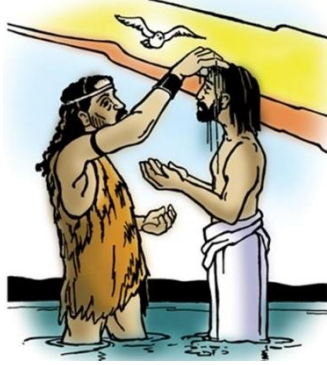


ST. MARK LUTHERAN CHURCH

A congregation of the
EVANGELICAL LUTHERAN CHURCH IN AMERICA
welcomes you!

January 11,
2026



The
Baptism of
Our Lord

WORSHIP SCHEDULE

SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1ST SATURDAYS-CHAPEL)

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

THE REV. BRIAN M. ROBISON, PASTOR

THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS

-
- + **To parents with small children:** We are glad your family is worshipping with us today! “*Quiet Bags*” (supplies & activities for use by small children) are available in the Welcome Area. If you or your child need a break from the service, feel free to use the Welcome Area/narthex (the service is audible over the speakers).
 - + An **accessible Restroom** is available off the Welcome Area/Narthex next to the **accessibility lift** to the lower level. **Parish Hall and additional Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. An usher will be happy to assist you with the lift.
 - + **Assistive listening devices** and **low vision items** are available. Please ask one of our ushers for assistance.
 - + **Land Acknowledgement:** This church is located on the original and ancestral homelands of the **Quapaw, Myaamia, Kaskaskia, and Kickapoo** peoples, and we give thanks for their presence here since time immemorial. We also recognize and honor all our Indigenous siblings who have and still call this land home.

PRELUDE

“Down to the River to Pray”

Arr. by D. Wagner

WELCOME

Please **STAND**

GATHERING HYMN

“Brightest and Best”

ELW 303



1 Bright-est and best of the stars of the morn - ing,
 2 Cold on his cra - dle the dew - drops are shin - ing;
 3 What shall we give him, in cost - ly de - vo - tion?
 4 Vain - ly we of - fer each am - ple ob - la - tion,
 5 Bright-est and best of the stars of the morn - ing,



dawn on our dark - ness and lend us your aid.
 low lies his head with the beasts of the stall;
 Shall we bring in - cense and of - f'rings di - vine,
 vain - ly with gifts would his fa - vor se - cure;
 dawn on our dark - ness and lend us your aid.



Star of the east, the ho - ri - zon a - dorn - ing,
 an - gels a - dore him in slum - ber re - clin - ing,
 gems of the moun - tain and pearls of the o - cean,
 rich - er by far is the heart's ad - o - ra - tion,
 Star of the east, the ho - ri - zon a - dorn - ing,



guide where our in - fant re - deem - er is laid.
 mak - er and mon - arch and sav - ior of all.
 myrrh from the for - est or gold from the mine?
 dear - er to God are the prayers of the poor.
 guide where our in - fant re - deem - er is laid.

GREETING

Blessed be the Father, +Son, and Holy Spirit - the Creator of heaven and earth, the Word who spoke life into being, the Wind stirring the waters. **Amen.**

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

HYMN OF PRAISE

Assisting minister

S 139



Glory to God in the highest, and peace to God's peo - ple on earth.

All



Lord God, heav - en - ly King, al - might - y God and Fa - ther,



we wor - ship you, we give you thanks, we praise you for your glo - ry.



Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God,



you take a - way the sin of the world: have mer - cy on us;



you are seat - ed at the right hand of the Fa - ther: re - ceive our prayer.



For you a - lone are the Ho - ly One, you a - lone are the Lord,



you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,



in the glo - ry of God the Fa - ther. A - men.

