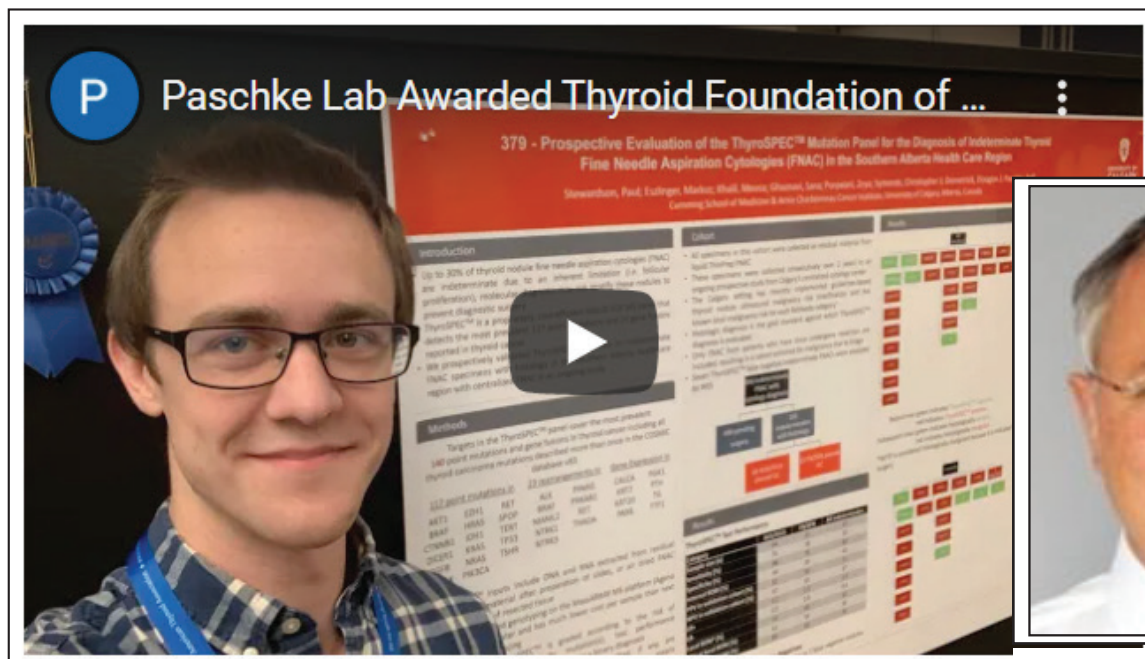


# Thyrobulletin



Autumn 2021



Paul Stewardson  
PhD Candidate



Dr. Ralf Paschke, Recipient  
TFC 2021 Thyroid Research Award

## TFC WEBINARS



Dr. Sana Ghaznavi, Management of Thyroid Nodules  
November 21, 2021 - Report and Q&A



Dr. Hernan Franco Lopez, Hypothyroidism and Thyroid  
Replacement Therapy, February 27, 2022

IT'S OUR 11TH ANNUAL *Light a Tree for Thyroid* CAMPAIGN



Thyroid Foundation of Canada  
La Fondation canadienne de la Thyroïde



## Founder

Diana Meltzer Abramsky, C.M., B.A.  
1915 - 2000



The Voice and Face of Thyroid  
Health in Canada

Thyroid Foundation of Canada

National Board of Directors  
Conseil national d'administration  
2021-2022

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Past President  
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Lauri Martin, Strome AB

Thyroid Foundation of Canada  
P.O. Box 298, Bath ON K0H 1G0

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[thyroid.ca](http://thyroid.ca)

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# GOOD NEWS!

**Thyrobuletin - now available in French (electronic version).**

Log in to the Members section  
<https://thyroid.ca/connexion/?lang=fr>  
and download your free copy.

Important Notice: The information within is for general information only and consequently cannot be considered as medical advice to any person. For individual treatment or diagnosis consult your health care professional.

## MESSAGE FROM THE PRESIDENT



Dear Members,

This summer we moved our AGM back to the June date that it's usually held. Last year's term was a shorter one for the Thyroid Foundation of Canada due to the delay caused by holding our last AGM in November. We adopted new ways of working by regularly using Zoom videoconferencing for all our board meetings and regularly use Zoom to communicate with a variety of stakeholders. We held our first educational webinar in March. We also produced two issues of our Thyrobulletin newsletter!

