

The Complete Thyroid Guide

LEARN HOW TO MONITOR
YOUR THYROID'S ACTIVITY



A Note From Our Team

We know how hard it can be to manage your hypothyroidism – to stay on top of your labs, communicate with your doctor, adjust meds, et cetera.

Paloma Health is an end-to end digital medical practice focused exclusively on elevating the care and experience of patients with hypothyroidism.

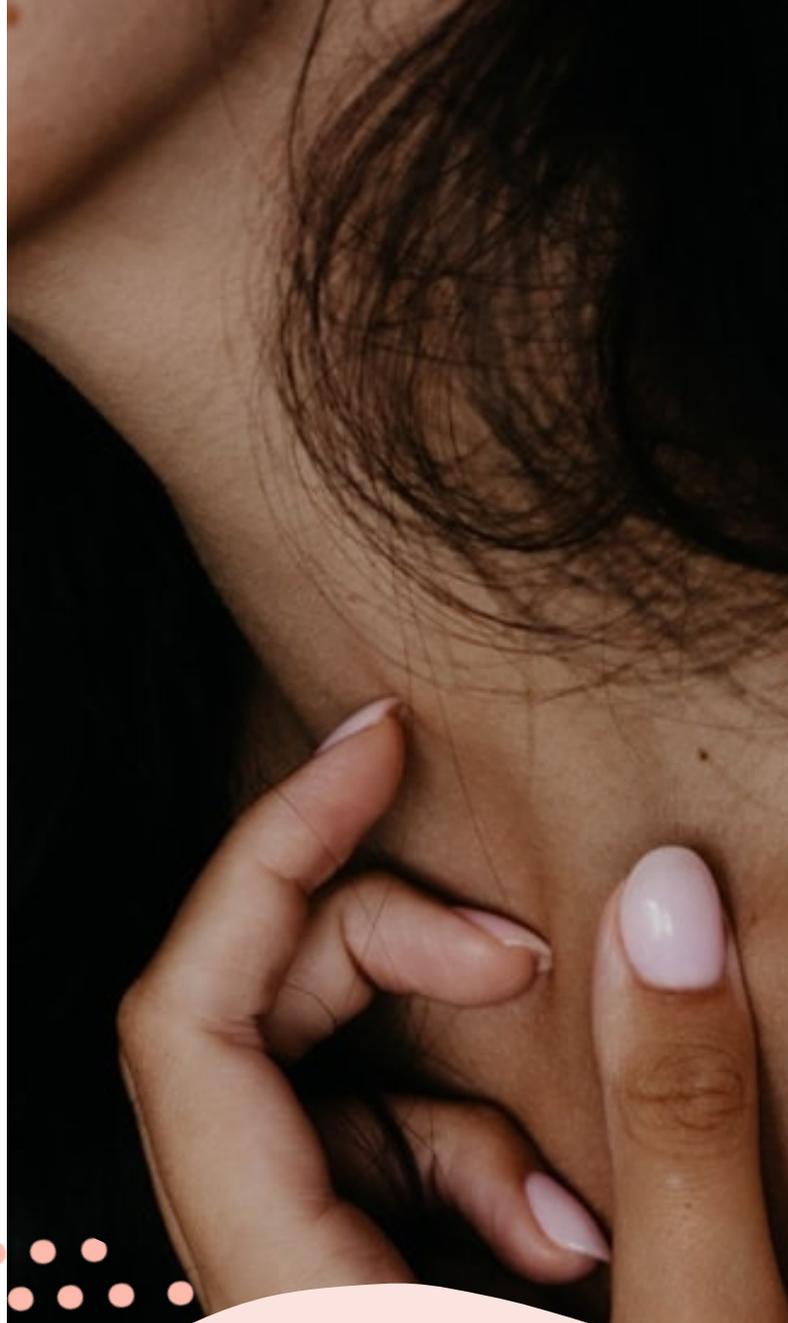
In this guide, you'll learn a little bit more about the science of hypothyroidism and first steps to manage your thyroid health.

What Is The Thyroid?

The thyroid is the butterfly shaped gland at the base of your neck. It's job is to make hormones - most notably, triiodothyronine and thyroxine (T3 and T4, respectively) - that regulate your body's energy use,

As part of the endocrine system, the thyroid gland makes and stores hormones that help regulate the body's metabolism in the form of blood pressure, blood temperature, and heart rate.

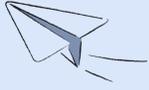
When your thyroid hormone production drops, your body processes slow down and change. This is hypothyroidism, an underactive thyroid.



Hypothyroidism can affect many different systems in your body. Undiagnosed thyroid disease puts patients at risk for other ailments, such as cardiovascular diseases, osteoporosis and infertility.

Ensuring that your thyroid is functioning properly is important to your overall health, yet 12% of the US population have a thyroid disorder and 60% don't know about it.

