



December 20th, 2019

Dear TFI Members,

Thyroid Federation International (TFI) takes great pleasure in announcing the topic for the 12th International Thyroid Awareness Week (25-31 May 2020).

"Thyroid issues: Mother and Baby"

The thyroid, a small butterfly-shaped gland in the neck, produces hormones that regulate the body's metabolic rate as well as heart and digestive function, muscle control, brain development, mood and bone maintenance. Its correct functioning depends on having a good supply of iodine from the diet. There can be many reasons why a thyroid does not function normally, e.g. hypothyroidism, thyroid nodules or thyroid cancer, hyperthyroidism, Hashimoto's disease, Graves' and its rare variants - and in babies, congenital hypothyroidism (CHT) and other thyroid issues.

Hence, for 2020 ITAW, Thyroid Federation International has thought it relevant to embark upon the topic "Thyroid issues: Mother and Baby". Eighty-three percent of thyroid patients are females, therefore proper functioning of the thyroid gland plays an important role in a mother's life. A correct level of thyroid hormones during pregnancy is essential for the proper development of the unborn child. Children need thyroid hormones to have a proper development and growth – before and after birth! Some infants are born without a thyroid gland - congenital hypothyroidism (CHT) is a condition resulting from an absent or under-developed thyroid gland (dysgenesis) or one that has developed but cannot make thyroid hormone because of a 'production line' problem (dysmorphogenesis). Babies with CHT cannot produce enough thyroid hormone for the body's needs – but correctly diagnosed, in the first days after birth, and with a correct treatment (supplementing the thyroid hormones their gland cannot produce) and regular follow-up, they can have a perfectly normal life.

These thyroid issues in mother and baby play an important role. Please forward this email to all the people in your contact list who could benefit from this delicate subject. I wanted to share this with you now so that you can plan the next ITAW accordingly. Please share this topic for ITAW 2020 (International Thyroid Awareness Week) with your members, colleagues, thyroid organizations and academic and community forums for Thyroid education and awareness.

TFI is in its 25th year of operations and we look forward to serving and helping many more countries to overcome thyroid issues with the formation of a patient organization.

Please spread this news on the ITAW 2020 topic and let us make a difference in the life of people who suffer from thyroid related issues. Should you have any questions, please let me know.

On behalf of TFI, I want to wish you the best for the upcoming festivities. And of course we also want to wish you all a very Happy New year.

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