We have completed over half of the initiatives in our Strategic Plan and continue to make incremental progress in the plan. On the research side, the agreement we signed with the Canadian Society of Endocrinology and Metabolism (CSEM) last October to manage our research grants was implemented. For 2021, the TFC Research grant will be awarded to Dr. Ralf Paschke for his research on the Classification of Thyroid Tumours. The award was presented to the selected thyroid researcher at the Annual Professional CSEM Conference in November 2021. We added a "Research" tab on our website to showcase current and past TFC and other thyroid research projects.

Following the success of our educational pilot webinar last March 07th, we held our first educational webinar for this year on Nov. 21 with Dr. Sana Ghaznavi, who spoke on the "Management of Thyroid Nodules". Dr. Ghaznavi is a Clinical Assistant Professor within the Division of Endocrinology & Metabolism, University of Calgary, with a cross appointment to the Department of Oncology. Our second educational webinar is planned for February 27, 2022. Dr. Hernan Franco Lopez will speak on "Hypothyroidism and Thyroid Replacement Therapy (T4 vs T3 and desiccated thyroid)". We are planning a third webinar in April.

In looking to the future, we must first recognize that we are a small registered charity and there are limitations to our capabilities. While we need to maintain the organization's commitment to federal regulations to support our current status, update our bylaws and

policies, and manage our finances, we must also recognize that our mission is to provide services for our members and thyroid patients across Canada. I have often said that there are two types of activities that we perform: those focused internally on supporting the organization and those focused externally on providing services to members and thyroid patients. The challenge for us is to keep the internal and external activities in balance. Too much focus on internal activities and we are seen as an organization that does little for thyroid patients. Too much focus on external activities and we risk non-compliance as a charity and poor management of our resources.

At our AGM last June, I introduced a theme called "Work Smart" to be considered in future years. This has to do with adopting initiatives that have a multiplier effect for our small organization (and conversely, stay away from those activities that create or generate a lot of work for us). For example, last year we switched to using Zoom for our board meetings. As an internal initiative, it saved several hundred dollars by going from teleconferencing to videoconferencing for our board meetings and improved our communications as we now see the members in the meeting. Another example is the outsourcing of our Thyroid research grants to CSEM which alleviated us of the burden of managing the grant process. We will continue to find new innovative ways to get things done with our small group and continue providing quality services to our members and thyroid patients across Canada!

To volunteer or for assistance with a thyroid issue, please contact us at 1-800-267-8822 or by email at [info@thyroid.ca](mailto:info@thyroid.ca).

Wishing all of you a safe and Happy Holiday season!



Laz Bouros, President



## 41<sup>ST</sup> ANNUAL GENERAL MEETING

### 2021-2022 Board of Directors



**Top:** Laz Bouros, President, Ottawa ON; Tatyana Medvedyeva, Director, Public Relations, Mississauga ON; Hanista Premachandran, Director, Research, Scarborough ON

**Middle:** Tracy Hey, Director, Education & Publications, St. Margaret's Bay NS; Lauri Martin, Director, Recruitment & Development, Strome AB; Mabel Miller, Past President, Gander NL

**Bottom:** Jean-Sébastien Michel, Treasurer, Toronto ON; Kim McNally, Vice President and Director, Patient Support, Kingston ON

The 41st Annual General Meeting of the Thyroid Foundation of Canada was held on Saturday, June 12th 2021, 9:00 am ET via Zoom. This date moved us back to our annual June spot when we normally meet. The meeting was attended by Laz Bouros, Mabel Miller, Kim McNally, Jean-Sébastien Michel, Tracy Hey, Hanista Premachandran, Lauri Martin, Cassandra Howarth, Joan DeVillie, Derek DeVillie, Donna Miniely, and Katherine Keen. Absent were Tatyana Medvedyeva and Carolyn Goodfellow.

The Business Arising section included the President's Report, reports from the directors, the Kitchener-Waterloo Chapter Report, the Administrative Report by Katherine Keen and the Financial Report by Jean-Sébastien.

