

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 μ IU/L, and a new normal reference range was defined by the American College of Clinical Endocrinologists to be between 0.3-3.0 μ 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 μ 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 μ 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 <http://aace.metapress.com/content/b67v7mk73g3233n2/fulltext.pdf>

Disclaimer: The information contained herein is for informational purposes only and should not be construed as medical advice. Please consult your physician for any health problems and before making any medical or lifestyle changes.

Lifestyle changes can result in improved thyroid function and/or an increased absorption of thyroid hormone medications, leading to a lower required dose and possible symptoms of hyperthyroidism at a dose that was previously stable. Please discuss lifestyle changes with your physician and ensure that your thyroid function is monitored every 6-8 weeks while making lifestyle changes. Symptoms of overmedication include, but are not limited to: rapid or irregular heartbeat, nervousness, irritability or mood swings, muscle weakness or tremors, diarrhea, menstrual irregularities, hair loss, weight loss, insomnia, chest pain, and excessive sweating. Do not start, change, increase, decrease or discontinue your medications without consulting with your physician.