PRAYER OF THE DAY

Let us pray... O God our Father, at the baptism of Jesus you proclaimed him your beloved Son and anointed him with the Holy Spirit. Make all who are baptized into Christ faithful to their calling to be your daughters and sons, and empower us all with your Spirit, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Isaiah 42:1-9

¹Here is my servant, whom I uphold, my chosen, in whom my soul delights; I have put my spirit upon him; he will bring forth justice to the nations. ²He will not cry or lift up his voice, or make it heard in the street; ³a bruised reed he will not break, and a dimly burning wick he will not quench; he will faithfully bring forth justice. ⁴He will not grow faint or be crushed until he has established justice in the earth; and the coastlands wait for his teaching. ⁵Thus says God, the LORD, who created the heavens and stretched them out, who spread out the earth and what comes from it, who gives breath to the people upon it and spirit to those who walk in it: ⁶I am the LORD, I have called you in righteousness, I have taken you by the hand and kept you; I have given you as a covenant to the people, a light to the nations, ⁷to open the eyes that are blind, to bring out the prisoners from the dungeon, from the prison those who sit in darkness. ⁸I am the LORD, that is my name; my glory I give to no other, nor my praise to idols. ⁹See, the former things have come to pass, and new things I now declare; before they spring forth, I tell you of them.

The Word of the Lord. **Thanks be to God.**

SECOND READING: Acts 10:34-43

³⁴Peter began to speak to [Cornelius and his household]: "I truly understand that God shows no partiality, ³⁵but in every nation anyone who fears him and does what is right is acceptable to him. ³⁶You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. ³⁷That message spread throughout Judea, beginning in Galilee after the baptism that John announced: ³⁸how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. ³⁹We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; ⁴⁰but God raised him on the third day and allowed him to appear, ⁴¹not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. ⁴²He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. ⁴³All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

The Word of the Lord. **Thanks be to God.**

ALLELUIA VERSE *The assembly STANDS to welcome the gospel.*



Al - le - lu - ia. Lord, to whom shall we go? You have the



words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

GOSPEL: Matthew 3:13-17

A reading from the Holy Gospel of our Lord and Savior Jesus Christ as recorded by the apostle Matthew. **Glory to you, O Lord.**

¹³Jesus came from Galilee to John at the Jordan, to be baptized by him. ¹⁴John would have prevented him, saying, "I need to be baptized by you, and do you come to me?" ¹⁵But Jesus answered him, "Let it be so now; for it is proper for us in this way to fulfill all righteousness." Then he consented. ¹⁶And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷And a voice from heaven said, "This is my Son, the Beloved, with whom I am well pleased."

The Gospel of the Lord.

Praise to you, O Christ. *Please SIT*

SERMON

"You are Not Trash"

The Rev. Brian M. Robison

Following the sermon, the assembly STANDS to proclaim the word of God in song.

HYMN OF THE DAY

"Wash, O God, Our Sons and Daughters"

ELW 445



1 Wash, O God, our sons and daugh-ters, where your cleans-ing wa-ters flow.
2 We who bring them long for nur-ture; by your milk may we be fed.
3 Oh, how deep your ho-ly wis-dom! Un-im-ag-ined, all your ways!



Num-ber them a-mong your peo-ple; bless as Christ blessed long a-go.
Let us join your feast, par-tak-ing cup of bless-ing, liv-ing bread.
To your name be glo-ry, hon-or! With our lives we wor-ship, praise!



Weave them gar-ments bright and spark-ling; com-pass them with love and light.
God, re-new us, guide our foot-steps; free from sin and all its snares,
We your peo-ple stand be-fore you, wa-ter-washed and Spir-it-born.



Fill, a-noint them; send your Spir-it, ho-ly dove and heart's de-light.
one with Christ in liv-ing, dy-ing, by your Spir-it, chil-dren, heirs.
By your grace, our lives we of-fer. Re-cre-ate us; God, trans-form!

AFFIRMATION OF BAPTISM

Dear friends, on this feast day we give thanks for the gift of baptism as we come before God to make public affirmation of baptism into Christ.