Kim McNally presented the Nominating Committee Report. In February, Kim vetted the applications of Jean-Sébastien and

Hanista to appoint them in positions on an interim basis of Treasurer and Director of Thyroid Research respectively. Lauri Martin who has been a long-time member of the Help Line Team was vetted for a position on the Board.

The Nominations for the 2021-2022 Board were Jean-Sébastien Michel, Hanista Premachandran, Lauri Martin, Tracy Hey and Kim McNally. The motion to accept the nominees to the Board of Directors was carried. The motion that that Laz Bouros be elected as President was carried. A motion to accept the appointments of Auditor and Medical advisor and wait for the decision from the Legal Advisors as to whether they will continue was carried.

The Board agreed that the next AGM will be on June 11, 2022, venue to be determined.

## TFC 2021 RESEARCH AWARD

The Thyroid Foundation of Canada (TFC) has been working on several ways to support thyroid research and improve scientific literacy of thyroid disorders. To support and promote more interest in thyroid-related research conducted in Canada, TFC recently partnered with the Canadian Society of Endocrinology and Metabolism (CSEM) to launch the annual TFC Research Award. This award provides researchers with an opportunity to be granted a \$50,000 award per year for 2 years.

We received three outstanding applications for the 2021 award cycle and proposals were evaluated by project relevance, feasibility, and expertise and resources. We are very pleased to announce Dr. Ralf Paschke as the winner of the 2021 TFC Research Award! Dr. Paschke is a Professor of Medicine and Endocrinology at the University of Calgary and specializes in thyroid cancer research. Dr. Paschke will be working with his PhD student, Paul Stewardson. The aim of the proposed project is to improve diagnostic strategies for thyroid cancer tumours while limiting unnecessary diagnostic surgeries for patients. We are very excited to support and learn more about Dr. Paschke's advancements to thyroid cancer research in the coming years.



Dr. Ralf Paschke



Paul Stewardson

Furthermore, we hope to promote thyroid-related research through our new research tab on the TFC website. Research topics are now categorized as "past TFC research," "new TFC research" and "other thyroid research." The listed articles will soon include a lay summary to allow easier access of scientific information regarding advancements made in thyroid research. We will also be incorporating more research articles in the research tab. Lastly, TFC is planning on creating a list of novel or alternative thyroid techniques or procedures that are practiced outside of Canada to provide more information on treatment options that are available internationally.

Award details: <https://www.endo-metab.ca/awards-and-grants/thyroid-foundation>

Dr. Stewardson's acceptance speech at the CSEM Awards ceremony: <https://www.youtube.com/watch?v=N9SDxnD8MFQ>

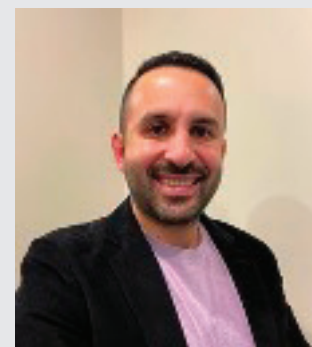
# Coming Soon!

