

# SHARE THE WELLNESS TIP



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## Have You Done A Neck Check Lately?

Roughly 15 million Americans have undiagnosed thyroid problems. The thyroid is a small gland that makes hormones to help the functioning of many organs, including the heart, brain, liver, kidneys, and skin.

For early detection of a thyroid problem, perform a simple neck check self-exam monthly. You'll need a handheld mirror and glass of water.

- Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones and below the voice box.
- While looking at this area in the mirror, tip your head back.
- Drink and swallow some water.
- As you swallow, look at your neck. Check for bulges or lumps when you swallow. Don't confuse the Adam's apple with the thyroid gland. The thyroid gland is located farther down, close to the collarbone. You may want to repeat this process several times.
- If you see any bulges or lumps, contact your physician, who can investigate further.

For more information on how to do a neck check, search online using the term "thyroid neck check self-exam"

### Thyroid Self Test

Focus on the area of your neck just below the Adam's apple and immediately above the collarbone. Your thyroid gland is located in this area of your neck.



While focusing on this area in the mirror, tilt your head back.



Now swallow a sip of water.



As you swallow, look at your neck. Check for any bulges or protrusions in this area.



Talk to your doctor immediately, if you see any bulges or protrusions in this area.