Let us pray. Merciful God, we thank you for these sisters and brothers, whom you have made your own by water and the Word in baptism. You have called them to yourself, enlightened them with the gifts of your Spirit, and nourished them in the community of faith. Uphold your servants in the gifts and promises of baptism, and unite the hearts of all whom you have brought to new birth. We ask this in the name of Christ. **Amen.**

PROFESSION OF FAITH

I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church.

Do you renounce the devil and all the forces that defy God?

Response: **I renounce them.**

Do you renounce the powers of this world that rebel against God?

Response: **I renounce them.**

Do you renounce the ways of sin that draw you from God?

Response: **I renounce them.**

Do you believe in God the Father?

I believe in God, the Father almighty, creator of heaven and earth.

Do you believe in Jesus Christ, the Son of God?

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit, born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried; he descended to the dead.
On the third day he rose again; he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

Do you believe in God the Holy Spirit?

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**



You have made public profession of your faith. Do you intend to continue in the covenant God made with you in holy baptism:

to live among God's faithful people,
to hear the word of God and share in the Lord's supper,
to proclaim the good news of God in Christ through word and deed,
to serve all people, following the example of Jesus,
and to strive for justice and peace in all the earth?

The assembly makes affirmation: **I do, and I ask God to help and guide me.**

The minister addresses the assembly.

People of God, do you promise to support and pray for one another in their life in Christ?

We do, and we ask God to help and guide us.

Let us pray. We give you thanks, O God, that through water and the Holy Spirit you give us new birth, cleanse us from sin, and raise us to eternal life. Stir up in your people the gift of your Holy Spirit: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence, both now and forever.

Amen.

PRAYERS OF INTERCESSION *The names of those for whom we pray aloud (members, staff, first-time additions) are listed below. Please read only the first names. Other prayer intentions can be found in the back of this bulletin. The response to "Hear us, O God," is "Your mercy is great."*

Ken Augustine, **Eleanor** Benton, **Robbie** Buck, **Gary** Dozier, **Charlie** Duncan, **Evelyn** Duncan,
Art Engelage, **Michael** Foppe, **Morris** Kugler, **Bruce** Martens, **Lucy** Montgomery, **Ron** Neustadt,
Kim Palmer, **Tina** Partelow, **Marilyn** Robinson, **Cohen** Summers, **Carol** Weshinsky, **Gary** Weshinsky,

PEACE *The assembly is invited to share a greeting of God's peace with one another. Following **the Peace**, you may be **seated** for a few moments.*

CHOIR ANTHEM "One Special Star" *Nebeker* *Text can be found on the last page of the bulletin*

OFFERING *Should you wish to leave an offering today, it may be placed in the wooden box on the table near the baptismal font at any point during or after the service.*

OFFERING PRAYER *Please **STAND** as you are able*

Assistant: Let us pray together...

God of majesty, no eye has seen, no ear has heard

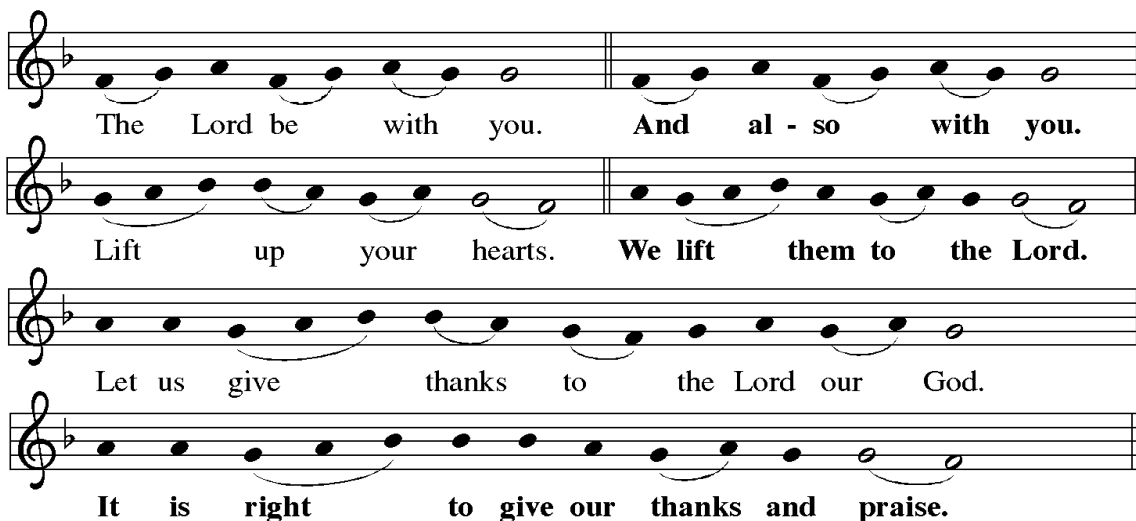
what you have prepared for those who love you,

