

UNDERSTANDING YOUR THYROID

YOUR TEST RESULTS MAY BE NORMAL; HOWEVER...



CORRI PETERSON
CORRI PETERSON

UNDERSTANDING YOUR THYROID

YOUR TEST RESULTS ARE NORMAL; HOWEVER...

We all hear about our hearts, our lungs, and our allergies and what we can do to improve their function so we can live better lives. The pharmaceutical companies make sure we know all about how to improve those aspects of our lives through their medications.



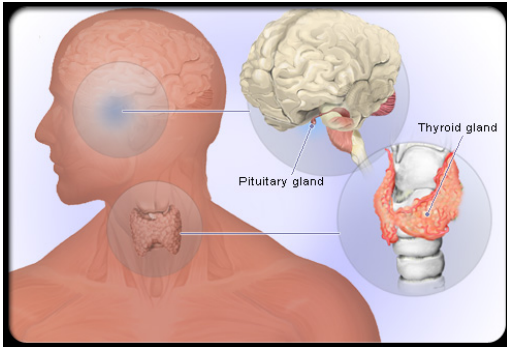
In 1949, the term *myxedema madness* was introduced. It was quite the popular term for many years. *Myxedema* refers to low thyroid function, or hypothyroidism. The term *myxedema madness* came from the belief that all people with low thyroid function were mad. This belief came about because some people with thyroid conditions experienced symptoms from mood swings, depression, and withdrawal to anxiety, angry outbursts and crying spells.

Now, seldom do we hear about our thyroids and the effect they can have on us, that is, until you have a thyroid problem or at least suspect you have a problem. Your thyroid affects various parts of your body including:

- heart
- lungs
- stomach
- intestines
- brain
- reproductive organs
- bones
- muscles
- skin
- hair
- nails



Because the general function of your thyroid gland is to control your metabolism, it influences almost every cell and organ in your body. If your thyroid is making too much thyroid hormone, your metabolism is too high, causing hyperthyroidism. A high metabolism can cause higher body temperature, intolerance to heat, weight loss, muscle weakness, enlarged thyroid, a rapid pulse, tremors of the hands, nervousness, difficulty sleeping and rapid mood changes.



On the other hand, if your thyroid is not making enough thyroid hormone, your metabolism would be too slow, causing hypothyroidism. A slow metabolism results in the following: a slow pulse; dry, cool skin that is puffy and pale; brittle nails; dry, brittle hair that falls out; slow reflexes; intolerance to cold; tiredness; weight gain and inability to lose weight.

In addition to the above mentioned symptoms, poor thyroid function could also result in:

- Irritability
- Absentmindedness
- Inability to Concentrate
- Chronic Fatigue and Weakness
- Inability to Remember
- Depression
- Muscle Cramps
- Lack of Restful Sleep
- Low Sex Drive
- Constipation



According to many thyroid experts, millions of people have undiagnosed and untreated thyroid conditions. The reality is that many do not realize that their thyroid is the source of the health problems they face.

So, How Do You Know If You Have A Thyroid Condition?

Lab tests will determine if you need treatment. Since this little gland is so important to your physical and mental health, proper function is crucial. Many people would not suspect they have a thyroid condition when they see a doctor for depression, heart problems, weight gain or loss, and inability to concentrate. Many women who see their doctor are thinking that their symptoms are related to menopause, since many of the symptoms are the same.

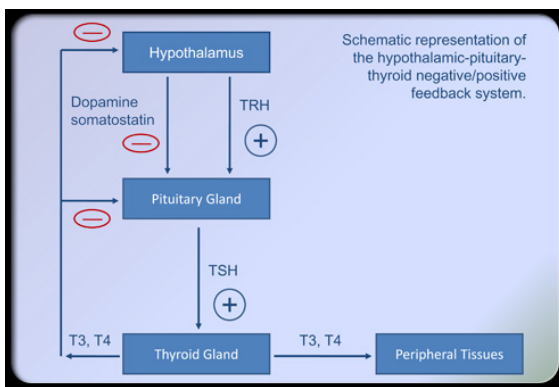
Here are the standard tests and reference ranges most conventional doctors rely on to measure thyroid function:

Adult Reference Ranges:

- TSH= 0.4_4.5 mIU/L (mU/L)
- T4= 5.6-13.7 ug/dl (mcg/dl)
- Free T4= 0.8-1.5 ng/dl
- T3= 87-180 ng/dl
- Free T3= 230-420 pg/dl



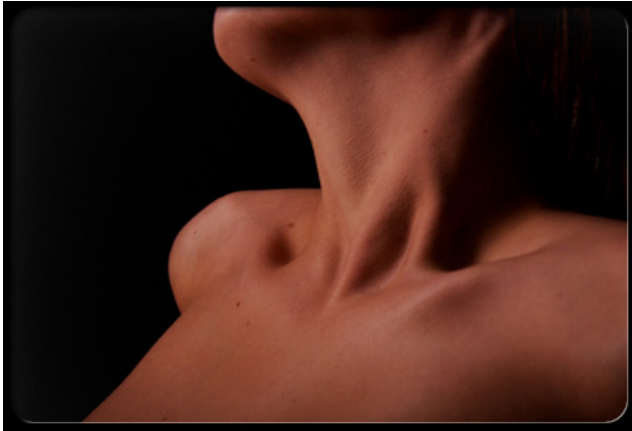
Most doctors will use only the TSH-Thyroid Stimulating Hormone- test.



