

## Goiter: Causes, Risk Factors and Symptoms Kara Daniels\*

**Received:** December 07, 2021, **Accepted:** December 22, 2021, **Published:** December 29, 2021

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### Commentary

Goiter is a condition in which the thyroid gland grows larger. The thyroid gland is a small, butterfly-structured gland located in the neck, below the Adam's apple.

The thyroid gland produces the hormones thyroxine (also called T4) and triiodothyronine (also called T3). (Utmost of the T4 is changed to T3 outside of the thyroid.) These hormones play a part in certain fleshly functions, including body temperature, mood and excitability, palpitation rate, digestion and others.

### Causes

- Goiters have different causes, depending on their type.
- Simple goiters develop when the thyroid gland doesn't make enough hormones to meet the body's requirements. The thyroid gland tries to make up for this deficit by growing larger.
- Aboriginal goiters do in people in certain corridor of the world who don't get enough iodine in their diet (iodine is necessary to make thyroid hormone). For case, a lack of iodine in the diet is still a common problem in corridor of central Asia and central Africa. Because iodine is added to table swab in the United States and other countries, this type of goiter generally doesn't do in these countries.
- Sporadic goiters, in utmost cases, have no given cause. In some cases, certain medicines can beget this type of goiter. For illustration, the medicine lithium, which is used to treat certain internal health conditions, as well as other medical conditions, can beget this type of goiter.

Other threat factors for goiter include the following

- Hereditary (inherited from family)
- Womanish gender
- Age over 40

Other Conditions and conditions can also beget a goiter. These include

**Graves' complaint:** Graves' complaint is an autoimmune complaint (your body's vulnerable system inaptly attacks your healthy body). In this case, the vulnerable system attacks the thyroid gland and the thyroid grows larger.

**Hashimoto's complaint:** This is another autoimmune complaint. In this case, the complaint causes inflammation (lump) of the thyroid gland. This causes it to produce smaller thyroid hormones, performing in a Goiter: This type of goiter generally gets better on its own over time.

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**Citation:** Daniels K (2021) Goiter: Causes, Risk Factors and Symptoms. Rep Endocr Disord. Vol.5 No.6:12.

**Nodular goiter:** In this condition, growths called nodes do on one or both sides of the thyroid gland, causing it to grow larger.

**Thyroid cancer:** Cancer of the thyroid gland frequently enlarges the thyroid.

**Gestation:** Mortal chorionic gonadotropin, a hormone that a woman produces during gestation, can beget the thyroid to grow.

**Thyroiditis:** Inflammation of the thyroid gland itself can beget the thyroid gland to grow. This can be after the person has an illness caused by a contagion, or after a woman gives birth.

**Exposure to radiation:** A person who has had medical radiation treatments to the head and neck (but not individual procedures, similar as a CT checkup) has a lesser threat of developing goiter.

### Symptoms

- The main symptoms of goiter include
- A swelling in the front of the neck, just below the Adam's apple.
- A feeling of miserliness in the throat area
- Hoarseness (scratchy voice)
- Neck tone swelling
- Dizziness when the arms are raised above the head
- Other, less common symptoms include.
- Difficulty breathing (briefness of breath)
- Coughing
- Gasping (due to squeezing of the windpipe)
- Difficulty swallowing (due to squeezing of the esophagus, or "food tube").