yet in this meal you reveal the wideness of your mercy.

Use what we have gathered to feed us with the reign of God come near,

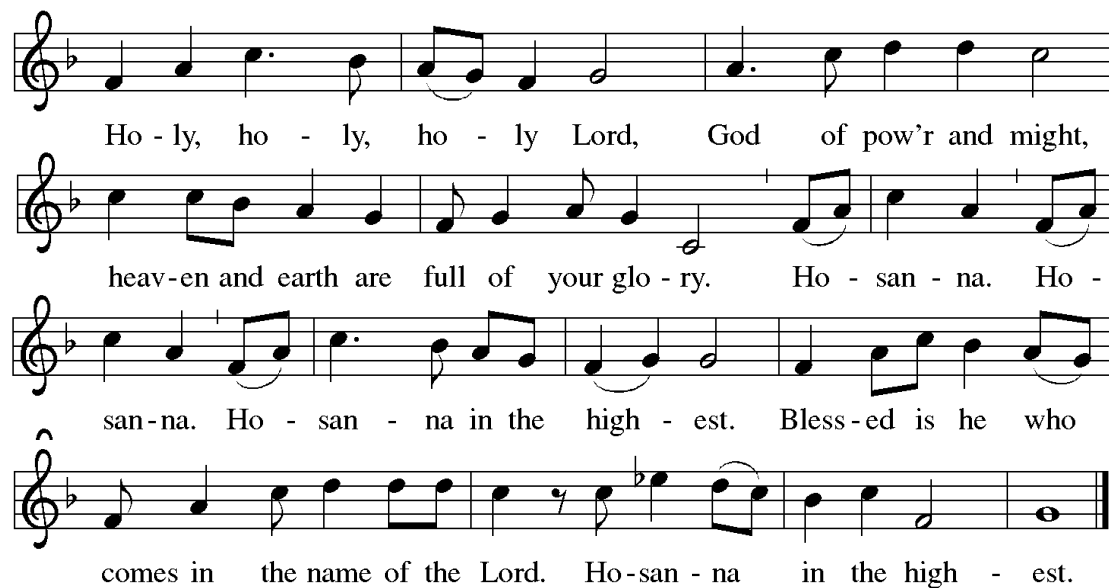
Jesus Christ, our Savior and Lord. Amen.

GREAT THANKSGIVING



The Lord be with you. And al - so with you.
Lift up your hearts. We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

It is indeed right...we praise your name, and join their unending hymn:



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. Ho - san - na in the high - est. Bless-ed is he who
comes in the name of the Lord. Ho-san - na in the high - est.

EUCCHARISTIC PRAYER

THE LORD'S PRAYER *traditional*

Lord, remember us in your kingdom and teach us to pray:

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come; thy will be done, on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses, as we forgive those who trespass against us;

and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

INVITATION TO COMMUNION

Here is the Lamb of God who takes away the sin of the world! Come to the table; taste and see.