Facts About The Thyroid



An estimated 200 million people suffer from thyroid issues around the world.



Hypothyroidism, or an underactive thyroid, is more common than hyperthyroidism, an overactive thyroid.



It is estimated that 20% of people will experience thyroid problems before they turn 60.



Women are 5-8x more likely to suffer from thyroid issues than men.



The thyroid produces two hormones: T4 + T3. T4 is mostly inactive. Its primary job is to transport T3 to the proper organs in your body.



The thyroid is a powerhouse that affects virtually all parts of the body but weighs only 20 grams!



The amount of T3 and T4 produced by the thyroid gland is regulated by another hormone called thyroid stimulating hormone (TSH), which is produced in the pituitary gland in the brain.



The liver is the major location where T4 is converted into the active T3.

What Causes Hypothyroidism?

Studies point to family history, nutritional deficiencies, damage to the pituitary gland, certain medications, pregnancy or other large hormonal events, but it's hard to say exactly what causes hypothyroidism.

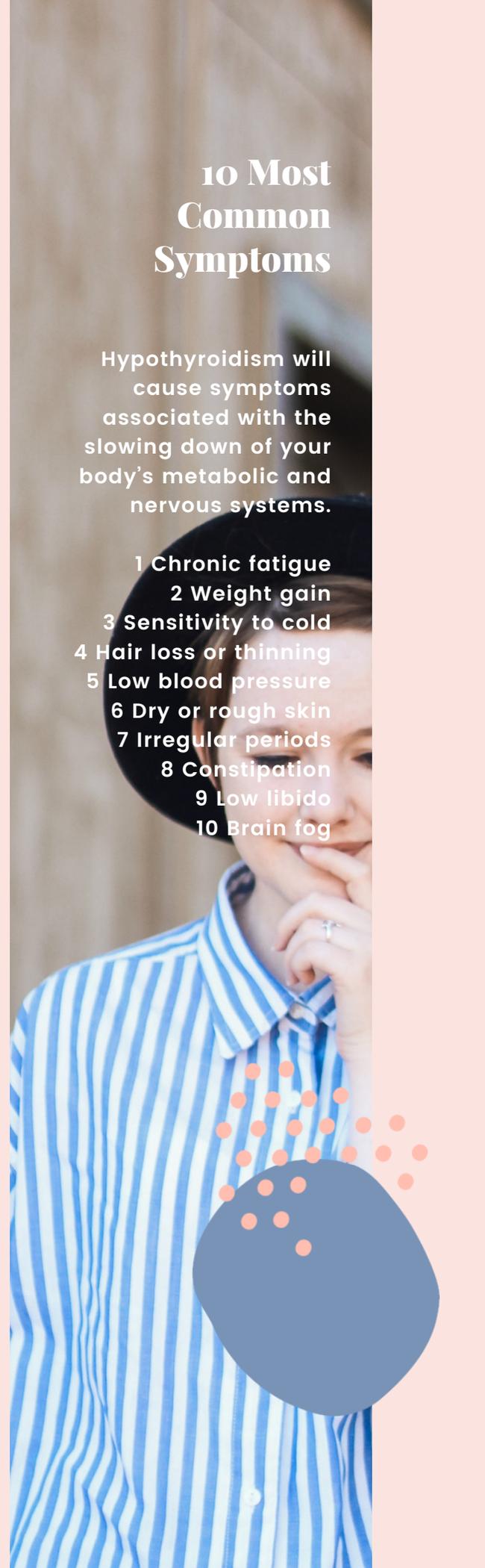
What we do know is that an estimated 90% of all hypothyroidism is caused by Hashimoto's Disease, an autoimmune disease caused by your immune system attacking your thyroid gland.

While many labs only look only at Thyroid Stimulating Hormone (TSH), we believe it is critical to also measure Free Triiodothyronine (fT3), Free Thyroxine (fT4) and TPO antibodies to fully understand how your thyroid is working.

10 Most Common Symptoms

Hypothyroidism will cause symptoms associated with the slowing down of your body's metabolic and nervous systems.

- 1 Chronic fatigue
- 2 Weight gain
- 3 Sensitivity to cold
- 4 Hair loss or thinning
- 5 Low blood pressure
- 6 Dry or rough skin
- 7 Irregular periods
- 8 Constipation
- 9 Low libido
- 10 Brain fog

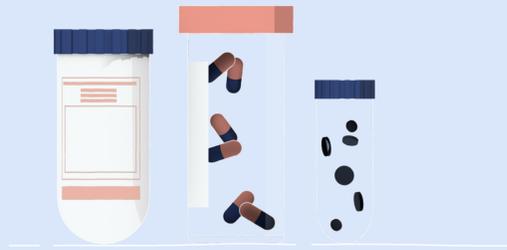


What Treatments Are Available?

