



US Medical Assistance Program
Patient Education Resources for Thyroid Disease

Free for Download

American Thyroid Association (ATA)

- The ATA's patient resource pages are designed to serve as an educational resource to patients and their families on thyroid-related diseases and thyroid cancers (<http://www.thyroid.org/patient-thyroid-information/>).
- The ATA's Patient Education Brochures (<http://www.thyroid.org/patient-thyroid-information/ata-patient-education-web-brochures/>) provide 20 brochures on broad thyroid topics as well as specific clinical topics. Most brochures are available as a web brochure or a color or black and white PDF.
- Frequently Asked Questions (<http://www.thyroid.org/patient-thyroid-information/faqs/>) provides topic specific answers to questions on 15 Thyroid-related topics and includes sample menus.

American Association of Clinical Endocrinologists (AACE)

- The AACE's Patient Portal (<https://www.aace.com/patient-portal>) is a comprehensive resource for learning about the Endocrine System and includes definitions of endocrinology terms as well as click-on-guides to the components of the endocrine system including the Thyroid Gland.
- Neck Check (http://www.empoweryourhealth.org/thyroid/neck_check) provides a simple self-exam for patients to use at home.

U.S. National Library of Medicine

- MedlinePlus, a service of the U.S. National Library of Medicine and the National Institutes of Health, offers 12 series of patient handouts in both English and Spanish on topics including Thyroid Gland Removal and Thyroid Scan (<http://www.nlm.nih.gov/medlineplus/thyroiddiseases.html>). Refer to the bottom of the screen for the aforementioned handouts.
- MedlinePlus' "Multiple Languages" site (<http://www.nlm.nih.gov/medlineplus/languages/thyroiddiseases.html#Ukrainian>) provides information to patients on Thyroid Biopsies and/or Scans in 10 different languages.

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

- The Thyroid Functions Tests PDF (http://www.endocrine.niddk.nih.gov/pubs/thyroidtests/thyroidtests_508.pdf) provides information to patients on each of the tests that may be used to assess thyroid function including the TSH, **T₄**, **T₃** and TSI tests. This guide also helps patients to answer the question "What do thyroid function tests tell doctors?"

Healthy Women (HW)

- HW is an independent online health information source for women with a section devoted to thyroid disorders in women. Key areas of note are the Thyroid Disorders Quiz for patients

(<http://www.healthywomen.org/content/quiz/thyroid-disorders-quiz>) as well as the “Fast Facts for Your Health: Thyroid Diseases & Women” available as a PDF download in English and Spanish (<http://www.healthywomen.org/content/publication/fast-facts-your-health-thyroid-disease-women>).

Hormone Health Network

- The Network provides 10 Fact Sheets and 3 Patient Guides available as a color PDF download for distribution to patients (<http://www.hormone.org/diseases-and-conditions/thyroid>)