

# SUNDAY MORNING HEALTH CORNER

## Thyroid Awareness Month

**It's a small part of the body - but kind of a big deal**

More than 30 million Americans have thyroid disorders, and more than half of Americans are undiagnosed and untreated. Although African-Americans have fewer cases of thyroid cancer, those who are diagnosed at a more advanced stage and are more likely to have a slightly lower five-year survival rate than whites.

**What is your thyroid?** A small butterfly-shaped gland in the lower front of the neck. Its job is to make hormones that regulate energy, metabolism, mood, heart rate, and other important functions. But when it's out of whack, symptoms can include weight gain, fatigue, dry skin, sluggish thinking, and even depression.

**There are several foods that can be introduced into your diet to help prevent thyroid cancer**

**Foods high in iodine:** seaweed

**Foods high in selenium:** Brazil nuts, tuna, sardines, beef, turkey, and chicken

Foods rich in pectins: apples, pears, plums, and citrus fruits

**Foods high in zinc:** pumpkin seeds, oysters, crab, lobster, legumes, nuts, sunflower seeds

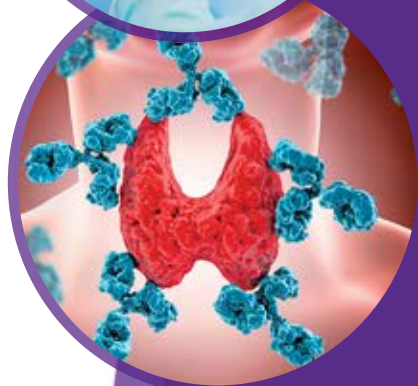
**Foods rich in vitamin D:** yogurt, orange juice, sardines, milks

**Foods high in fiber:** beans and legumes

Foods high in omega-3 fatty acids: sardines, salmon, walnuts, and flax seeds

[www.balmingilead.org](http://www.balmingilead.org)

620 Moorefield Park Drive, Suite 150  
Midlothian, VA 23236  
804.644.2256



THE  
BALM  
IN  
GILEAD  
INC.