LAMB OF GOD *Please SIT*

Lamb of God, you take a - way the sin of the world; have
mer-cy on us. Lamb of God, you take a-way the sin of the
world; have mer - cy on us. Lamb of God, you take a - way the
sin of the world; grant us peace.

COMMUNION DISTRIBUTION

Communion is open to everyone. In this sacrament, we believe that Christ is truly present in the bread and wine. At this service, communion will be served from around the altar rail. At the usher's direction, please come forward and kneel at the altar rail.

- ✘ *After receiving the bread, you may take an individual cup or drink from the chalice.*
- ✘ *You may return to your seat after communing.*
- ✘ *Those who do not wish to commune may come forward for a blessing. Please cross your arms over your chest to indicate this preference.*
- ✘ *Reception of the Eucharist under one kind (bread or wine) is valid communion for those who must avoid either for health reasons.*
- ✘ *If you are unable to go to the altar for communion, please notify an usher or the pastor, so that communion may be brought to you in your pew.*

SONGS DURING THE DISTRIBUTION:

“Come to the Water of Life”

ACS 955

1 All who are thirst-y for mer - cy, all who are thirst-y for
2 All who are thirst-y for heal - ing, all who are thirst-y for
3 All who are thirst-y for beau - ty, all who are thirst-y for
4 All who are thirst-y for jus - tice, all who are thirst-y for

love; all who are thirst - y for love, for mer - cy,
touch; all who are thirst - y for touch, for heal - ing,
truth; all who are thirst - y for truth, for beau - ty,
peace; all who are thirst - y for peace, for jus - tice,

come: come to the Wa - ter of life.
come: come to the Wa - ter of life.
come: come to the Wa - ter of life.
come: come to the Wa - ter of life.

FLUTE SOLO

Nick Baker

After the distribution is complete, the assembly STANDS for the blessing.

TABLE BLESSING

The Body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen.**

CANTICLE AFTER COMMUNION “Thankful Hearts and Voices Raise” ELW 204



Thank-ful hearts and voic - es raise; tell ev-'ry-one what God has done.



Let all who seek the Lord re - joice and bear Christ's ho - ly name.



Send us with your prom - is - es and lead your peo - ple forth in joy with



shouts of thanks - giv - ing. Al - le - lu - ia. Al - le - lu - ia.

PRAYER AFTER COMMUNION

Assistant: Let us pray together...

Radiant God, we have seen your glory in the face of Jesus Christ.

In the sacrament of his body and blood

you have drawn us to your heart.

Send us from this table with delight,

that our lives may reflect the beauty of your love

and bear witness to all we have seen and heard,

through Jesus Christ, our Savior and Lord. Amen.

BENEDICTION

May the triune God - who has given you a new song and tuned your heart for praise - bless you Father, †Son, and Holy Spirit, now and forever. **Amen.**





1 Shall we gath - er at the riv - er, where bright an - gel feet have trod,
 2 On the mar - gin of the riv - er, wash - ing up its sil - ver spray,
 3 Ere we reach the shin - ing riv - er, lay we ev - 'ry bur - den down;
 4 Soon we'll reach the shin - ing riv - er, soon our pil - grim - age will cease;



with its crys - tal tide for - ev - er flow - ing by the throne of God?
 we will walk and wor - ship ev - er, all the hap - py gold - en day.
 grace our spir - its will de - liv - er, and pro - vide a robe and crown.
 soon our hap - py hearts will quiv - er with the mel - o - dy of peace.

Refrain



Yes, we'll gath - er at the riv - er, the beau - ti - ful, the beau - ti - ful riv - er;



gath - er with the saints at the riv - er that flows by the throne of God.

