

## Appendix: My Timeline

- **START:** Age 3: April 29, 1986: Chernobyl disaster in Ukraine; (lived close to Ukraine border, received iodine)
- 1994: Began menses, mother concerned about my thyroid because I was very thin and had an enlarged thyroid gland, took to endocrinologist in Poland while on vacation. Tests showed that I was “euthyroid” (had normal thyroid levels).
- 1996–2000: high school, energetic (busy bee), only required six to eight hours of sleep, never took naps. Was on honor roll, in extracurricular activities, part-time job, rarely sick except for bronchitis freshman year. Started smoking five cigarettes a day, still very thin, took “GNC Weight Gainer” every few months to help with weight maintenance.
- 2000: Started college, University of Illinois; recurrent strep throat infections treated with antibiotics. Started oral contraceptives for severe menstrual cramps.
- April–May? 2001: Poor energy, sore throat, and swollen lymph nodes. Diagnosed with strep throat by university clinic right before finals. Went on to sleep sixteen-plus hours per day with depressed mood, inability to make decisions, decreased concentration. Later diagnosed with mononucleosis (EBV) after complaining of swollen lymph node on left side of neck with occasional sharp stabbing pains. Never fully recovered from the increased sleep requirement, needing ten-plus hours of sleep and decreased ability to concentrate. Was down to 92 pounds (received flu shot for first time that year as well).
- 2002–03: woke up with severe, explosive diarrhea with cramping after eating ramen noodles containing soy the night before. This pattern repeated for less than a year, almost daily (three times week) usually after eating. Led to needing to carry a sh\*t kit at all times (Imodium, Pepto Bismol, baby wipes). Diagnosed with IBS, later asked pharmacist if it could be intolerant to Ensure or morning shakes, and she advised to avoid “soy lecithin.” Diarrhea frequency reduced after avoiding soy lecithin containing products, however still occasionally occurred (once a week to once a month).
- September 2005: treated with antibiotics, antifungals for infections

- March 2006: Graduated Pharmacy school, got engaged, was moving out of state. Started to have severe anxiety. Lots of changes that made me feel stressed out. Decided to stop drinking Red Bull, with some improvement.
- August 2006: Moved to Phoenix, Ariz., living for the first time on my own, away from everyone I knew. I noticed my hair was really tangled, difficult to brush. Blamed the water.
- 2006: Feeling tired but happy, had physical to determine cause of being tired. Everything was “normal.”
- 2006: received antibiotics for acne
- 2007: read “The Abs Diet” and started drinking wehy protein shakes in preparation for wedding
- January 2008: contracted severe infection with cough and chest pain, not helped by over-the-counter cough meds, got prescription for Phenergan with codeine, diagnosed as viral
- Sometime in 2008 had recurrent infection, treated with metronidazole, clindamycin, and doxycycline
- March 2008: despite resolution of infection, cough persisted.- uncontrollable, with tearing eyes, petechiae on neck, sometimes to the point of vomiting. Woke up in middle of night choking, would cough when talking to people, when eating. Tried all OTC cough medications, antihistamines, etc. Went back to clinic, diagnosed allergies/post-nasal drip. Did not feel I had allergies. Suspected asthma because of mother’s and aunt’s asthma developed in their 20s and 30s. Tried Singulair in addition to other meds, with limited help.
- July 2008: decided to find better PCP for chronic cough. Doctor ran chest X-ray (came out negative); allergy panel, etc. TSH was slightly elevated at 4.5 (MD said thyroid was normal). MD blamed chronic cough on allergies. He recommended air purifier.

- August 2008: saw allergist based on allergy panel (tested positive for dogs). She suspected GERD and referred to GI specialist for barium swallow. Also diagnosed allergies. Ran thyroid antibodies test=2000+. TSH and FT4 were “normal,” according to old reference ranges. She informed me I’m at risk for Hashimoto’s, but did not explain relevance.
- September 2008: GI diagnosed reflux, (silent), because no symptoms. Took allergy (Singulair) and reflux medication (PPI) despite having no symptoms of either besides the chronic cough until Dec 2008. Cough continued with new onset of reflux symptoms (burping, burning, chest pain)
- January 2009: decided to discontinue PPI and allergy meds. Started self on Pepcid and removed beans, tomato juice, lemons, and oranges from diet. Symptoms improved 80%, however, still had occasional coughing outbursts. Used Mylanta for occasional symptom relief. Felt like gag reflex was oversensitive ...
- March 2009: Started having sharp stabbing pain in ears, also coughed whenever put Q-tip in left ear (bizarre); wondered if tonsilloliths contributed to gag reflex and coughing. Saw ear, nose, and throat specialist who wanted to remove tonsils, but had no clue about stabbing ear pain.
- June 2009: traveled to Poland and Germany. Had delicious food, and unfortunately food poisoning multiple times per day. Also had hives, lip itching, allergies, and reflux.
- July–August 2009: started noticing hair loss—diffuse, much more hair in tub, every time I run hand through hair, wash it, and touch it! (Now probably have less 60–70% of hair I had.)
- September 2009: visit with PCP for annual checkup: TSH=7.95, (normal T4), Diagnosis: Hashimoto’s Thyroiditis, subclinical hypothyroidism, suspected mitral valve prolapse, murmur. Referred to cardiologist, endocrinologist.

## **END OF TIMELINE**