## TFC Webinar Hypothyroidism and Thyroid Replacement Therapy (T4 vs T3 and desiccated thyroid)

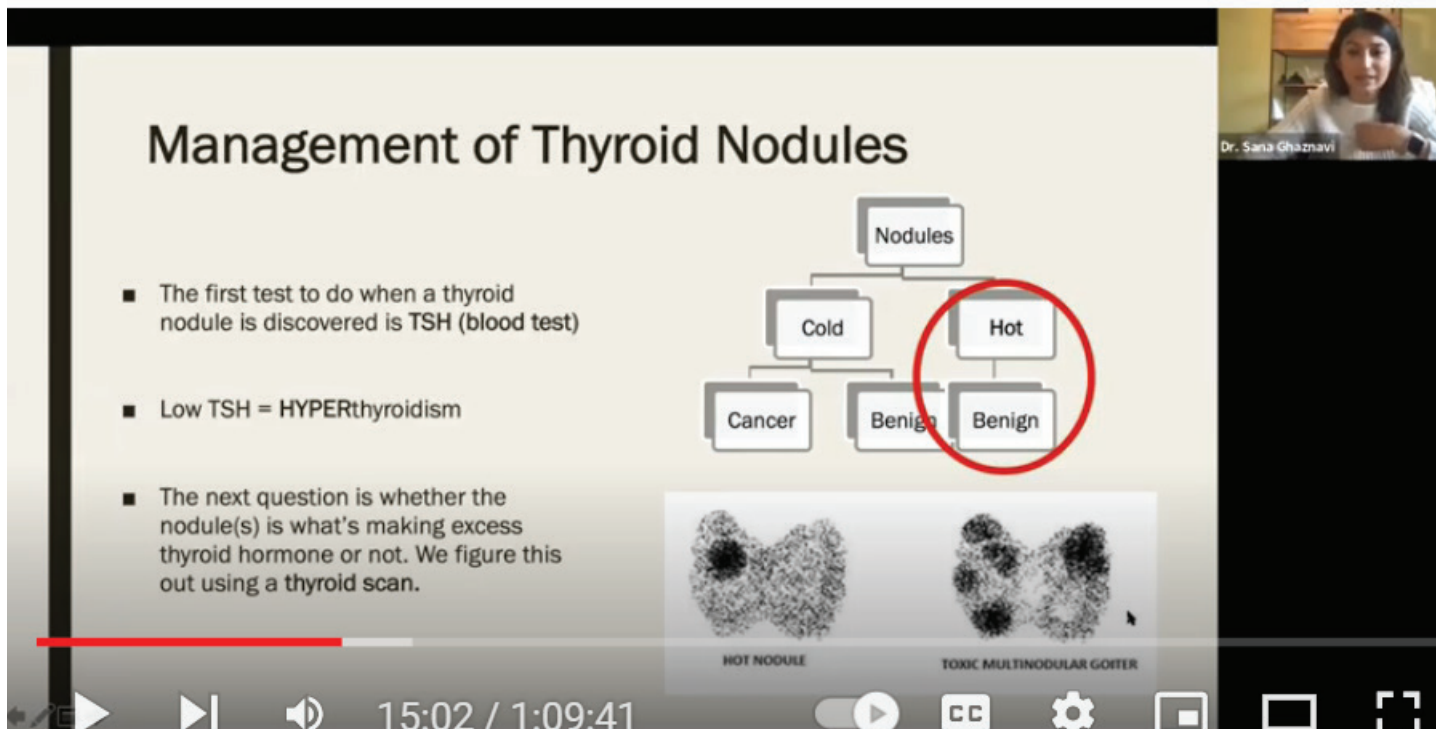
February 27, 2022 - 1:00 - 2:30 pm ET

Dr. Hernan Franco Lopez,  
Endocrinology & Metabolism, Western University

Details and registration to follow - [thyroid.ca](https://thyroid.ca)



## MANAGEMENT OF THYROID NODULES



**Management of Thyroid Nodules**

- The first test to do when a thyroid nodule is discovered is TSH (blood test)
- Low TSH = HYPERthyroidism
- The next question is whether the nodule(s) is what's making excess thyroid hormone or not. We figure this out using a thyroid scan.

**Flowchart:**

```

graph TD
    Nodules --> Cold
    Nodules --> Hot
    Cold --> Cancer
    Cold --> Benign1[Benign]
    Hot --> Benign2[Benign]
  
```

**Thyroid Scans:**

- HOT NODULE
- TOXIC MULTINODULAR GOITER

15:02 / 1:09:41

Our second virtual Public Education Webinar held on November 21, 2021 was a resounding success! The topic was on the “Management of Thyroid Nodules”. Our guest speaker was Dr. Sana Ghaznavi. She is an academic endocrinologist whose practice focuses on the management of thyroid nodules and thyroid cancers. She completed her medical school at the University of Alberta, an endocrinology fellowship at the University of Calgary, and a thyroid cancer fellowship at Memorial Sloan Kettering Cancer Centre in New York city. She now works as a clinical assistant professor within the Division of Endocrinology & Metabolism, at the University of Calgary, with a cross appointment to the Department of Oncology.

