

Dear Physician,

In recent years, The National Academy of Clinical Biochemists indicated that 95% of individuals without thyroid disease have TSH concentrations below 2.5 $\mu\text{IU/L}$, and a new normal reference range was defined by the American College of Clinical Endocrinologists to be between 0.3- 3.0 $\mu\text{IU/ml}$ in 2012. (1)

In speaking with other thyroid patients, I have found that many of them didn't feel better until their TSH was between 0.5-2.0 $\mu\text{IU/ml}$.

I understand that most labs have not adjusted to the new range in the reports they provide to physicians, and have kept ranges as lax as 0.2-8.0 $\mu\text{IU/ml}$. Therefore, although my recent TSH reading of _____ may be considered normal by lab standard, I am currently experiencing the following symptoms which may be associated with low thyroid function.

- Drowsiness
- Hair Loss
- Cold Intolerance
- Inability to Lose Weight
- Sadness
- Mental Fog
- Forgetfulness
- Joint Pain
- Constipation
- _____
- _____

Kindly consider increasing my dosage of medications. I will follow-up with lab testing in 6-8 weeks and report any changes in functioning.

Your patient,

References:

2012 Clinical Practice Guidelines for Hypothyroidism in Adults: Available at <https://www.aace.com/files/final-file-hypo-guidelines.pdf>