by increasing your physical activity.
3. Combine fewer calories and exercise.

The problem most people have when trying to lose weight is they set their weight-loss goals too high. Bring your goals in line with reality, and work for an average weight loss of 1 to 2 pounds a week.

Losing weight this way will take longer, but your weight won't be going up and down, and you won't be striving to reach an unrealistic goal in a short time. Once you have reached your weight-loss goal, it will be much easier for you to maintain your weight, and you'll be healthier in the long run because you altered your lifestyle habits.

Traditionally, weight-loss programs have encouraged rapid weight loss. All this does is create feelings of failure when you do not reach your goal quickly. So, change the way you think, and choose healthy practices and positive thinking to help you manage your weight!

Resource: [WebMD](#)



Quote:

"One word frees us of all
the weight and pain of life:
That word is love."

Sophocles

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UNDERSTANDING FIBROMYALGIA

No one really knows what causes fibromyalgia, but it's a documented clinical syndrome defined by chronic widespread muscular pain, fatigue, and tenderness.

Currently, there are no diagnostic tests such as x-rays or blood tests to detect fibromyalgia. According to the American College of Rheumatology, although men and adolescents can develop fibromyalgia, it is more prevalent in women.

Many conditions mimic fibromyalgia such as hypothyroidism or other rheumatic disorders such as arthritis or lupus. The difference is that fibromyalgia is characterized by chronic widespread pain that affects the right and left sides of the body and below the waist. There are approximately 11 to 18 "tender points" your physician will check by applying light pressure.

If you have chronic pain in these areas, you may have fibromyalgia. In order for your physician to form a proper diagnosis, tell him/her exactly what your symptoms are and how they affect your life. Your physician may prescribe medication along with a complementary or alternative therapy such as therapeutic massage or exercise.

By maintaining a healthy lifestyle — eating right, getting at least 7 hours of sleep each night, and exercising — you'll be able to deal more effectively with your fibromyalgia.

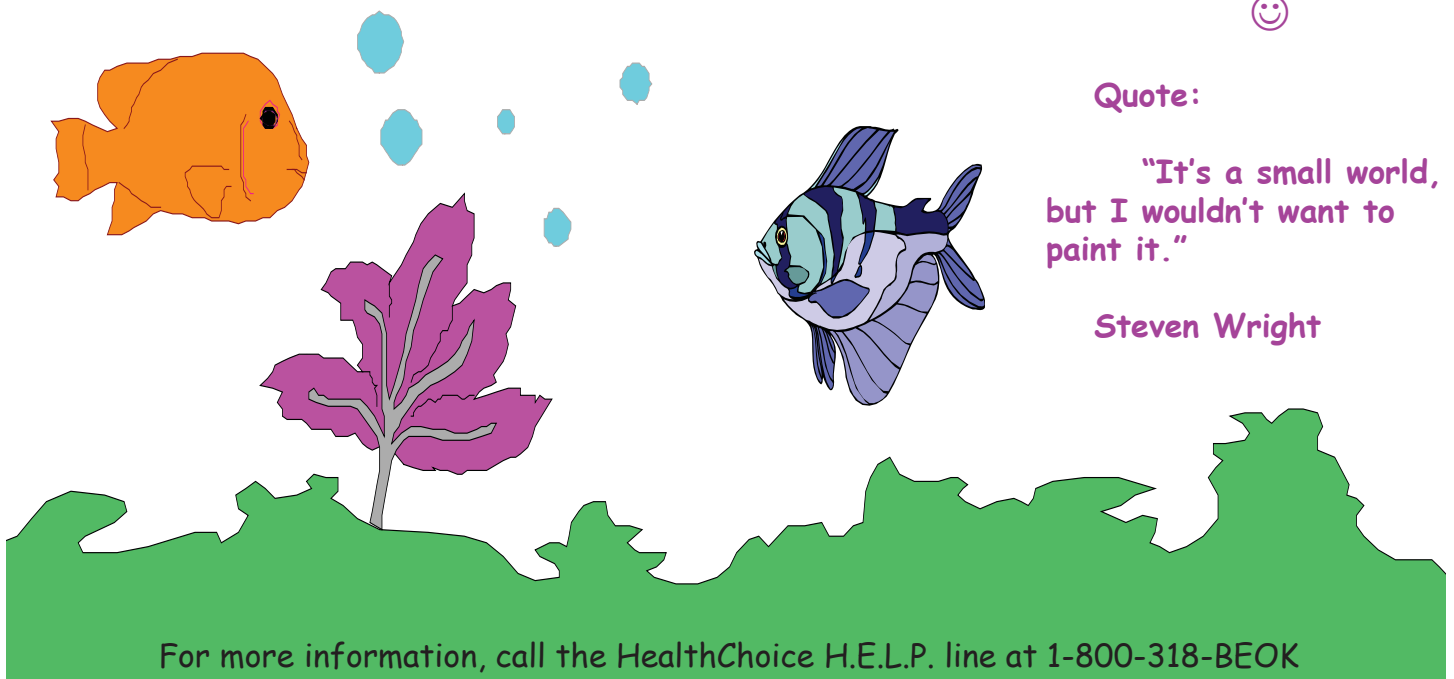
Resource: American College of Rheumatology



Quote:

"It's a small world,
but I wouldn't want to
paint it."

Steven Wright



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WHAT IS HAY FEVER?

People are rarely allergic to hay, and if they are, fever is usually not a symptom of this type of allergy. The technical name for hay fever is allergic rhinitis, and it affects nearly 40 million Americans. Symptoms may include sneezing, running or stuffy nose, watery eyes, wheezing, or coughing.

Many different types of plants cause allergic rhinitis by spreading pollen through the air. Trees, grasses, weeds, and mold spores are often the culprits. The season for hay fever depends on where you live since pollination occurs at different times in different regions of the U.S.

The best way to control hay fever is to avoid the substances that are causing your problems. An air purifying device inside your home may provide some relief, and wearing a dust mask while working outdoors will help you avoid inhaling pollen. Over-the-counter antihistamines or decongestants may relieve some of the symptoms; however, you may need to work with your physician to find the medication or combination of medications that provide you the most relief.

If your allergies are severe enough, your doctor may recommend allergy testing and allergy shots. This treatment includes regular injections of allergens in increasing doses until your body adjusts to the antigen.

Contact your physician if severe allergy symptoms occur, if previously successful treatment has become ineffective, or if your symptoms do not respond to treatment.

Resource: American College of Allergy, Asthma, and Immunology



Quote:

"He who hesitates is not only lost, but far from the next exit."

Unknown

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