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REVIEWER'S REPORT

Manuscript No.: IJAR- 56267

Title:

Clinical Management, Lifestyle Factors, and Quality of Life in Hypothyroidism: A Systematic Review

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity		Good		
Significance	Excellent			

Reviewer Name: Dr.Sumathi

Detailed Reviewer's Report

- Hypothyroidism is when your thyroid gland doesn't make and release enough hormone into your bloodstream. The condition slows down your metabolism, which may make you gain weight unexpectedly or feel tired all the time. Hormone replacement therapy is the most common treatment for an underactive thyroid.**
- Warning signs of hypothyroidism (underactive thyroid) include persistent fatigue, unexplained weight gain, increased sensitivity to cold, dry skin, thinning hair, constipation, depression, muscle aches, puffy face, and heavy/irregular menstrual periods, all resulting from slowed bodily functions due to low thyroid hormone. Other symptoms can be a hoarse voice, memory issues, slowed heart rate, and joint pain.**
- Hypothyroidism is generally not curable and requires lifelong management with daily thyroid hormone replacement medication like levothyroxine to restore normal levels and eliminate symptoms, though some temporary cases (like postpartum or viral-induced)**

REVIEWER'S REPORT

might resolve; with consistent treatment, individuals can live normal, healthy lives.

4. Hypothyroidism clinical management refers to the diagnosis, lifelong treatment, and monitoring of an underactive thyroid gland to ensure adequate hormone levels. It primarily involves daily hormone replacement therapy (usually levothyroxine to normalize thyroid-stimulating hormone (TSH) levels, eliminate symptoms like fatigue and weight gain, and prevent complications.
5. Hypothyroidism lifestyle factors refer to daily habits—specifically diet, exercise, stress management, and sleep—that directly influence thyroid hormone production, metabolism, and symptom management. Adopting a nutritious diet (rich in iodine/selenium), avoiding over-exercising, and reducing stress are crucial to managing symptoms like fatigue and weight gain .
6. Hypothyroidism is when your thyroid gland doesn't make and release enough hormone into your bloodstream. The condition slows down your metabolism, which may make you gain weight unexpectedly or feel tired all the time. Hormone replacement therapy is the most common treatment for an underactive thyroid.
7. Key words must be needed.
8. References are totally missed to given. With out references not able to publish in paper.
9. Result part should be given tables with graphs.
10. Summary points also added.
11. After all those corrections good to publish in your journal.