ANNOUNCEMENTS

DISMISSAL Go in peace. Do justice. Love mercy. **Thanks be to God.**

POSTLUDE "Trumpet Tune" *Mouret/arr. P. Harris*

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tributout

Lector: Aaron Fuchs + **Crucifer:** Frank Dressel + **Tech Minister:** Greg Martens

Chalice Bearer: Tom Partelow + **Safety Volunteer:** Mark Bearth

Ushers: Rex Rothgangel & Rick Crosby + **Organist:** Evelyn Duncan

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One Special Star by Janie Smith Nebeker

One glorious star shone down on that night long ago,
One special star, Filled with the glow
that brought wise men and shepherds from afar.
One special star, one special star, a newborn King and
brightened the sky for the angels to sing on that night.

Refrain: One star burning so bright.

One star filling the night with the greatest gift of all.
Filling the night with love.

Just as the star led the way through the night,
One special star burning bright, He will guide our way.

One glorious flame with the fire of a heavenly light.

One special star, Burning so bright that it
Guided the way to the newborn King

And brightened the sky for the angels to sing on that night. *Refrain.*

Prayer Intentions

St. Mark Members

Ken Augustine, Eleanor Benton, Robbie Buck, Gary Dozier, Charlie Duncan, Evelyn Duncan, Art Engelage,
Michael Foppe, Morris Kugler, Bruce Martens, Lucy Montgomery, Kim Palmer, Tina Partelow,
Marilyn Robinson, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, Bonnie Baete, John Belz, Thomas Boxdorfer, Jim Braeutigam,
Patty Brennecke, Susan Carson, Christine, Jody Cosson, Arianna Curnes, Catherine Davis, Mike Ellison,
Katrina Fenner, Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert,
TC Groennert, Andrea Hendrix, Jamie House, Glenda Jacquot, Jimmy Jurgens, Austin Lickenbrock, Dusty Little,
Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Bobby & Joyce McCall, Don McCoy,
Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Hilda Parnell,
Tim & Missy Partelow, Larry Powers, Goldie Rideout, Darrell Robinson, Shirley Saia,
Sarah and Family, Jill Schlueter, Stefanie Schroeder, Denise Sebastian, David & Donna Sims, Margie Snep,
Ingrid Thompson, Bob Vaughn, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Karen Woolf,
Wilma Woolf, Jeanie Workman, Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Ethan Collins, Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie, Amy Morgan

Members who celebrate birthdays this week

Steve Bamvakais (1/12) and Jerry Southers (1/17)

Mark Times

NEWS and NOTES for January 11, 2026

THE WEEK AHEAD

Wednesday, January 14:	12:00PM Ladies Lunch Bunch
Thursday, January 15:	4:30PM Chancel choir
	6:00PM Bell Choir
	6:00PM Yoga – Parish Hall

Diaper Drive for Epiphany!



As the Wise Men brought gifts to the baby Jesus, we will celebrate **Epiphany** with a **Diaper Drive** for little ones in need in our community.

Our Epiphany Diaper Drive runs January 4 through January 18.

Items collected will be donated to The Pregnancy Care Center of Belleville, Fontabella Maternity Home in O'Fallon and other local

organizations.

Diapers sizes 3 through 7, and pullups sizes 2T through 6T, and disposable pants sizes 2T through 6T and 3T are most needed. Open packages will be accepted. **Unopened packages of diaper wipes and diaper rash cream are also welcome.**

Realizing diapers are expensive, members are encouraged to join together on purchases or give monetary donations to Sherri Foppe or Ann Martens. Donations may also be made electronically at <https://secure.myvanco.com/L-YT91/campaign/C-14EWR?access=tile> direct through January 18.

Ladies Lunch Bunch January 14

The Ladies Lunch Bunch will meet **THIS** Wednesday, **January 14** at **12:00PM** at **Belleville Pancake House** (3605 North Belt West, Belleville). Please call Cindy Collingham at 816-387-3302 with questions.

Installation of Church Council next Sunday

New and ongoing members of the Church Council will be installed during worship next Sunday, 1/18.

