

For patients with thyroid disorders, here are some simple tips to keep you healthy

Know the Three “Ts” of Thyroid Therapy

1. **Think About Your Thyroid:** Know the symptoms of over- and underactive thyroid and talk to your doctor when you don't feel well. Look for bulges or protrusions in the neck which may indicate the presence of a thyroid disorder.
2. **Take Your Medication:** Remember to be consistent. If you have been prescribed thyroid medication, take it at the same time every day, as directed by your doctor. Staying on the same brand and dose of thyroid medicine prescribed by your doctor is also critical for optimal disease management, so check your prescription at every refill to make sure it is correct.
3. **Track Your Condition:** Make sure your doctor checks your TSH (Thyroid Stimulating Hormone) and Free T4 levels regularly to make sure you are in the optimal range.

Target Your Numbers

TSH (thyroid-stimulating hormone) and Free T4 tests are simple blood tests that measure the appropriateness of the thyroid gland's hormone production. It is very important for patients with thyroid imbalance to know their TSH and Free T4 numbers.

- The optimal TSH range is 0.3 to 3.0 mIU/L.
- You should talk to your doctors about their Free T4 numbers since laboratory ranges can vary.

See an Endocrinologist

AACE recommends hypothyroid patients in the following categories to see an endocrinologist:

- Patients of age 18 years or less
- Patients with sub-optimal response to therapy
- Pregnant patients
- Cardiac patients
- Presence of goiter, nodule, or other structural changes in the thyroid gland
- Presence of other endocrine disease