



## The Australian Thyroid Foundation Ltd

Thursday 31st August 2006

### Next Generation of Australians at risk of low IQ: Research reveals evidence of Iodine Deficiency in Pregnant

In the lead up to **Australian Thyroid Awareness Week**, research results have revealed that **two out of three pregnant Australian women are iodine deficient** and need to address their iodine nutrition for the sake of their **baby's health and IQ**.

The research, **the largest study of its kind conducted in Australia**, monitored 815 pregnant women and revealed a lack of awareness surrounding thyroid health. Without correct iodine levels, the **next generation of Australians are at risk of impaired motor function, lower IQ levels and stunted growth**.

**"Iodine deficiency is the commonest preventable form of intellectual impairment in the world"** stated Professor Cresswell Eastman, chairman of the Australian Centre for Control of Iodine Deficiency Disorders and patron of the Australian Thyroid Foundation.

"All women who are **pregnant, breastfeeding or considering becoming pregnant** need to ensure good thyroid health, and this is dependant on their iodine levels," Professor Eastman continued. **"Iodine is as important to an unborn baby as folate** and is readily available via iodised salt or a daily iodine supplement".

Australian Thyroid Awareness Week is encouraging woman to get their iodine nutrition on track as **it can be life-changing for them and for their baby**.

"We want to help women in this demographic have access to as much information as they need relating to **thyroid health and their baby**. This is what Thyroid Awareness Week is all about," said Beverley Garside, President of The Australian Thyroid Foundation.

"Women who would like to know more about this can visit us at [www.thyroidfoundation.com.au](http://www.thyroidfoundation.com.au) to see the activities they are invited to attend in September".

The Australian Thyroid Foundation is also holding the **BIG BREAKFAST** on **Friday 1st September** in the **Customs House forecourt at Circular Quay**. Buy a **Gold Bow** badge and enjoy breakfast with all funds raised going to the foundation.

**Blackmores** has recently launched a new I-Folic product that contains 250mg iodine plus folic acid – two nutrients vital for developing babies that is now available in the one supplement.

**For more information please contact:**

**Samantha Furey: 0412 886 933 or visit [www.thyroidfoundation.com.au](http://www.thyroidfoundation.com.au)**