January Ladies Tea

Ladies of St George's and St Mark parishes are cordially invited to a special tea hosted by Kristie Ohlemeier and her committee. It will be held on Saturday, January 17 at 3:00PM in the Parish Hall. Come and enjoy fellowship and fun over a cup of tea and some good things to eat. **Please sign up on the sheet on St. George's table in the narthex**, or email Kristie at kristie_d_ohle@yahoo.com or call/text 785-640-7452 or Sarah at sbender8@hotmail.com. Ladies 16 years and over are welcome!

Sing Out in the New Year!

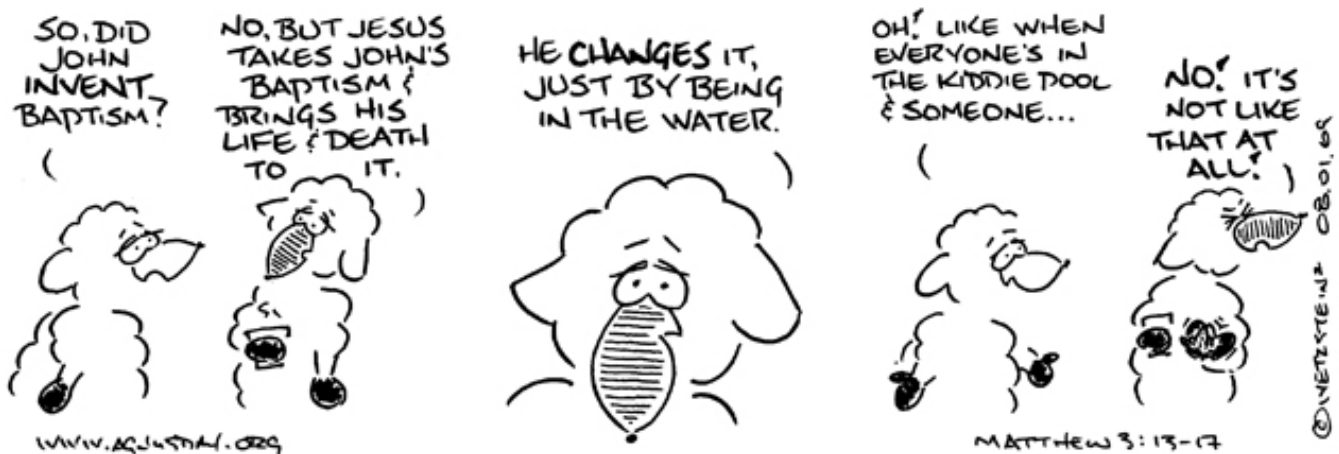
It's a great time to do something new and different, like **joining the choir!** Rehearsals are at 4:15PM on Thursdays. No tryouts or solo voices needed; just a love of singing, a desire to praise God, and the ability to more-or-less carry a tune. One or two bell ringers are also needed. Just see Music Director Carol Kugler for more details or to sign up!

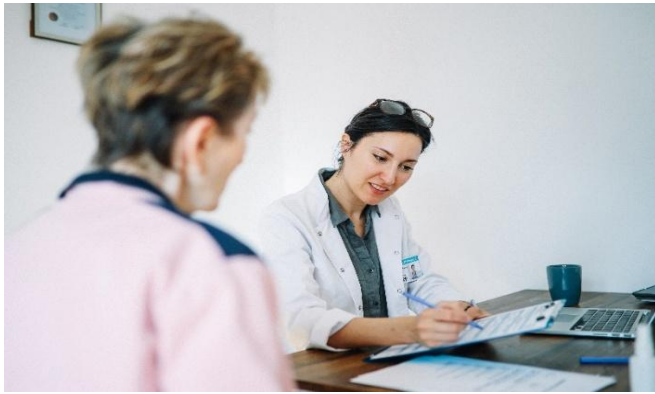


From the Parish Nurse... Upper Respiratory Infections

If you have symptoms of the flu, common cold, or COVID, **please stay home** if possible, and **wear a mask** to prevent spreading to others who may be vulnerable to infection. Everyone should be washing their hands diligently and/or using hand sanitizer as needed. **Common symptoms include fever, runny nose, cough, or sore throat.** These upper respiratory infections (*especially the FLU*) are **very** active right now, so please take care of yourself, and in doing so, take care of others!!