Once the presentation was completed, Dr. Ghaznavi answered questions from the audience. Katherine Keen, our hard-working administrator, acted as producer for this webinar. This meant she managed the technical aspects of Zoom. Several other board directors also assisted. Tatyana Medvedyeva assisted Katherine and also provided support for the slide presentation. Kim McNally looked after the Q & A section. Lauri Martin assisted in the Chat Room. Laz Bouros acted as moderator.

Dr. Sana Ghaznavi’s presentation slides were very informative and she communicated very effectively to our audience. After her presentation, she took the time to answer questions from the audience and use non-medical terms so that they could better understand the answer. The webinar participants were very appreciative of her presentation and Q&A responses as indicated by our Zoom post webinar survey:

- How would you rate this event? Excellent (unanimous)
- How would you rate the speaker’s presentation? Extremely Helpful (unanimous)
- How would you rate the Q&A session? Extremely Helpful (unanimous)

The event was recorded and for those who missed it, it can still be viewed at the following link:

<https://www.youtube.com/watch?v=hqG7iejHFKI>

Our next webinar will be on February 27th, 2022. The topic will be on “Hypothyroidism and Thyroid Replacement Therapy (T4 vs T3 and desiccated thyroid)”. Please mark your calendars for this interesting presentation.

## ASK THE DOCTOR

Dr. Sana Ghaznavi answers questions from the Management of Thyroid Nodules webinar



*Q1. You stated that because we iodize our salt we are less likely to suffer from thyroid issues due to lack of iodine. Does that mean if you don't use salt at all you are more susceptible to issues caused by lack of iodine?*

Broadly speaking, yes, if you had a very low amount of iodine in your diet, not just salts but iodine, you are at higher risk for nodule formation as well as goitre, meaning that your gland actually enlarges and that's quite well shown through epidemiological studies where they look at whole populations like Denmark or parts of sub Saharan Africa where they do have iodine deficiency. However, even if you avoid salt because you do that for other health benefits, you likely do get enough iodine in your diet because there's also a lot of iodine in various fruits and vegetables and other things. In order to make sure you're getting enough iodine, you can go online and do a bit of research on what are high iodine containing foods, for instance if you go to one of the thyroid websites that has patient information on the low-iodine diet, they actually tell you all the things that are high in iodine because you are supposed to avoid those for certain tests and treatments. Scan the list to see and the answer is probably yes, but it doesn't hurt to just double check.

*Q2. At times my thyroid or nodules feel as if they're swelling when I'm in cold temperatures and my tsh levels are within normal range. Is that normal or is there an explanation?*

The sensation that you have with your nodules can certainly change over time and there are several different things that I've noticed that patients will say in terms of them feeling like it's tighter in there or they're swollen. There are a few broad reasons. One is that you can have what's called Hashimoto's Thyroiditis even within nodules and that is an autoimmune thing, it's a very common thyroid problem in the population, especially amongst women, where you get little flairs where the thyroid gets inflamed and that can happen in your background thyroid but it can also happen within the nodules; so the nodules actually are inflamed and you're feeling that, and they're a little bit bigger and then it typically is transient meaning it goes down over time. Other reasons are things that increase the stress or amount of tension in your muscles and in your ligaments and things in the neck, so at times when patients are very stressed they actually feel a lot more tightness, and when the weather is cold they'll feel it and I usually recommend a humidifier at night to try to lubricate the back of the larynx at the back of the throat. Different patients will have different reasons for why it feels worse or better at certain times but it's normal in that I do see it a lot.

*Q3. You mentioned a 'high-quality ultrasound'. What should people be specifically requesting to ensure that and how often should we be getting high quality neck ultrasounds done?*

