



## Can thyroid disorders make it harder to conceive?

Thyroid problems are far more common than most women realise, and they can quietly affect fertility, conception, and pregnancy. Getting your thyroid checked early can make a real difference to your chances of a healthy pregnancy

DR. CHAITRA GOWDA K N

Thyroid disorders are one of the most common hormonal issues, affecting women who are in their reproductive years, and they can seriously affect fertility, getting pregnant, and how pregnancy goes overall. The thyroid gland, located in the neck, makes hormones that help run metabolism, energy levels, and the way different organs work, including the reproductive system. When the thyroid hormone levels become off balance, it can disturb that kind of careful hormonal "back and forth" that's needed for ovulation, steady menstrual timing, and then a successful conception.

Both hypothyroidism (an underactive thyroid) and hyperthyroidism (an overactive thyroid) can make conception more difficult. With hypothyroidism, the thyroid doesn't produce enough hormones, which then brings symptoms like tiredness, increased weight, feeling unusually sensitive to cold, and also menstrual irregularity. Low thyroid hormones may mess with ovulation, so cycles can get erratic, or become anovula-

tory, which basically means that an egg is not released. If ovulation doesn't happen in a predictable way, the odds for natural pregnancy tend to drop. Hypothyroidism also can push prolactin levels higher, and this hormone may further dampen ovulation and fertility, kind of in a domino effect, yeah.

Hyperthyroidism, although not as common, can still mess with reproductive health in a real way. When the body is flooded with too much thyroid hormone, periods can get all out of sync, the menstrual flow can be lighter, and ovulation may become less reliable or even wobble. For some women, if hyperthyroidism isn't treated, conceiving can be harder, and if pregnancy does happen, there may be a higher chance of miscarriage. On top of that, serious thyroid problems can influence egg quality and also the whole setting that an embryo needs for implantation, so it's not just one piece of the puzzle. Autoimmune thyroid problems kind of deserve extra focus when we talk about fertility. For example, autoimmune thyroiditis happens when the immune system—kind of oddly—

targets the thyroid gland by mistake. Women who have thyroid autoantibodies might see a greater risk of infertility, repeat pregnancy loss, and other pregnancy complications, even if thyroid hormone numbers look "fine" on paper. Some research implies that immune related mechanisms could lower implantation success, and raise the likelihood of early pregnancy failure in certain women.

The link between thyroid health and fertility is a big deal, especially for women who are doing fertility procedures like ovulation induction, intrauterine insemination (IUI), or in vitro fertilization (IVF). A number of studies have suggested that if thyroid issues go untreated, the success chances of assisted reproductive techniques can drop, sometimes quite a bit. Because of this, fertility specialists usually check thyroid performance as part of the infertility evaluation, not as an afterthought but more like a routine step. Bloodwork that measures thyroid-stimulating hormone (TSH) and free T4, and when it makes sense, thyroid antibodies, can point



to deeper thyroid problems that might be interfering with conception. The good side is that many thyroid-related fertility obstacles can be addressed. For example, women with hypothyroidism are often given thyroid hormone replacement therapy, which works to bring hormone levels back toward normal, and can support steadier ovulation and more regular menstrual cycles.

In a similar vein, hyperthyroidism can be handled using medications and other options depending on what is causing it and how intense it is. After thyroid function is brought under control, a lot of women notice an improvement in fertility, and they may move toward successful pregnancies.

Thyroid health stays important even after conception, you know, it still mat-



ters a lot. In early pregnancy the developing baby, basically relies on the mother thyroid hormones, for brain development and the nervous system side of things. If thyroid problems go untreated during pregnancy, it can raise the chances of miscarriage, preterm birth, pregnancy induced hypertension, having a low-birth-weight baby, and even later developmental concerns. Because of that, women who

are planning a pregnancy should ideally get their thyroid function checked, and brought to a good place before conception.

It also helps to keep monitoring during the pregnancy itself, since the needed thyroid hormone amounts can change quite a bit across trimesters. Women may want to get a medical evaluation if they're struggling to conceive after several months of trying. Also, if menstrual

cycles are irregular, or if there is a past miscarriage, or if thyroid dysfunction symptoms seem to show up. Catching it early, and then doing the right treatment, can really improve reproductive outcomes and the overall chances of a healthier pregnancy.

(The writer is a Senior Consultant - Obstetrics & Gynecology, Rainbow Children's Hospital, Sarjapur Road)

## Shiny Doshi: Girls in my family didn't have that liberty



Actress Shiny Doshi looked back on her journey in the entertainment industry and revealed how once even thinking or dreaming of being an actress, was never considered an acceptable career choice for girls in her family.

However, she credited her mother for being the pillar of strength who stood by her through every step of her journey.

Shiny said, "The kind of family that I belong to, we girls didn't have the liberty to go on screen and act or become a heroine. We didn't have so much of support back then."

The actress noted that

times now have changed and families have become far more accepting of careers in the entertainment industry.

