



# I-Graves' Disease

## IYINI INDLALA I-THYROID?

Indlala i-thyroid, etholakala ngaphambili emqaleni, ikhiqiza amahomoni e-thyroid amabili: i-thyroxine (T4) ne-triiodothyronine (T3). I-T3 ne-T4 ilawula indlela umzimba osebenzisa ngayo amandla. Lokhu kuye kubizwe ngokugaywa kokudla (metabolism).

Ukusebenza kahle kwe-thyroid kulawulwa enye indlala ebizwa nge-pituitary, etholakala ebuchosheni bakho. I-pituitary ikhiqiza i-thyroid-stimulating hormone (TSH), etshela i-thyroid ukuthi ikhiqize i-T4 ne-T3.

## IYINI I-GRAVES' DISEASE?

I-Graves' disease iyisifo esiyi-autoimmune. Lokhu kuchaza ukuthi amasosha akho omzimba, ngokujwayelekile aye avikele umzimba awusize ukuthi ulwe nezifo, akhiqiza ama-antibodies ahlaselela indlala i-thyroid. La ma-antibodies asebenza njenge-TSH bese ebangela indlala ukuthi yenze i-thyroid hormone eningi ngokweqile. Lolu hlobo lokugula lubizwa nge-hyperthyroidism. Noma lokhu kungenzeka kunoma imiphi iminyaka kubantu besilisa nabesifazane, i-Graves' disease ivame kakhulu ebantwini besifazane abaneminyaka ephakathi kwengama-20 nengama-50, ngokujwayelekile kubantu okusuke kunomlando wesifo se-thyroid emndenini wabo.

## NGABE BEWAZI?

Indlala i-thyroid isebenzisa i-iodine, ephuma ekudleni okudlayo ukuze yakhe ihomoni ye-thyroid.

## YIZIPHI IZINKINGA EZINGABANGELWA I-GRAVES' DISEASE?

Uma ingelashwanga, i-hyperthyroidism ingaholela ekumelweni yinhliziyu noma ukuba namathambo abuthakathaka (osteoporosis). Abantu besifazane abakhulelwe abane-Graves' disease engalawuleki basengozini enkulu yokuphuphunyelwa yizisu, ukubeletha kungekafiki isikhathi, nokuthola umntwana onesisindo esingaphansi kwesijwayelekile ngesikhathi ezalwa.

I-Graves' disease ingabangela futhi ukuvuvuka ngemuva kwamehlo ngesinye isikhathi okubonakala ngaphandle. Lesi simo sibizwa ngokuthi i-Graves' ophthalmopathy kanti asivamisile.



Iso elijwayelekile

Iso iomuntu one-Graves' ophthalmopathy

## OKUNGABA YIZINKOMBA NEZIMPAWU ZE-GRAVES' DISEASE

- I-goiter (ukuvuvukala kwendlala ye-thyroid)
- Amehlo aphumele ngaphandle, alumayo noma avuvukele
- Ubunzima ekuphefumuleni
- Ingcindezi, nokukhathazwa ubala
- Ukuba nenkinga uma kufanele ulale, ukukhathala
- Ukushaya kwenziziyo ngamandla noma ukungashayi kwayo ngendlela efanele, idumbe
- Ukujuluka ngokweqile, ukuzwela kakhulu ukushisa
- Ukwehla kwesisindo somzimba yizenoma udla ngendlela ejwayelekile
- Izinguquko ezinweleni, esikhunjani

## IHLOLWA KANJANI I-GRAVES' DISEASE?

Udokotela wakho uzokuhlola emzimbeni futhi angasebenzisa nezinye izinhlobo zokuhlola i-Graves' disease:

- **Ukuhlolwa emzimbeni.** Udokotela wakho
  - uzobheka ukuthi ngabe ivuvukele yini indlala i-thyroid nokuthi ngabe kukhona yini okungahambi kahle emehlweni
  - uzolalela ukushaya kwenziziyo yakho
  - uzobheka ukuthi ngabe unalo yini idumbe
  - uzokubuzisa ngezimpawu onazo nomlando wakho wezempi nowomndeni wakho
- **Ukuhlolwa kwegazi.** Uma amazinga amahomoni e-thyroid ephezulu kakhulu i-pituitary ayidingi ukwenza i-TSH eningi. Amazinga aphantsi kakhulu e-TSH namazinga aphezulu e-T4 egazini lakho akhomba ukuthi une-hyperthyroidism.
- **Uhlolwa kokumunca ngendlela komzimba i-radioactive iodine.** I-thyroid imunca i-iodine egazini lakho bese iyisebenzisela ukwenza i-hormone i-thyroid. Uma i-thyroid ikhiqiza amahomoni amaningi e-thyroid, imunca i-iodine eningi. Ukuhlolwa kubandakanya ukugwinya iphilisi eliqukethe isilinganiso esincane se-radioactive iodine esingenabo ubungozi. Kube sekukalwa isilinganiso esithathwe yi-thyroid yakho bese sikalwa. Ukuthatha kakhulu i-radioactive iodine kuchaza ukuthi une-Graves' disease.