A high quality neck ultrasound is done at a centre that does a lot of ultrasounds, e.g. in a city like Toronto or Calgary or major centres, those radiologists are doing hundreds of these probably on a monthly basis. As for the report, the length of it actually is a proxy for the quality. When I see poor quality reports with two lines, "there are still some nodules in the thyroid, no major changes", it hasn't told me how many, where they are, what they look like, how much have they changed since last year, what is the risk stratification, are they low risk, intermediate or high risk, so there's not a lot granularity or details in those reports and so if it's a really brief report it likely isn't high quality. What do those high quality reports talk about? They use a risk stratification system. There are two systems that are accepted around the world; either each nodule will be given a classification of low, intermediate or high, that's called the ATA system, or they're going to be given a score of 1-6, 6 being suspicious for cancer and 1 being totally benign. Details of the nodule can include what it looks like, are there calcium deposits, are they smooth and round or is it jagged looking, is it poking out of the thyroid, does it have any other high risk features and has it been compared back. If the patient has ultrasounds going back 4 or 5 years, I'll compare them side by side to see how it's changed over time. Good reports will do that, e.g. "the volume changed and the size changed by year compared to the previous years".

As to how often an ultrasound should be done, it can range from 4-6 months for high suspicion lesions to every couple of years, it depends on what's happened so far, how big it is, what it looks like, has it been biopsied already and if the biopsy was benign you may never need a neck ultrasound again if it's a really small lesion that looks not suspicious. Good question to be asking your physician. There are no guidelines on that because there is no evidence or studies that followed patients for years. If a patient is concerned, I'm happy to keep monitoring with a once a year painless, radiation free quite cheap ultrasound.

You can view a recording of the full webinar at: <https://www.youtube.com/watch?v=hqG7iejHFKI>



## KIM'S STORY

By Kim McNally



My thyroid journey began in 1981 at the age of 15 when my mother noticed a lump on my collarbone. A referral to Kingston and subsequent biopsy revealed I had thyroid cancer and I was told by the attending General Surgeon they needed to remove it. Those early days were a blur, and without the Internet or Google, I turned to our Encyclopedia Britannica to see what a thyroid was as I'd never heard of one before.

My surgery was very invasive, and included the removal of my thyroid, parathyroid and a number of lymph nodes. It left me with palsy of the tongue and a paralyzed vocal chord, and was, understandably a traumatic experience for me. Although cushioned by the love and support of family and friends, it also instilled in me the fear that I might die. Unaware of any support systems I could access, I kept those fears to myself, afraid to upset my family by talking about it. In the ensuing years, I discovered information about my cancer and was reassured to learn that my type (mixed papp/foll) was highly treatable. But, I was determined to make sure no one else experienced the fear I had as a young person with cancer. So, upon moving to Kingston at age 21, I joined the Canadian Cancer Society and soon became a Peer Support volunteer. I then joined the Thyroid Foundation of Canada in the early 90's and had the great honour and privilege of knowing TFC founder Diana Abramsky, enjoying a kinship with her want to help others.

Just as I started to relax about my mortality, in 1995, I learned the cancer had spread to both my lungs. It was only then that an Endocrinologist and Oncologist became part of my health care team. I had only been followed by the General Surgeon previously. By now, I had a lot of questions, and was not afraid to speak up. I wondered why I was not given a precautionary dose of Radioactive Iodine following my initial surgery, as I had since learned this was a common practice. I was also angry that my previous Doctor did not treat me with RAI following a nuclear medicine scan from 1986, that showed those same spots in my lungs, only smaller.

Now, under the care of an Endocrinologist, I went on to have 3 RAI treatments, each consisting of a 4 day stay in hospital, in isolation, over the next 5 years. I had to put my body into a state of hypothyroidism (referred to as Hypo Hell in a thyroid cancer chat room), stopping my medication 4 weeks prior to treatment. I had read that sucking on lemon drops and drinking water would help reduce swelling of the parotid glands but despite doing this, mine became very inflamed and sore during, and after, treatment. Before I was discharged, the Nuclear Medical Department brought in a Geiger counter to make sure it was safe for me to leave. It was all very sci-fi!

The treatments ablated the tumors, but left me with severe fibrosis of the lungs and a damaged left side parotid gland.

Despite these and other health challenges, I enjoy a full and rich life. I have travelled extensively, have a lengthy Public Service career, married and had a daughter, Grace, in 1997. I still grapple with symptoms of my disease, often feeling overwhelmingly tired, cranky or blue, but no longer live in fear. Finding my solace came from being able to help others while advocating for my own health care.

