

A Healthy Thyroid

*YOU make
the difference*

To my patient,

Your thyroid health is the key to your well being.

When you have low thyroid hormone levels, or hypothyroidism, you may feel sluggish and run-down, and you may be at a higher risk for developing other health problems. The good news is that hypothyroidism is highly treatable. A single daily dose of synthetic thyroid hormone called levothyroxine sodium (LT₄) is used to replace your body's thyroid hormone. Because thyroid disease is usually a permanent condition, it is necessary that you receive consistent treatment throughout your lifetime to keep your thyroid in check.

Your body is sensitive to even small changes in thyroid hormone levels and LT₄ needs to be precisely dosed to meet your individual needs. I have prescribed a specific brand of LT₄ at the exact dose that will keep your thyroid hormones at the correct level, and I will periodically monitor your TSH levels, a hormone that indicates whether your thyroid is functioning properly, to make sure that you continue to receive the correct amount of LT₄.

Your pharmacist may ask you if you'd like to fill your prescription with a generic LT₄ product. However, the Food and Drug Administration (FDA) has determined that some, but not all thyroid medicines are interchangeable, and AACE recommends that patients be maintained on the same LT₄ product throughout their treatment. Changes in your thyroid medicine could lead to a return of symptoms and other potential health problems. It is important for you to know the LT₄ brand and dose that I prescribed for you, and that you make sure each time you pick up your prescription at the pharmacy that you are getting exactly what I prescribed.

Any changes in your thyroid medicine dose or product should be made under my guidance, and if any changes do occur, I may need to run additional TSH tests and adjust your dose to ensure you are receiving the amount of thyroid hormone your body needs.

