

# Lal Smiles Multispecialty Clinic

## Tips for Patients with Hypothyroidism

If you have hypothyroidism it means that you have an underactive thyroid and thyroid production in body is suboptimal. Follow the tips enumerated below in adjunct to your doctor's advice:

1. Take your medications on time
2. Exercise regularly
3. Maintain a healthy weight
4. Maintain a regular sleep and meal routine
5. Decrease overall oil intake
6. Avoid smoking, alcohol intake
7. Keep track of your blood pressure and cholesterol levels
8. Eat enough Green vegetables and fresh fruits

### Dietary Tips

| What to eat           | What to avoid   |
|-----------------------|---|
| Iodine Rich food      | Goitrogenic foods like cauliflower, cabbage, broccoli |
| Sea food, Fish        | Soy foods   |
| Salt                  | Excessive oil   |
| Antioxidant rich food | Excessive salt  |
| Low calories          | Red Meat  |

### Important:

1. Thyroid test needs to be repeated as per doctor's advice or atleast every quarter.
2. Don't stop medications on your own.
3. Consult your doctor if any additional symptoms arise.
4. The more you and your doctor work as a team, the healthier you will be.