SYNTHETIC THYROXINE

Pure synthetic thyroxine (T4), taken once daily by mouth, fully replaces the thyroid gland and successfully treats the symptoms of hypothyroidism in most patients. Because the potency of generic thyroxine has varied considerably in the past, your physician may specify a brand name to treat your thyroid problem. The current branded forms of synthetic T4 are Synthroid®, Levoxyl®, Levothyroid®, Tirosint® and Unithroid®. For the few patients who do not feel completely normal taking a synthetic preparation of T4 alone, the addition of T3 (Cytomel®) may be of benefit.





Treatments, Con't.

PROBLEMS WITH TOO MUCH OR TOO LITTLE HORMONE

If you don't take enough thyroid hormone, some symptoms of hypothyroidism may continue. If you take too much thyroid hormone, you may have symptoms mimicking an overactive thyroid, like nervousness, a racing heart, or shaking.

DESICCATED ANIMAL THYROID

Desiccated animal thyroid, mainly obtained from pigs, was the most common form of thyroid therapy before the individual active thyroid hormones were discovered. It is prescribed less frequently today, and there is no evidence that desiccated thyroid has any advantage over synthetic T4.

NUTRITION, SUPPLEMENTS, & LIFESTYLE OPTIMIZATION

These have been shown to make a difference in certain cases of hypothyroidism and can be targeted to your specific causes. Talk to your Paloma practitioner for more details.

A Brief Thyroid History

- 138AD** In 138AD, Greek physician Soranus, first mentions neck swelling following pregnancy.
- 1500** In 1500, Leonardo DaVinci drew what is believed to be the first depiction of the thyroid gland, although he died in 1519 before he had a chance to publish his drawings. After his death, they went unseen for 260 years until being discovered.
- 1656** In 1656, anatomist Thomas Wharton gave the "thyroid" its name.
- 1850** In 1850, British surgeon Thomas Curling first describes hypothyroidism (myxoedema) but the causes and treatments were established after 1883.
- 1912** Hashimoto's Thyroiditis, or autoimmune hypothyroidism, is named after the Japanese surgeon who discovered it in 1912.
- 1914** Thyroxine (T4 hormone) is first isolated in 1914 and synthesized in 1927.
- 1954** In 1954, T3 hormone is isolated and synthesized.
- 1970** In 1970, the conversion of T4 to T3 is discovered.

Follow Up Protocol

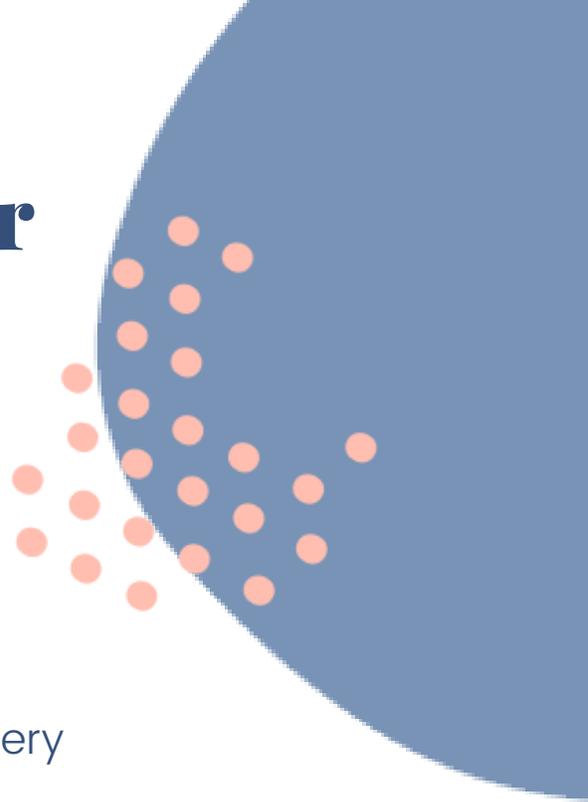
Check your thyroid levels 6 to 10 weeks after a dose change. More frequently if pregnant or taking medication that interferes with your body's ability to use thyroxine.

The goal is to get and keep your TSH in the normal range. Once you settle into a care plan, monitor your levels every 6 months.



Tips to Optimize Your Thyroid Function

- Take your medication at the same time each day
- Monitor your thyroid levels regularly (every 6 months)
- Work with your doctor to regularly check your vitamin levels
- Consider supplements for production of T4 + conversion of T4 to T3
- Build a nutrition plan with your Health Coach to enhance your diet
- Practice daily relaxation to lower cortisol levels from chronic stress
- Move your body daily to stimulate your metabolism
- Get sufficient rest to combat fatigue and brain fog



Learn More at
www.palomahealth.com



Managing hypothyroidism takes time and attention. Your thyroid doctor and Paloma Care Team will work with you to schedule follow-up tests and appointments as necessary to get and keep you feeling your best.

