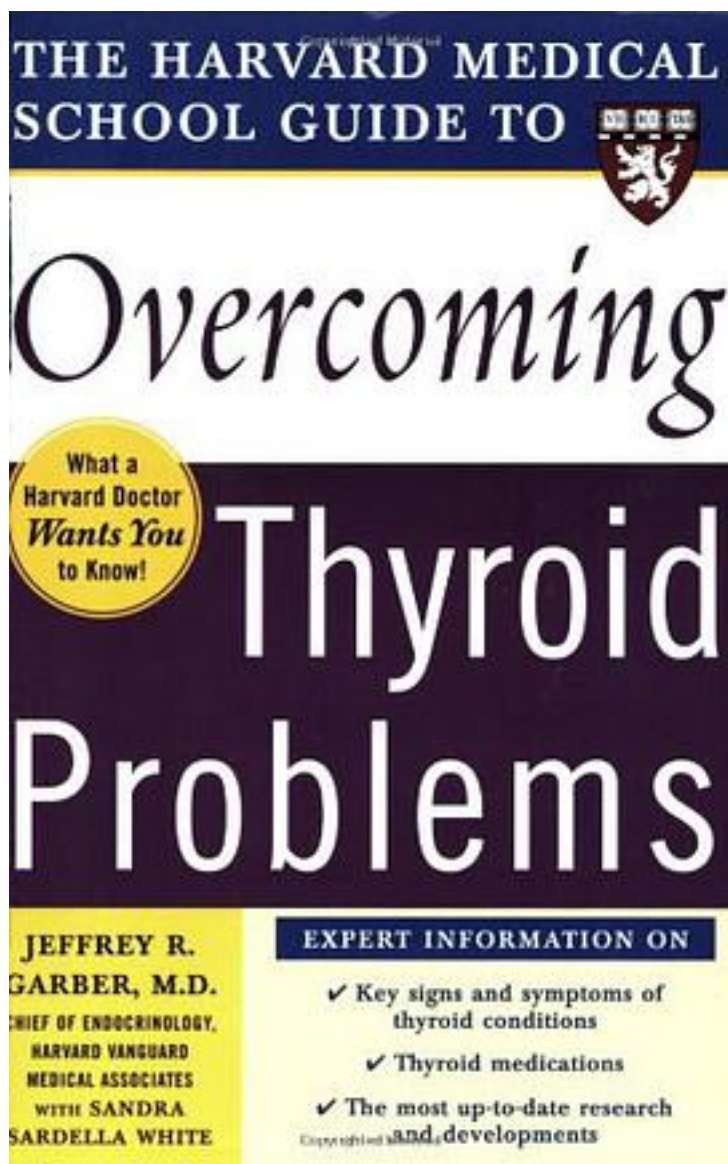


# Overcoming Thyroid Problems



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From Harvard Medical School, this title offers the latest information on how to overcome thyroid problems, including the most effective medications and how to keep them in balance. Thyroid disease is notoriously complicated to diagnose and manage. Here, Dr. Jeffrey Garber, a world-renowned endocrinologist and thyroid expert, tells thyroid patients what they need to know to best manage their condition. He covers how to tell if you might have a thyroid problem, what kind of doctor you need to see and how to be sure that doctor is treating you correctly, and how being informed is your best "cure." He explains how the thyroid works, what can go wrong and why, and how to work with your doctor and adapt your lifestyle to feel better and stay healthy. This work includes advice on nutrition, alternative treatments, and exercise.

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