I see my Endocrinologist every 6 months at which time my bloodwork is completed. I am considered in remission as I have a detectable thyroglobulin (cancer marker) and my Doctor keeps my TSH very suppressed to lessen the chance of any activity. My journey has not been easy but has provided a wonderful filter to the world including the importance of putting ones own misery aside to help others. Joining TFC has introduced me to many wonderful people, including fellow Board Members, volunteers and patients who contact us for information.

Kim McNally is Vice-President and Director of Patient Support

*Do you have a thyroid story you would like to share with others?*

*Send your 500-1,000 word story with a couple of photos to:*

[info@thyroid.ca](mailto:info@thyroid.ca)





## COMMUNITY PRESENTATION ONLINE

By Donna Miniely

Public education is a cornerstone of the Thyroid Foundation of Canada (TFC) and, over the past year, the Foundation has leveraged the power of webinars to deliver effective education on thyroid disease across the country.

Last September, the Council for Black Aging Community of Montreal (cbacm.org) contacted the Thyroid Foundation requesting an overview presentation on thyroid disease for one of their weekly videoconferences.

TFC's President asked former president Donna Miniely M.Ed. to tailor a slide presentation and deliver it via Zoom in mid-November. The 45-minute presentation covered information about the thyroid gland; different forms of thyroid disease and the symptoms, diagnosis and treatment for each; and patient support resources and organizations. About 20 people

participated in the CBAC videoconference which wrapped up with questions and comments.

Since thyroid disease affects many systems in the body, the journey to wellness begins with informed individuals observing changes in their body and discussing concerns with their family doctor who can arrange for tests and follow up. An overview presentation can help individuals know what to watch for and when to discuss changes with their doctor.

If your organization would like a thyroid overview videoconference presentation, contact [info@thyroid.ca](mailto:info@thyroid.ca)

## ATA PATIENT FORUM 2021

By Donna Miniely



Several long-time members of TFC and Katherine (TFC Admin) accepted the invitation to attend the American Thyroid Association's (ATA) 2021 virtual patient forum in October.

After preliminary remarks by the host and representatives of some patient support organizations (Thyca.org, Graves' Disease and Thyroid Foundation [www.gdatf.org](http://www.gdatf.org), Thyroid Cancer Alliance, and Light of Life Foundation), attendees chose one of 6 forums to attend: Hypothyroidism, Hashimoto's, Hyperthyroidism, Graves' Disease, Thyroid Nodules, and Thyroid Cancer. Each forum was hosted by one or two doctors specializing in that aspect of thyroid disease.

Board members from the Kitchener-Waterloo chapter attended the Graves Disease session while Katherine attended the Hypothyroidism session. Both sessions had a lot of attendees.

I attended the thyroid nodule forum which was hosted jointly by an endocrinologist and a thyroid surgeon. There were only 5 attendees, so it was an excellent opportunity to speak directly with the doctors who were happy to answer our questions such as:

- What causes thyroid nodules? Why do some calcify?
- How often and how long should they be monitored?
- What is ablation therapy and where is it being used?
- What kind of nodules can it be used for?
- Where is molecular testing done? What kind of cases is it best for?

If ATA virtual patient forums are offered again in the future, I encourage you to attend as it's a great way to get up-to-date information directly from endocrinologists and thyroid specialists.

The American Thyroid Association is a professional medical organization which has a section for thyroid patient information - visit: <https://www.thyroid.org/patient-thyroid-information/>

*Donna Miniely is a Past President of the Thyroid Foundation of Canada. Her mother, Marjorie Miniely founded the TFC London Area chapter. Donna has maintained an active interest in TFC. We are always pleased to hear from her.*



# 11th Annual Campaign

## Light a Tree for Thyroid!

Every donation of **\$25** during our campaign puts an ornament on the Tree. Donations of **\$100** and more add a gift under the Tree! Your donations help to fund our Programs including:

- Maintaining our website **Thyroid.ca**, which provides thyroid-related news and information
- Providing **Resource Materials** on Thyroid Disease to thyroid patients and medical facilities
- Managing our Toll-free **Help Line**
- Producing **Thyrobulletin**, TFC's official newsletter with news, patient stories and events
- Holding Public Education **Webinars** and Meetings
- Awarding funds to carry out **Thyroid Research** to improve the lives of thyroid patients

