

# Ode to Thyroid: Always the Bridesmaid, Never the Bride

*Listen*

*I have to confess*

*I have not been appreciative of you*

*You give and you give and you give*

*But you also know when to pull back*

*You keep me from being a fat tired constipated mess*

*You don't contribute to me being a hot anxious mess (that's just my natural state)*

*You always know what's right for me*

*Yet.*

*Have I ever thought of you on a random Tuesday?*

*Have I ever called you up just to say thanks?*

*Have I done anything other than ignore you?*

*You don't ask much of me*

*You are a self-sufficient career woman*

*You don't just work to meet deadlines, you have product stored up for days*

*You don't bother anyone else with your work*

*All you need is iodine—and no one else seems to be using it anyways*

*Heck, you even recycle iodine*

*But how do we reward you and your hard work?*

*By attacking you.*

*When we have a cold (de Quervian thyroiditis)*

*When we have a baby (postpartum thyroiditis)*

*And sometimes just because! (Hashimoto, Graves)*

*When things go wrong and we go to the doctor*

*For anything from Afib to dementia*

*You are the first person they accuse*

*You're audited more than anyone else, with T4 and TSH added onto most work-ups*

*Oh how they WISH they'd find a reversible cause of the issue*

*But it's rarely you*

*It's never you*

*You mystery lil' bowtie.*