

HOW TO DO A THYROID SELF-EXAM

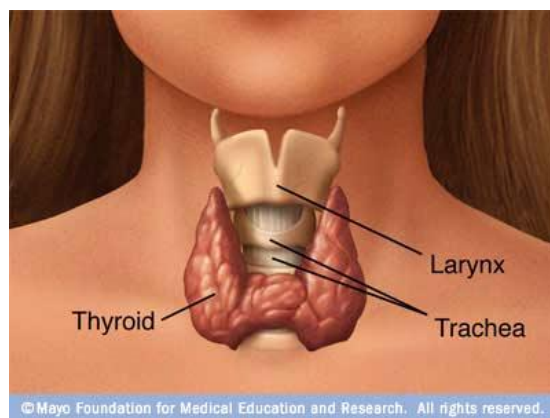
This simple self-exam may help identify if your thyroid is enlarged, one sign that you may need to get checked by a doctor.

Here's How:

1. Start by looking in a mirror so that you can see the lower area of your neck by your collarbone. For men the area is just below the Adam's apple. This is where your thyroid gland is located. (Refer to the image below for help).
2. Tilt your head back, while keeping this view of your neck and thyroid area in your mirror.
3. Take a drink of water and swallow.
4. As you swallow, look carefully at your neck. Watch for any bulges, enlargement, protrusions, or unusual appearances in the thyroid area when you swallow.
5. Repeat several times in order to make sure you have an accurate reading.
6. If you see any bulges, protrusions, lumps or anything that appears unusual, see your doctor right away. This is a sign that you may have an enlarged thyroid, or a thyroid nodule and your thyroid should be checked.

Tips:

1. Don't get your Adam's apple confused with your thyroid gland. The Adam's apple is at the front of your neck, the thyroid is further down, and closer to your collarbone.



<http://www.thycans.com/content/thyroid-gland>