*Please help support our Thyroid programs*

### MEMBERSHIP AND DONATION FORM

Name:		Telephone:	
Address:		Email Address:	
<b>MEMBERSHIP LEVEL</b>			
ONE YEAR:		TWO YEAR:	
<input type="checkbox"/> Regular \$35	<input type="checkbox"/> Senior \$30	<input type="checkbox"/> Family \$45	<input type="checkbox"/> Regular \$60 <input type="checkbox"/> Senior \$50 <input type="checkbox"/> Family \$65
<b>DONATION AMOUNT</b> <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> Other \$ _____			
\$ <b>Total Amount</b> (All membership fees and donations are issued official tax receipts)			
<b>PAYMENT METHOD</b>			
<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Cheque (Payable to Thyroid Foundation of Canada)			
Visa / Mastercard No.:		Expiry Date:	CVV No:
Mail to: Thyroid Foundation of Canada, P.O. Box 298, Bath ON K0H 1G0			
<b>Pay online - <a href="http://thyroid.ca">thyroid.ca</a> - save postage and get your automatic tax receipt!</b>			
<b>THANK YOU FOR YOUR SUPPORT!</b>			

# VOLUNTEERS NEEDED

## Fundraising

This director position provides a great opportunity for someone who has some experience in fundraising and enjoys working with a variety of activities to help manage TFC's fundraising program. The Director:

- conducts long-term planning for fundraising with the required resources and targets that address planned giving, corporate donations, grants, annual giving and special events (June is Thyroid Month)
- defines and implements annual fundraising activities
- develops fundraising materials for the TFC Website, Thyrobulletin, social media, etc. and engages in public speaking activities as required
- as a regular board member, participates in meetings, teleconferences and Annual General Meeting
- discusses policy issues, direction, performance and reviews financial data.

## Help Line Support

A bilingual volunteer is required to respond to callers seeking information.

For further Information contact us at 1-800-267-8822 or by email at [info@thyroid.ca](mailto:info@thyroid.ca)

## HAVE YOU GIVEN ANY THOUGHT TO LEAVING A BEQUEST TO TFC?

The Thyroid Foundation of Canada has been fortunate to receive several bequests recently for Thyroid Research. Important though research is, we are also in great need of funding to continue and expand our **Awareness** and **Support** Programs. You can make a lasting difference and help other thyroid patients!



By including the TFC in your will, your gift will help achieve the following:

- Raise awareness and **reach more thyroid patients**
- Impact the **medical profession**, the government and the public
- Accomplish **earlier diagnosis** for thyroid patients and provide education on the best treatments
- Receive **significant tax benefits** for your personal estate

With this gift, you can make a lasting impact for those suffering from thyroid disorders. Learn more on our website at: [thyroid.ca/bequest](http://thyroid.ca/bequest)

Contact us for more information: 1-800-267-8822 or [info@thyroid.ca](mailto:info@thyroid.ca)

## Thyroid Tip from a TFC Member

With Graves' disease I suffer from acropathy (the feet swell as if I suffered from gout). Although I control my diabetes with diet, I just bought these diabetic walking shoes from Amazon which cost \$69 + tax. They are easy to put on and comfortable.

Have a nice day and take care of yourself!

Louise, St. Constantine QC



**TIME TO RENEW YOUR  
MEMBERSHIP?  
RENEW ONLINE AND GET  
YOUR OFFICIAL TAX RECEIPT  
AUTOMATICALLY**

**Renew now**



**Thyroid.ca**

## Thyroid Months

There are many types of Thyroid Disease. Each month we are featuring a different Thyroid topic on our website.

January	February	March	April
Thyroid Disease and Mental Health	Graves' Eye Disease (Ophthalmopathy)	Thyroiditis	Thyroid Cancer
May	June	July	August
Thyroid Disease, Pregnancy & Fertility	Thyroid Month / Overview of Thyroid Function	Surgical Treatment of Thyroid Disease	Thyroid disease in Children
September	October	November	December
Thyroid Nodules	Hypothyroidism	Thyroid Disease and Seniors	Hyperthyroidism