St. Mark Offerings for 12/31 & 1/4: General Fund: \$9,110 (12/31), \$2,357 (1/4);
Coffee Fund: \$72





**St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
January 2026**

January is Thyroid Disease Awareness Month

Although one rarely hears about the Thyroid gland, it is one of the most important parts of the human body. Besides being one of the most common endocrine disorders, awareness of thyroid disorders is very low. This means that people exhibiting symptoms go undiagnosed and untreated for long periods of time. This leads to further health complications down the line.

The thyroid gland is a vital endocrine or hormone-producing gland. It plays a major role in the metabolism, growth and development of the human body. It helps to regulate many body functions by constantly releasing a steady amount of thyroid hormones into the bloodstream. If the body needs more energy in certain situations – for instance, if it is growing or cold, or during pregnancy – the thyroid gland produces more hormones.

The thyroid is a small gland, measuring about 2 inches across, that is located just under the skin in the neck. The two halves (lobes) of the gland are connected in the middle, giving the thyroid gland the shape of a bow tie. Normally, the thyroid gland cannot be seen and can barely be felt. If it becomes enlarged, doctors can feel it easily, and a prominent lump or goiter may appear in the neck. This bulge may be seen sometimes below or to the sides of the Adam's apple.

Common risk factors for thyroid disease are:

- Women are at higher risk than men
- Risk increases with age
- Lifestyle and health concerns such as Diabetes, autoimmune disorders, smoking and diminished iodized salt intake.

Disorders occur when either too much hormone, Hyperthyroidism or too little hormone Hypothyroidism is released by the gland.. Symptoms of Thyroid disease include:

Hypothyroidism:

- Energy and mood – Fatigue, lethargy, depression, memory issues, slow thinking
- Metabolism – Weight gain, cold intolerance, dry skin, hair loss
- Body functions – Constipation, slowed heart rate, hoarseness, puffy face, muscle aches

Hyperthyroidism:

- Energy and mood – Anxiety, irritability, restlessness, insomnia
- Metabolism – Weight loss despite appetite, heat intolerance, sweating, thinning hair
- Body functions – Rapid/irregular heartbeat, tremors, frequent bowel movements, bulging eyes

Seen in both diseases:

- Neck – A lump or swelling
- Menstruation – Irregular flow or heavy flow
- Skin - Dryness (hypo) or warm, moist skin (hyper)

When to See a Doctor:

If you notice persistent changes in energy, weight, mood, or digestion, see a doctor for a simple blood test, as thyroid issues are common and treatable

If your Physician suspects you have a Thyroid disorder, the following screenings and diagnostic tests may be ordered:

- Physical exam, where the doctor will check for a Thyroid enlargement
- Blood tests that measure thyroid hormone levels
- Imaging such as ultrasound or thyroid scans
- Biopsy if nodules are detected

Treatments for Thyroid Conditions:

Hypothyroid conditions (underactive thyroid):

- Thyroid replacement therapy such as Levothyroxine – This is usually taken daily for life

Hyperthyroid conditions (overactive thyroid):

- Antithyroid medications, which reduce thyroid hormone production.
- Radioactive Iodine therapy, which destroys overactive thyroid cells and requires Thyroid hormone replacement

By raising awareness about Thyroid issues, early detection can be improved, allowing people to get effective treatment sooner rather than later. Early diagnosis and treatment can help reduce the risk of complications in the future.

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Upper Respiratory Infections: If you have symptoms of the flu, common cold, or COVID, please wear a mask to prevent spreading to others who may be vulnerable to infection. Everyone should be washing their hands diligently or using hand sanitizer as needed. Common symptoms include fever, runny nose, cough, or sore throat. These upper respiratory infections are very active right now, so please take care of yourself!!