

PUBLIC SERVICE ANNOUNCEMENT

For release during January 2026

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SUBJECT: JANUARY IS THYROID AWARENESS MONTH

Time: 60 seconds

January is Thyroid Awareness Month.

Twenty million Americans have some form of thyroid disease. Thyroid disease occurs when the thyroid gland produces too much or too little hormone. Or it occurs when an abnormal growth develops, giving rise to a lump or nodule in the neck.

Smoking, diabetes or other autoimmune disease, iodine intake, and advanced age can increase your risk for thyroid disease. Women have a much higher risk than men.

If you are feeling fatigued, notice skin or hair changes, or have hoarseness or pain, your doctor may conduct a physical exam to check for an enlarged thyroid and order blood tests to assess thyroid hormone levels. If these tests show a problem, your doctor may order ultrasound imaging, a thyroid scan and uptake, or a thyroid biopsy to help assess your condition.

For more information, visit Radiology-Info-dot-org.

This health reminder is from the Radiological Society of North America.

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