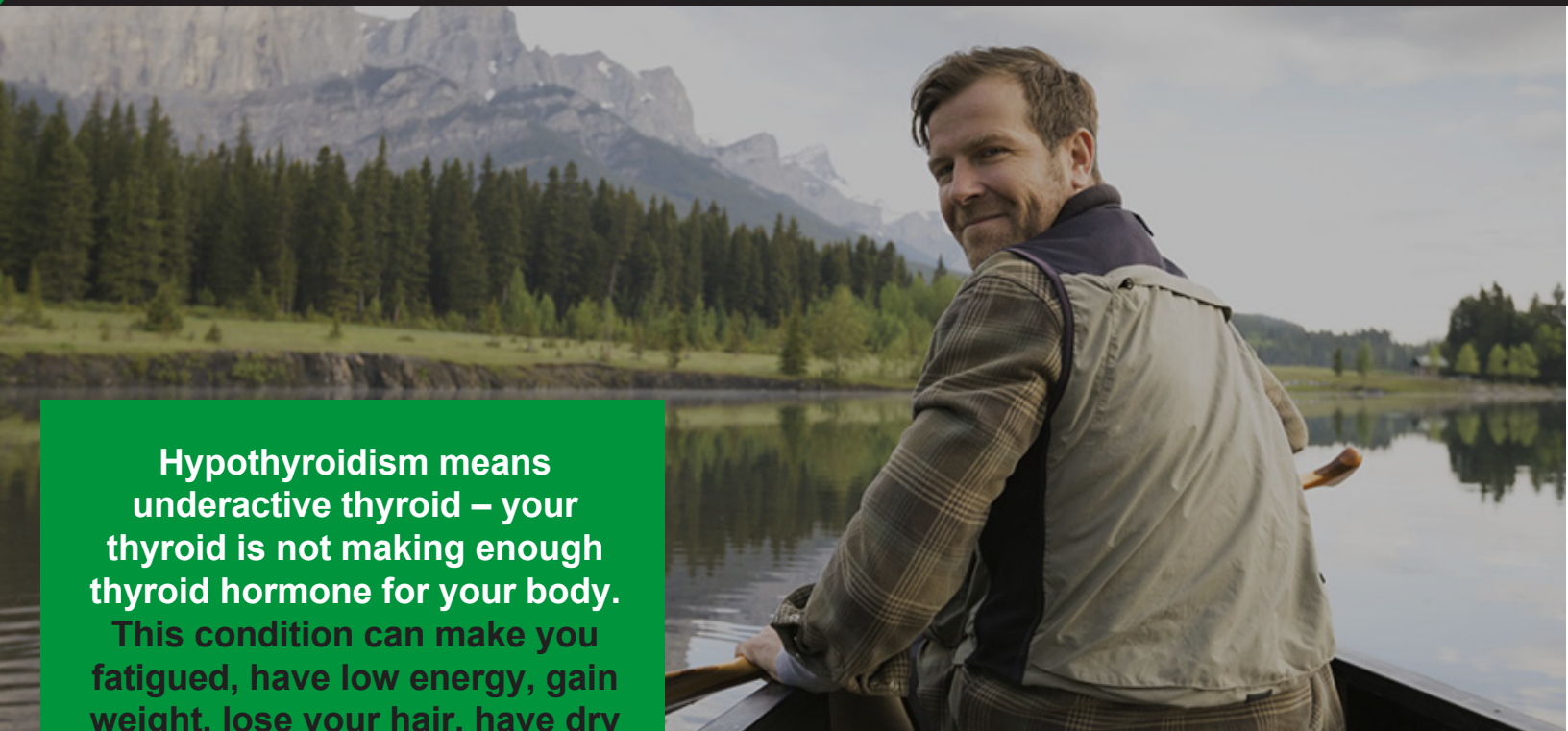




WHAT IS HYPOTHYROIDISM?



Hypothyroidism means underactive thyroid – your thyroid is not making enough thyroid hormone for your body. This condition can make you fatigued, have low energy, gain weight, lose your hair, have dry skin and/or constipation. Some people don't have any symptoms at all. It can also raise your blood pressure and cause high cholesterol. You need thyroid hormone, so your body can function normally.

When will I start feeling better?

Your provider will put you on a thyroid hormone. Be patient. It takes about 8 weeks for the thyroid hormone to start working in your body. That is why it is important not to increase the dose of thyroid hormone too quickly.

When should I take my thyroid medicine?

Thyroid hormone is best taken in the morning on an empty stomach about 30-60 minutes before eating – this way the drug will be maximally absorbed in your system. However, if this is impossible with your lifestyle, it is no big deal – just take the medicine in the morning in the same way (with or without food) and at the same time every morning. Do not take thyroid hormone at night, because it will keep you awake all night. Do not take thyroid hormone within 4 hours of taking calcium pills, antacids, or iron pills.

What do I do if I miss a dose?

Just take the dose when you remember. It is okay to take up to 2 pills at a time.

What if my thyroid numbers are normal and I still don't feel well?

Symptoms of “low thyroid” or an underactive thyroid are very non-specific and could represent a wide-range of other conditions. Talk to your provider. If your numbers are normal, it is NOT your thyroid causing your symptoms.