## YELASHWA KANJANI I-GRAVES' DISEASE?

I-Graves' iyisifo eselaphekayo esingalawuleka. Kukhona izindlela ezahlukeni zokuyelapha.

- **Imithi engama-antithyroid** yehlisa isilinganiso samahomoni enziwa i-thyroid. Iphilisi eliyekhethwe yi-methimazole. Kubantu besifazane abakhulelwe noma abancelisayo, kungenzeka kukhethwe i-propylthiouracil (PTU). Le mithi isiza ukulawula kodwa ayiselaphi isifo, futhi ngokujwayelekile ithathwa isikhathi eside.
- **Ama-beta blockers** angalawula izimpawu eziningi, ikakhulukazi ukushaya ngamandla kwezinhliziyi, idumbe, nokukhathazeka kakhulu. Kodwa awaselaphi isifo ngoba i-thyroid isuke isenza amahomoni e-thyroid amaningi.

- **I-radioactive iodine** (ezilinganisweni ezingaphezulu kakhulu kunalezo ezisetshenziswa ekuhlolweni kwendlala i-thyroid ethathe ngayo i-radioactive iodine) izokwelapha inkinga ye-thyroid. Kodwa, ivamise ukubulala i-thyroid. Kungenzeka kudingeke ukuthi uthathe amaphilisi amahomoni e-thyroid impilo yakho yonke ukuze ube namazinga afanele amahomoni. Ukwelashwa nge-radioactive iodine kungenzeka kubangele izimpawu ze-Graves' ophthalmopathy zibe mandla kodwa lokhu kuyalungiseka ngesinye isikhathi ngemithi yama-steroid (prednisone).
- **Ukuhlinzwa** kususa i-thyroid. Ukuhlinzwa kuyisisombululo sikanomphela, kodwa akuhlale kuyindlela ekhethwayo ngenxa yengozi yokulimaza izindlala i-parathyroid eziseduze (ezilawula ukuguqulwa kwe-calcium emzimbeni) nezinzwa zomphimbo (igilo). Kunconywa ukuthi uhlinzwe kuphela uma kungekho okusebenzayo phakathi kwemithi nokwelashwa nge-radioactive iodine.

## Imibuzo okumele uyibuze udokotela wakho

- Yikuphi ukuhlolwa okuzomele ngikwenze ukuze kutholakale ukuthi nginayo yini i-hyperthyroidism ebangelwa yi-Graves' disease?
- Kungani iphephile i-radioactive iodine uma isetshenziswa ukuhlola, kodwa ibulale i-thyroid uma isetshenziswa ukwelapha?
- Ngabe iyasibangela yini isifo somdlavuza i-radioactive iodine?
- Ngabe ngingayithatha yini imithi ye-antithyroid noma ngabe ngizodinga ukwelashwa unomphelo?
- Kungani kumele ngibone udokotela wami njalo ngemuva kokwelashwa?
- Ngabe kumele yini ukuthi ngibonane nodokotela osebenza ngezifo zokungasebenzi kahle kwamahomoni ukuze ngingakekeleke?

## IMITHOMBO

- Thola i-Endocrinologist: [www.hormone.org](http://www.hormone.org) noma ushayele ucingo ku-1-800-HORMONE (1-800-467-6663)
- Imininingwane ngokungasebenzi ngendlela efanele kwe-thyroid evela ku-Hormone Health Network: [www.hormone.org/Resources/thyroid-disorders.cfm](http://www.hormone.org/Resources/thyroid-disorders.cfm)
- I-American Thyroid Association: [www.thyroid.org](http://www.thyroid.org)
- I-Mayo Clinic: [www.mayoclinic.com/health/graves-disease/DS00181](http://www.mayoclinic.com/health/graves-disease/DS00181)
- I-National Endocrine and Metabolic Diseases Information Service (NIH): [www.endocrine.niddk.nih.gov/pubs/graves](http://www.endocrine.niddk.nih.gov/pubs/graves)
- I-National Graves' Disease Foundation: [www.ngdf.org](http://www.ngdf.org)

## ABAHLELI

Elliot Levy, MD  
Leonard Wartofsky, MD

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I-Hormone Health Network inikeza ngezinsiza zamahhala ngolwazi oluseqophelweni eliphezulu kakhulu ngokwelashwa ngokwesayensi oluthathwe ku-Endocrine Society ([www.endocrine.org](http://www.endocrine.org)). Injongo ye-Network wukusiza iziguli ekubeni ngezifundisiwe zibe ngezizibandakanyayo, nezaziyo zibe ngeziyinxenye yokwelashwa kwazo kwezempilo. Iphepha lamaphuzu nalo liyatholakala isingisi lapha [www.hormone.org](http://www.hormone.org).

**Iphepha lamaphuzu e-Graves' Disease**



[www.hormone.org](http://www.hormone.org)