

# THE 3 Ts OF THYROID HEALTH

## 3 Simple Steps to Help You Take Control of Your Thyroid Health



### 1. **Test Your Thyroid:**

- Know the symptoms and risk factors associated with thyroid disease
- Perform the AACE Neck Check™ using the enclosed Neck Check card
- Ask your doctor about a TSH blood test

### 2. **Take Your Medicine:**

- If you are on therapy for thyroid disease, take your medicine every day or as directed by your doctor
- Stay on the same brand and dose of thyroid medicine your doctor prescribed
- Know your medicine – brand and dosage – to assure your pharmacist fills your prescription accurately

### 3. **Track Your Condition:**

- Report any recurrence of symptoms – or the presence of new symptoms – to your doctor immediately
- Understand the importance of maintaining your thyroid therapy and the potential risks of over- or under-treatment of your condition
- See your doctor regularly and get a TSH test every 6 to 12 months, or as your doctor prescribes

Talk to your doctor about your thyroid health. Your doctor's office can provide additional information about symptoms, risk factors, and everything you need to know to help keep your thyroid in balance.

[www.aace.com](http://www.aace.com)

[www.powerofprevention.com](http://www.powerofprevention.com)



American Association of Clinical Endocrinologists

 Abbott Laboratories

Thyroid Awareness Month is sponsored by the American Association of Clinical Endocrinologists (AACE) and supported by an unrestricted educational grant from Abbott Laboratories.

# MEDICINES THAT MAY IMPACT YOUR THYROID THERAPY



Talk with your doctor about any medicines or vitamins you are currently taking. Your doctor may ask you to take your thyroid medicine at different times of the day, separately from some medicines, to ensure you receive effective thyroid therapy.

Some medicines that could impact the effectiveness of thyroid medicines include

## **Nutritional Supplements**

Calcium Carbonate  
Ferrous Sulfate (Iron)

## **GI Therapies**

Antacids  
Sucralfate  
Cation Exchange Resins

## **Cardiovascular Therapies**

Amiodarone (Cordarone®)  
Furosemide (Lasix®)  
Heparin  
Oral Anticoagulants (Coumadin®)

## **Neurologic/Psychiatric (CNS) Therapies**

Antidepressants  
Hydantoins (Dilantin®)  
Ketamine  
Methadone  
Reuptake Inhibitors

## **Hormonal Therapies**

Androgens/Anabolic Steroids  
Estrogen-Containing Oral  
Contraceptives  
Estrogens  
Growth Hormones

## **Cholesterol Therapies**

Bile Acid Sequestrants  
Clofibrate

## **Cancer Therapies**

5-Fluorouracil  
Mitotane  
Asparaginase  
Tamoxifen

## **General or Other Therapies**

Antidiabetic Agents  
(such as insulin)  
Anti-inflammatory Drugs  
Glucocorticoids  
Hydroxides  
Radiographic Agents  
(such as contrast agents)  
Slow-Release Nicotinic Acid  
(agent for smoking cessation)  
Salicylates

Talk to your doctor about any medicines you may be taking to ensure optimal thyroid therapy.

**References:** Braverman LE, Utiger RD, eds. *Werner & Ingbar's The Thyroid*. New York, NY: Lippincott Williams & Wilkins;2000.

*Physician's Desk Reference*. Montvale, NJ: Medical Economics Company, Inc.;2002.



American Association of Clinical Endocrinologists

[www.aace.com](http://www.aace.com)

[www.powerofprevention.com](http://www.powerofprevention.com)

 Abbott Laboratories