

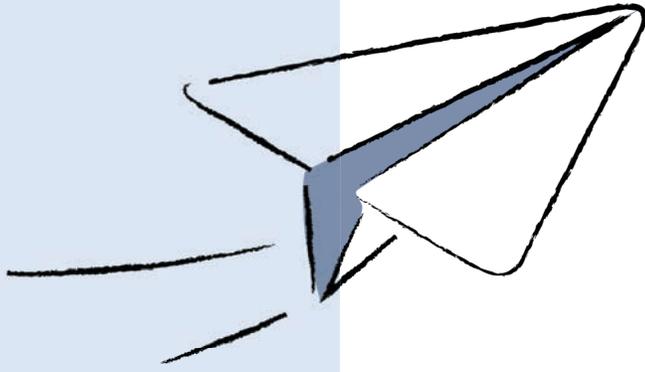


Paloma

The Starter Guide to Thyroid Health

Learn more at
palomahealth.com





A note from Paloma Health

Paloma Health is the first online medical practice focused on hypothyroidism. We offer at-home blood test kits, live video consultations with thyroid specialists, and prescription management.

In this guide, learn about the science of hypothyroidism and first steps to manage your thyroid health.

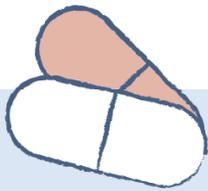
About the thyroid gland

The thyroid is the butterfly shaped gland at the base of your neck. It's job is to make hormones – 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.

What is hypothyroidism?

When your thyroid hormone production drops, your body processes slow down and change, affecting virtually every system in the body. Undiagnosed thyroid disease puts patients at risk for other ailments, like heart disease, osteoporosis, and infertility.



10 Most Common Symptoms

Hypothyroidism may 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

Facts about the thyroid



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



Hypothyroidism is more common than hyperthyroidism, an overactive thyroid.



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. The primary job of T4 is to transport T3 to the proper organs in your body.



The thyroid affects virtually all parts of the body but weighs only 20 grams!



T3 and T4 are regulated by 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.

Cause of hypothyroidism?

While studies point to family history, certain meds, nutritional deficiencies, or large hormonal changes, it's hard to know the exact cause.

We do know that 90% of adult cases of hypothyroidism are caused by an autoimmune condition that causes your immune system to attack your thyroid

gland – known as Hashimoto's Disease.

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.



What treatments are available?

The thyroid gland produces two hormones: thyroxine (T4) and triiodothyronine (T3).

Thyroid hormone replacement medication comes in both T4 and T3 formulations.

In a healthy thyroid gland, the inactive T4 is released into circulation and converted by the body into the active T3. Often, treatment for thyroid replacement starts with T4-only formulations, assuming that the body can successfully do the conversion on its own.

Problems with too much or too little?

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

Nutrition, supplements, and lifestyle optimization

Many nutritional factors play a role in optimizing thyroid function. Both nutrient deficiencies and excesses can trigger or exacerbate symptoms. Optimizing your lifestyle, nutrition, and supplements can make a difference in many cases of hypothyroidism. Work with your Paloma care team to identify dietary triggers and reverse nutritional deficiencies.

A brief thyroid history

- 138AD** In 138AD, Greek physician Soranus, first mentions neck swelling following pregnancy.
- 1500** In 1500, Leonardo DaVinci draws the first depiction of the thyroid gland. He died before he could publish his drawings. After his death, they went unseen for 260 years.
- 1656** In 1656, anatomist Thomas Wharton gave the "thyroid" it's name.
- 1850** In 1850, British surgeon Thomas Curling first describes hypothyroidism (myxoedema) but the treatments weren't established until 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 & synthesized.
- 1970** In 1970, the conversion of T4 to T3 is discovered.

Follow-up protocol

When you start or switch medications, it's important to retest your thyroid every four to six weeks and adjust your dosage as needed until your levels are stable. Once you settle into a care plan, monitor your levels every six months, using Paloma's personalized online dashboard to easily track trends.

Tips to help optimize your thyroid function

1

Take your meds at the same time each day. Make it part of your routine.

2

Monitor your thyroid levels regularly (every six months).

3

Work with your doctor to regularly check your vitamin levels.

4

Build a nutrition plan with your Health Coach to enhance your diet.

5

Practice daily relaxation to lower cortisol levels from chronic stress.

6

Move your body daily to stimulate your metabolism.

7

Get sufficient rest to combat fatigue and brain fog.



You deserve better care.

[Schedule a free call](#) with a care advisor to determine if Paloma can help you manage your condition.

