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Nota di contenuto	Part 1: LET'S GET TO KNOW THE THYROID -- 1.1. The structure of the thyroid -- 1.2. How it works -- 1.3. What it's for... -- 1.4. The thyroid's best friends: Iodine and Selenium: When iodine is lacking: A pinch of intelligence: use a little salt, but iodized!: Selenium, an excellent ally: The winning combination! -- 1.5. Parathyroids, the guardians of calcium!: How do they work?: And if they lose balance?: Remember that.....: Hyperthyroidism, the insidious enemy -- Part 2: WHEN THE THYROID GETS SICK -- 2.1. Goiter: What is a goiter?: What to do to prevent its formation? -- 2.2. When the thyroid works too much... or too little: An overactive thyroid: Why does it happen?: How is it treated?: An underactive thyroid: Why does it happen?: How is hypothyroidism treated? -- 2.3. Thyroiditis and autoimmune diseases: Subacute thyroiditis: Acute thyroiditis: Autoimmune diseases: Chronic Hashimoto's thyroiditis: Graves' disease -- 2.4. Nodules: How to find them?: What to do?: Remember that... -- Part 3: THE THYROID AT EVERY AGE -- 3.1. When the thyroid is young: "I" as in iodine and as in intellect!: And if the thyroid gets sick? -- 3.2. When the thyroid ages: The thyroid in the elderly: Hypothyroidism: Hyperthyroidism, the insidious enemy. -- 3.3 When Mom is expecting a baby: What happens during pregnancy: Mom, remember iodine!: A great disruption: Too many hormones during pregnancy: When hormones are too low:

Hypothyroidism and miscarriage: The discovery of a nodule: After childbirth: Remember that... -- Part 4: WHAT TO DO IF THE THYROID GETS SICK -- 4.1. Blood tests... -- 4.2. Thyroid ultrasound -- 4.3. Ultrasound-guided fine-needle aspiration -- 4.4. Thyroid scintigraphy: Remember that... -- Part 5: HOW AND WHEN TO TREAT THE THYROID -- 5.1. Medications for treating the thyroid -- 5.2. Surgery -- 5.3. Radioactive iodine therapy -- 5.4. Minimally invasive techniques guided by ultrasound -- 5.5. Robotic surgery: Remember that... -- CONCLUSIONS.

Sommario/riassunto

This book is a journey around the vast subject of the thyroid, designed to share information about its functioning and the pathologies that can affect it. It is intended to provide accessible and simplified language, distancing itself from technicalities of the medical profession. It represents an itinerary that invites step-by-step learning and taking care of one's own health through prevention and the adoption of healthy lifestyle habits. Reading it helps improve visual memory and facilitates the acquisition of concepts, shortening the distances for both the reader and the specialist. The medical-scientific information maintained in this book maintains its authoritative nature while promoting sharing. This book is for everyone: young, adults, and the elderly. It is for you, for your well-being and the well-being of your loved ones.