"Now, people have become very supportive about it. So, coming here without the support of my family, wherein my mother was the only person who was standing like a rock, and the support that I have received from her, the support that I am where I am today. So, it was a very beautiful journey," she shared.

Shiny also reflected on her professional growth over the years, and said every project has contributed to her evolution as an actor.

"I have worked with a dif-

ferent team in every show. I have learnt something new from every show. And I have seen a growth from every show, which I feel is very important. And I am very happy to be working with everyone I have worked with till now," she added.

Talking about the actress' career, Shiny began her professional journey with the television show 'Saraswathi' in 2013 and went on to feature in popular shows including 'Jamai Raja', 'Bahu Hamari Rajni Kant', 'Laal Ishq', 'Shrimad Bhagwat Mahapurani', 'Pandya Store' and 'Barsatein - Mausam Pyaar Ka'.

She was also seen in the reality show 'The 50'.

## Sudha Reddy commands Paris Haute Couture Week front row



Manish Malhotra's collection

Three days, three couture houses, one very full jewellery box. The Hyderabad-based billionaire and philanthropist returned to Paris Haute Couture Week for the first time since 2022, following her much-talked-about Met Gala look earlier this year, with an estimated \$30 million in personal jewellery across her front-row appearances.

At Giorgio Armani Privé, she wore Look 74 — an iridescent blue jacket with hints of violet and forest green, fitted at the waist in classic Armani style. A crystal-covered Louis Vuitton Capucines bag added shine, but her jewellery stood out most: a 30-carat panther-motif ear piece set fully in diamonds, along with the 23-carat yellow diamond ring and 30-carat rose-cut polki ring she'd worn to the Met Gala. The next day was Elie Saab's Citrus & Salt collection, and a completely different mood — a strapless gown in citrus tones with delicate floral embroidery. A custom turquoise Elie Saab ear cuff, a rare gesture from the house, and a seashell-shaped Cult Gaia clutch rounded out the look, alongside a 21-carat pigeon-blood ruby ring and a 25-carat emerald ring. Her last stop was Manish Malhotra's Indian couture debut in Paris. A structured corseted gown with a cropped chocolate-brown jacket, sharp puff sleeves and hand-embroidered 3D floral detailing gave the outfit real weight and texture. Here she wore the standout piece of the week: a custom



Elie Saab's collection



Manish Malhotra's collection

75-carat diamond bow necklace inspired by Persian design, paired with a floral diamond hair piece, a 25-carat square-cut diamond ring and a 21-carat round-cut diamond ring. Three houses, three very different looks — Armani's

restraint, Saab's romance, Malhotra's scale — and Reddy matched each one with jewellery and presence to spare. Across all three appearances, she showed that a front-row seat can be its own kind of statement.

### CROSSWORD



#### ACROSS

- Permit (5)
- Artist's stand (5)
- An excuse (7)
- Agreement of aims (5)
- The house of justice? (5)
- Sharply inclined (5)
- Leading lady (7)
- Boxing wins (3)
- Chief Norse deity (4)
- Ancient enemy of Athens (6)
- Peter, Paul or Xavier (5)
- Expose a fraud (6)

- This one's \_\_\_ : I'll pay the bill? (2,2)
- East Anglian city - "ley" anagram (3)
- Frontiers (7)
- Appear suddenly (3,2)
- Pursue stealthily (5)
- Defamation in writing (5)
- Most weird or bizarre (7)
- Candice's father (5)
- Expiring (5)

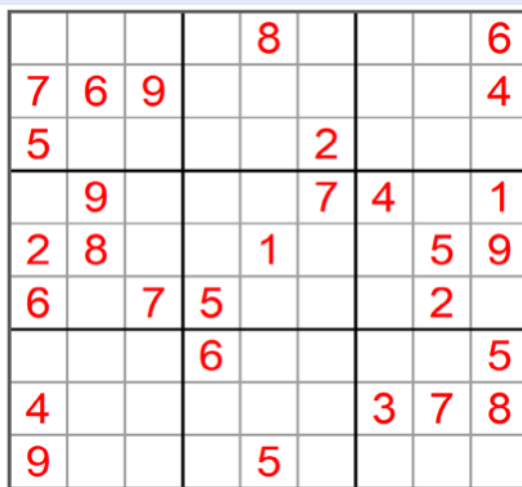
#### DOWN

- Joined (6)
- Alternative (6)
- Lopsided (3)
- Condition (5)
- Extract (7)
- Over or above (4)
- Implant deeply (6)
- Tell-tale (5)
- Throng (5)
- Eleanor of song (5)
- Currency unit of Norway (5)
- Strong boxes (5)
- Nose around (5)
- Variety of pool (7)
- Jubilant (6)
- Peculiarity (6)
- British comic role (2,4)
- Prehistoric chisel-like tool (5)
- Earnest request (4)
- Psychedelic drug (3)



Solution to July 9

### SUDOKU



Solution to July 9