

E-Healthy Newsletter

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Healthy Tip

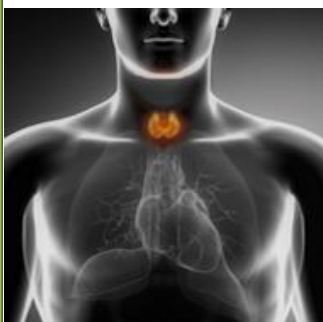


Proper diet regulation can help you reduce your chances of developing thyroid disease.

The American Cancer Society recommends that you consume at least five servings of fruits and vegetables per day if you want to lower your risk of thyroid disease.



JANUARY IS THYROID AWARENESS MONTH



Chief Charles J. Hurley, Miami-Dade Schools Police Department, is committed to promoting good health and physical awareness, which leads to improved choices, and ultimately produces a longer life span. This year's healthy choice begins with **Thyroid Awareness**.

According to recent studies, as many as 30 million Americans may be affected by thyroid disorders, although more than half remain undiagnosed. Thyroid disorders are most common among women and tend to run in families. Thyroid cancer is one of the most common and most curable.

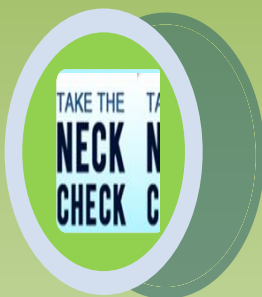
What exactly is a thyroid gland?

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland influences the function of many of the body's most important organs, including the heart, brain, liver, kidneys and skin. Ensuring that the thyroid gland is healthy and functioning properly is important to the body's overall well-being.

HOW TO TAKE THE THYROID NECK CHECK

All you will need is a glass of water and a handheld mirror.

1. Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones, and below the voice box (larynx). Your thyroid gland is located in this area of your neck.
2. While focusing on this area in the mirror, tip your head back.
3. Take a drink of water and swallow.
4. As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow. Reminder: Don't confuse the Adam's apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.
5. If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland and should be checked to determine whether cancer is present or if treatment for thyroid disease is needed.



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Charles J. Hurley, Chief of Police