The normal range is from 0.4-5.5, but this standard is being questioned. Many endocrinologists and physicians believe that TSH levels above 2.5 indicate a thyroid condition.

However, millions of people fall into the limbo between 2.5 and 5.5, where doctors wrongly tell patients their thyroid levels are “normal.” The doctors will say your symptoms can’t be from your thyroid so they go untreated. If you don’t feel well and your TSH is in that 2.5-4.5 range, don’t be shy about getting a second opinion. Many forward-thinking doctors will not just test TSH, but also test Free T4, Free T3 to get an overall view of your thyroid function. You

might also consider having a thyroid autoimmune antibodies panel so any thyroid diseases can be ruled out or treated.



Another problem is that many patients have doctors who will only do the TSH test and insurance companies or HMO's who don't think you really are sick. After all, your TSH blood tests are in the "normal" range. If you do discover (or suspect) you have a thyroid condition, you may want to see a specialist. (Some thyroid conditions are more complicated than others and require a specialist).

Many people have found themselves in situation that by following the normal course of treatment that the specialist advised, which is the Radio Active Iodine Treatment (RAI) they are all now hypothyroid

for life, which brings us back to the testing.

For many people, a low-functioning thyroid leads to feeling extremely tired and depressed, making daily activities seem impossible. Many doctors will tell you that you are just like everyone else who is over 50; you're getting old and tired.

There are many people who have thyroid conditions that are undiagnosed. This may lead you to believe that a diagnosis and treatment is not necessary. Some people have thyroid nodules that never cause problems except for a bump on the neck; while others have nodules that affect their ability to swallow or even breathe. Although there are those that have had tests that show low thyroid production, they have no symptoms of hypothyroidism. But, for a large portion of people, thyroid issues are very serious and have a major impact on their health and quality of life, which means that treatment is needed.

THAT BEING SAID, HOW DO YOU FIX YOUR THYROID?



If you have hypothyroidism, your treatment will look like this: most doctors will prescribe a daily pill to replace the thyroid hormone that is missing from your body. Most people will take this medication for the rest of their lives. However, this is where the controversy over the TSH test comes into play. If your TSH test comes back in the 2.5 to 5.5 range, most doctors will say you are in the normal range so you should be feeling fine, but you are still having some horrible symptoms. In addition to the TSH test issues, most doctors will only treat the T4 hormone; they will not

even consider the fact that a T3 hormone deficiency is causing any problems. Synthroid is prescribed for the T4 hormone only and will not help with symptoms caused by a T3 hormone deficiency.

If you have hyperthyroidism, there are three treatment options available:

1. You may be placed on antithyroid medications. Antithyroid medications will give your thyroid the chance to correct itself, without removing or destroying it. Antithyroid drugs are the #1 choice of hyperthyroidism treatment in Europe.
2. You may receive a dose of radioactive iodine (RAI) that will destroy part of your thyroid. In the United States, most doctors opt for radioactive iodine as the treatment of choice.
3. You may undergo surgery to remove some or all of your thyroid gland. Surgery is normally only performed if the other two treatments are not an option. For both the second and third options, you will permanently have hypothyroidism, due to either no thyroid gland or a smaller thyroid gland that is unable to supply enough thyroid hormone to keep your body functioning properly.



Great! Two of the three treatments will leave you with hypothyroidism and take us right back to the problem with the testing or more specific, more accurate testing.

Also, to make things more complicated, here is a partial list of medications that can affect your thyroid:

- Amiodarone
- Aspirin (more than 3,000 milligrams daily)
- Estrogen
- Iron tablets
- Iodine
- Lithium
- Propranolol
- Steroids



I know that the information in this short report is not what I would refer to as uplifting. If you were not already somewhat depressed, you probably are now. The good news is by reading this report; you know a lot more about your thyroid and why that little gland may be the reason you feel the way you do and the guidelines that may affect the treatment you receive.

In addition to this report, you are also going to receive to a complimentary subscription to my inbox magazine.



Know Your Thyroid

Inside my inbox magazine you hear from a panel of doctors, health advocates, and nutritional experts who will cover supplement information, diet and exercise news as well as new testing updates and treatment breakthroughs.

Every one of the panelists is dedicated to improving the health and lifestyle of those who suffer from this misdiagnosed, misunderstood, and under treated health condition that many suffer from today. Some people will benefit from small diet changes while others will need more advanced diet and life style adjustments to help relieve some of the symptoms. A wide range of topics will be explored, offering help and hope to those who suffer because of this finicky little gland.

Please pass this report on; many of us know people who are struggling with the symptoms listed above.

Talk to you soon,
Corri Peterson

For more information, please visit:

<http://www.Know YourThyroid.com>