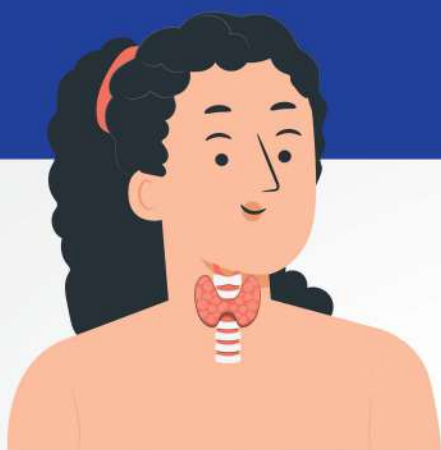




GOITER AWARENESS: CHECK YOUR NECK



Presidential Proclamation 1188 declares the fourth week of January as **GOITER AWARENESS WEEK**

People with goiter often have an abnormal enlargement of the thyroid gland which can lead to the appearance of a mass or swelling in the neck.

Signs and symptoms of goiter: tiredness, a decrease or increase in weight, low or increased appetite, depression, dryness of skin and hair, sleepiness, diarrhea or constipation and menstrual irregularities (for women).

People who experience combination of these symptoms are recommended to see a doctor for further evaluation.

The most common cause of goiters worldwide is a lack of iodine in the diet.

Did you know?

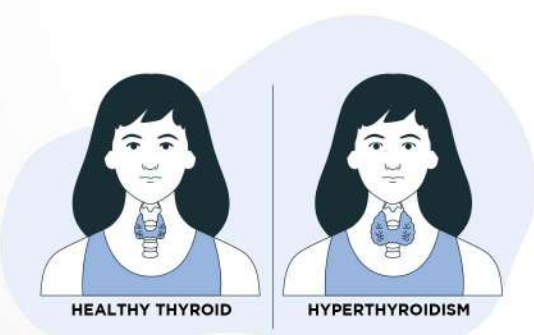
Republic Act 8172 of 1995 is the **Act Promoting Salt Iodination Nationwide** and for Related Purposes otherwise known as the ASIN Law.

It seeks to "contribute to the elimination of micronutrient malnutrition in the country, particularly iodine deficiency disorders, through the cost-effective preventive measure of salt iodization."



SOME HEALTH CONSEQUENCES OF IODINE DEFICIENCY

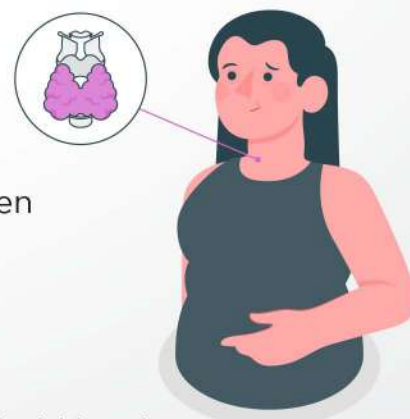
- It is associated with thyroid problems: hyperthyroidism, hypothyroidism, or goiter
- Can cause irreversible effects on pregnancy such as still birth or miscarriage
- Causes impaired mental growth and development in children - impaired psychomotor function and low intelligence quotient (IQ)



FACTS ON IODINE DEFICIENCY:

(based on studies of the Department of Science and Technology, Food and Nutrition Research Institute)

- Iodine deficiency is prevalent among pregnant and lactating women
- Iodine Deficiency is also common in
 - Rural areas
 - Poor households
 - Unemployed
 - Elderly
- There is limited availability of adequately iodized salt in the household level



Since iodine deficiency is the most common cause of goiter in the Philippines, people are advised to use iodized salts in their meals and to eat food rich in iodine such as dairy products, seafood (shellfish and seaweeds), meats, bread and eggs. Special attention should be provided to pregnant women because iodine deficiency during this critical period.

References:

The National Nutrition Survey
Dr. Imelda Angeles-Agdeppa, Director IV and Scientist II
Department of Science and Technology, Food and Nutrition Research Institute

<https://www.mayoclinic.org/>

<https://doh.gov.ph/node/16406>