

Thyroid Hormone Replacement Information Sheet

The therapeutic goal of thyroid replacement is to maintain the basal body temperature as close to 98.6 degrees F. as possible without side effects and to maintain the Free T3 level in the top half of the normal range of 2.4-4.3 pg/ml (Generally >3.0 pg/ml). I understand that maintaining this level of free T3 *may* decrease my level of TSH (Thyroid stimulating hormone, produced in the brain) and that some doctors may see this as a reason to decrease my intake of thyroid hormone. With total hormone replacement therapy, the concept with thyroid hormone replacement is to maintain the metabolism, energy levels, temperature tolerance and the multitude of other beneficial functions of the thyroid on cardiac function, strength and endurance. One reason we are seeing more aberrations of TSH when we in fact have better levels of thyroid hormone at the tissue site is because of plastics and pesticides entering our systems and mimicking hormones, and causing the relationship between TSH and the actual hormone levels to be less and less accurate. Also the level of circulating hormone and our symptoms can be less related as well, due to receptor site dysfunction.

How supplied:

This medication comes in a tablet or capsule, as just T4 (Synthroid, Levoxyl, Thyroxine) or as a combination of T4 and T3 (Thyrolar, Armour Thyroid or compounded T4/T3) and as just T3 (Cytomel, or compounded Sustained release T3)

How administered:

Pill or capsule is taken orally once or twice a day, either a.m. or p.m. the dosage form used depends upon the particular reasons for your hypothyroid symptoms. We will be discussing this in great detail in your evaluation, and will select the form that will be likely to deliver the most stable and reliable benefit to your metabolic rate and recovery. We will be wanting you to regularly monitor your pulse and temperature, no matter which method of thyroid hormone replacement we use, to make sure your response to hormone replacement is what we hope.

Possible side effects:

Thyroid hormone replacement therapy include: possible increased sweating, rapid heart rate, fever, chest pain (angina) and worsening or complicating of some chronic medical conditions, such as Hashimoto's Thyroiditis or (worst case) Atrial Fibrillation. Sometimes anxiety can occur. If you feel you are having side effects from thyroid hormone, take you resting pulse (which should be less than or around 80 beats per minute) and take your temperature first thing in the morning, before getting out of bed. If it is above 98.6 and your pulse is > 90 beats per minute at rest, this could be due to thyroid (or infection) and you should contact our office right away. Do not take your morning dose of thyroid medication.

Special instructions:

Try to take your medications on an empty stomach. Do not take them with Calcium supplements or acid blockers or antacids as these can inactivate the medication. Do not increase dosage in an effort to increase metabolism for weight loss purposes. It has not been proven to be effective for this and could be dangerous to do so, as it could stress the heart. If you are taking SRT3, be sure to take dose as close to exactly 12 hours apart as you can. The higher the dose, the more important this becomes in avoiding side effects.

Your dosage is _____mg every _____ Please contact us at 650-964-6700 or at tmrinker@aol.com if you have questions or concerns.