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❖ DEPARTMENT : AHS

❖ PROGRAMME : BS RADIOLOGY 6TH SEMESTER

❖ SUBJECT : CLINICAL MEDICINE II

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➤ QNO.1 : Write a detail note on the types and causes of Goiter?

ANS :

GOITER

A condition that increases the size of your thyroid is called a goiter. A goiter may develop in anyone, but is more common in women. Sometimes, it affects the way the thyroid functions.

Symptoms :

The primary symptom of a goiter is noticeable swelling in your neck. If you have nodules on your thyroid, they may range in size from very small to very large. The presence of nodules may increase the appearance of swelling.

Other symptoms include the following:

- difficulty swallowing or breathing
- coughing
- hoarseness in your voice
- dizziness when you raise your arm above your head.

- **CAUSES :**

Iodine deficiency is the main cause of goiter. Iodine is essential to helping your thyroid produce thyroid hormones. When you don't have enough iodine, the thyroid works extra hard to make thyroid hormone, causing the gland to grow larger .

- **OTHER CAUSES :**

Graves' disease

Graves' disease occurs when your thyroid produces more thyroid hormone than normal, which is known as hyperthyroidism. The excessive production of hormones makes the thyroid increase in size. Hashimoto's thyroiditis .

When you have Hashimoto's thyroiditis, also known as Hashimoto's disease, it predisposes thyroid to not being able to produce enough thyroid hormone, causing hypothyroidism.

The low thyroid hormone causes the pituitary gland to make more thyroid-stimulating hormone (TSH), which causes the thyroid to enlarge.

- **Inflammation :**

Some people develop thyroiditis, an inflammation of the thyroid that can cause a goiter. This is different than Hashimoto's thyroiditis. One example is viral thyroiditis.

- **Nodules :**

Solid or fluid-containing cysts may appear on the thyroid and cause it to swell. These nodules are often noncancerous. Thyroid cancer

Cancer may affect the thyroid, which causes swelling on one side of the gland. Thyroid cancer isn't as common as the formation of benign nodules.

- **Pregnancy :**

Being pregnant can sometimes cause the thyroid to become larger. Types of goitres

Goitres have many causes. As a result, there are different types. These include:

- **Colloid goiter (endemic)**

A colloid goiter develops from the lack of iodine, a mineral essential to the production of thyroid hormones. People who get this type of goiter usually live in areas where iodine is scarce.

- **Nontoxic goiter (sporadic)**

The cause of a nontoxic goiter is usually unknown, though it may be caused by medications like lithium. Lithium is used to treat mood disorders such as bipolar disorder.

Nontoxic goiters don't affect the production of thyroid hormone, and thyroid function is healthy. They're also benign.

- **Toxic nodular or multinodular goiter :**

This type of goiter forms one or more small nodules as it enlarges. The nodules produce their own thyroid hormone, causing hyperthyroidism. It generally forms as an extension of a simple goiter.

➤ QNO.2 : What do you know about the etiology and diagnosis of hydronephrosis ?

ANS :

- **Hydronephrosis**

Hydronephrosis is a condition that typically occurs when a kidney swells due to urine failing to properly drain from the kidney to the bladder. This swelling most commonly affects only one kidney, but it can involve both kidneys.

Hydronephrosis isn't a primary disease. It's a secondary condition that results from some other underlying disease. It's structural and is the result of a blockage or obstruction in the urinary tract. Hydronephrosis is said to affect about 1 in every 100 babies. Normally, urine flows through the urinary tract with minimal pressure. Pressure can build up if there's an obstruction in the urinary tract. After urine builds up for an extended period, your kidney can enlarge.

Your kidney may become so engorged with urine that it starts to press on nearby organs. If it's left untreated for too long, this pressure can cause your kidneys to lose function permanently. Mild symptoms of hydronephrosis include urinating more frequently and an increased urge to urinate. Other potentially severe symptoms you may experience are:

- pain in the abdomen or flank
- nausea
- vomiting
- pain when urinating

incomplete voiding, or bladder emptying a fever. Interrupting the flow of urine increases your chances of getting a urinary tract infection (UTI). This is why UTIs are one of the most common complications of Hydronephrosis. Some signs of a UTI include:cloudy urine

painful urination burning with urination a weak urine stream back pain bladder pain a fever chills.

Diagnosed :

We use a catheter to drain some of the urine from your bladder.

If they're unable to release a large amount of urine this way, it could mean that your obstruction is in your bladder or your urethra. The urethra is a tube that carries urine from your bladder to the outside of your body. Then we will to perform a renal ultrasound or CT scan to get a closer look at the extent of the swelling and to possibly locate the area of the blockage. Both of these procedures view an image of the inside of your body, but the renal ultrasound is generally considered the gold standard for the diagnosis of Hydronephrosis. It allows to get a closer look at your kidney.

➤ QNO.3 : Write a detail note thyroidism ?

ANS :

Thyroidism

Also called underactive thyroid or low thyroid or hypothyroidism is a disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone. It can cause a number of symptoms, such as poor ability to tolerate cold, a feeling of tiredness, constipation, slow heart rate, depression, and weight gain. Hypothyroidism during pregnancy can lead to delays in growth and intellectual development in the baby or congenital iodine deficiency syndrome. Too little iodine in the diet is the most common cause of hypothyroidism. Hashimoto's thyroiditis is the most common cause of hypothyroidism. Hypothyroidism is more common in women than men.

Symptoms :

In adults, hypothyroidism can cause the following symptoms:

- Lack of energy
- A constant tired feeling
- Constipation
- Abnormal sensitivity to cold temperatures, which can develop gradually
- Muscle cramps and stiffness
- Weight gain (often in spite of a poor appetite)
- Dry skin and hair
- Hair loss
- Hoarseness or husky voice
- Slowed heart rate

Depression :

If severe hypothyroidism is not treated, a cluster of symptoms called myxoedema may appear. These symptoms include an expressionless face, thin hair, puffiness around the eyes, enlarged tongue, and thick skin that feels cool and doughy. Treatment

Hypothyroidism is treated with replacement doses of thyroid hormones. Synthetic forms of these hormones are used, including levothyroxine (Synthroid, Levoxyl and other brand names), levothyroxine (Cytomel) or liotrix (Thyrolar). There are three types of hypothyroidism: primary, secondary, and tertiary.

Primary hypothyroidism :

Thyroid is being stimulated properly. However, it isn't able to produce enough thyroid hormones for the body to function properly. This means that thyroid itself is the source of the problem.

Secondary hypothyroidism :

Pituitary gland isn't stimulating thyroid to produce enough hormones. In other words, the problem isn't with thyroid.

The same is true with tertiary hypothyroidism.

THE END.....