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Abnormal levels of thyroid: Disturbing life of women in rural and urban India**Gurpreet Kaur Sagoo**
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Statement of Problem: Thyroid disorders are increasing more than ever before. The current prevalence rate of people suffering from thyroid disorders in India is 1 out every 10 people, in a country of 1.21 billion populations. Women are more affected with thyroid as compared to the men as per the surveys carried out. People aged between 25-55 years are being affected the most. A disorder that interrupts the normal metabolism of the human system can disturb the healthy lifestyle, if went undiagnosed. Majority of people are unaware of what thyroid disorders and what can be the consequences if went undiagnosed. Around 77% of Indian rural populations go undiagnosed for thyroid disorder, affecting the most productive age group.

Methodology: An interactive, demographic study was carried out, targeting the rural population as well as urban in hospitals and institutions, with in-depth interviews and observations. Questionnaire was used to record the inputs which were taken in-consent from the patients.

Findings: The study shows that people are undiagnosed in rural mainly because they are unaware of what thyroid disorders are and next they avoid getting tested regularly as the tests are not economical. In urban sector, the health is taken for granted as they do not have time to wait in the queue at the laboratories to get tested and wait for the results. It was found that even after diagnoses of thyroid disorder the main reason due to which thyroid levels are abnormal is not shared with the patients, they are unaware of the cause and straight away put on medications. As in some cases thyroid levels might be abnormal due to stress, other hormonal imbalances, pregnancy, etc.

Conclusion: More awareness should be given, especially to women. Innovative technology is required to make test more economical and faster than conventional methods.

Biography

Gurpreet Kaur Sagoo has her expertise in innovation and helping the mankind. She has received graduate degree in Biochemistry and Post-graduate in MBA (Healthcare Management).

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