

Take the Thyroid Neck Check

1. **Prepare:** Grab a hand-held mirror and a glass of water.
2. **Position:** Using the mirror, focus on the lower front area of your neck, above the collarbone, and below the voice box (larynx). This is where your thyroid gland is located.
3. **Perform the Check:** Tip your head back, take a sip of water, and swallow. While swallowing, observe your neck in the mirror. Look for any bulges or protrusions. Remember, don't confuse the Adam's apple with the thyroid gland.
4. **Follow Up:** If you notice any bulges, consult your physician. You might have an enlarged thyroid gland or a thyroid nodule.

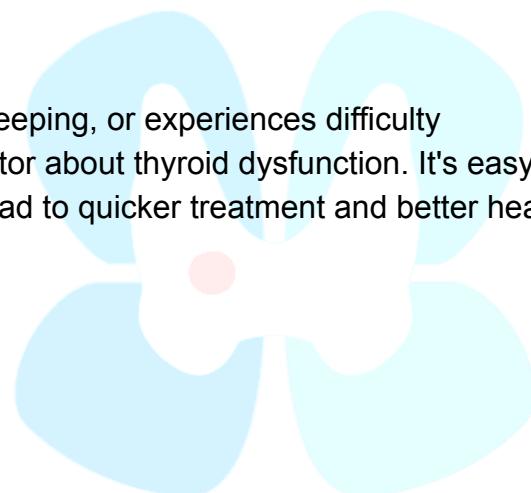


How to Do a Thyroid Self-Exam

Encourage Friends and Family to Get Tested!

If you know someone who frequently feels cold, has trouble sleeping, or experiences difficulty swallowing, it might be time to suggest they speak to their doctor about thyroid dysfunction. It's easy to overlook "small" issues like dry skin, but a thyroid test could lead to quicker treatment and better health outcomes.

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