



AACE Journey for Patients With Thyroid Disease

Questions to Ask Your Health Care Professional



When addressing your health concerns and personal treatment plan, it can be helpful to ask your doctor specific questions. Below are a variety of questions to help you get started.

Hypothyroidism Questions

- How long will it take for my hypothyroid symptoms to start improving after I begin taking levothyroxine?
- How do I know my thyroid medication is working?
- What side effects should I watch out for?
- When should I have a thyroid blood test to check to see if my levothyroxine dose is right for me?
- Once my optimal levothyroxine dose has been determined, how often should I have follow-up blood tests?
- Will any of the medications or supplements I take interfere with the absorption of levothyroxine?
- Will taking levothyroxine have an impact on any other of my medical conditions?
- How long will it take for my Hashimoto's symptoms to start improving after I begin taking levothyroxine?
- When should I have a thyroid blood test to check to see if my levothyroxine dose is right for me?
- Once my optimal levothyroxine dose has been determined, how often should I have follow-up blood tests?
- Will taking levothyroxine have an impact on any other of my medical conditions?

Hashimoto's Disease Questions

- Are there any particular side effects I should watch for after starting levothyroxine?
- Will any of the medications or supplements I take interfere with the absorption of levothyroxine?

- How long will it take for my Hashimoto's symptoms to start improving after I begin taking levothyroxine?
- When should I have a thyroid blood test to check to see if my levothyroxine dose is right for me?
- Once my optimal levothyroxine dose has been determined, how often should I have follow-up blood tests?
- Will taking levothyroxine have an impact on any other of my medical conditions?

Goiter Questions

- What does your physical exam tell you about my thyroid and my goiter?
- Do you feel any nodules on my thyroid?
- What kind of thyroid condition do you suspect, if any?
- What other symptoms might a thyroid condition be causing for me?
- What kind of tests should I have to give you more information about my goiter and my thyroid health?
- What kind of treatment might I need?

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- When should I come back for another appointment with you?
- Should I follow up with any other specialists?

Nodule Questions

- What information can you share with me about my thyroid nodule?
- How many thyroid nodules do I have?
- What can you tell me about the possible causes of my thyroid nodule?
- Do you suspect that I have thyroid disease, and if so, which condition might I have?
- How is this condition treated?
- What kind of tests do you recommend to learn more about my nodule and my thyroid health?
- How often should I get ultrasounds to follow my thyroid nodule?
- How and when will I be notified of my test results?
- What kind of treatment might I need?
- What follow-up appointments should I make with you or with other specialists or treatment centers?
- Is there anything else I should know about my thyroid health?

Hyperthyroidism Questions

- How will I know if my hyperthyroidism treatment is working as intended?
- What improvements can I expect in terms of symptoms?
- How soon can I expect to see improvements in my symptoms?
- What side effects should I watch for?
- What follow-up testing will I need to monitor my hyperthyroidism treatment?
- Are there any other follow-up tests I should have besides thyroid bloodwork?
- Is it likely that my hyperthyroidism treatment will lead to the development of hypothyroidism?
- If I develop hypothyroidism as a result of hyperthyroidism treatment, how soon might that happen?
- How will I know if I develop hypothyroidism?
- How often should I have thyroid blood tests?
- What symptoms should I watch for?
- Will my hyperthyroidism treatment impact any of my other health conditions or any of the medications I take?





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Care & Continuity Questions

- Are there any restrictions on the types of exercise and activities I can do?
- Are there any foods that I should try to eat more of or less of to help maintain my thyroid health and my overall health?
- Are there any supplements I should take or avoid in support of my thyroid health?
- If I do need to take supplements, when should I take them?
- Are there any over-the-counter medications I should take or avoid in support of my thyroid health?
- [If applicable] I don't fully understand my thyroid condition. Can you please explain it in a way I will understand?
- [If applicable] I don't fully understand my recommended thyroid treatment. Can you please explain it in a way I will understand?
- How often will I require follow-up appointments for my thyroid condition?
- How often will I require blood tests and other treatment monitoring appointments for my thyroid care? What will those appointments involve? Who will schedule those appointments?
- Will my thyroid condition have an impact on any other medical conditions I have?
- Are there any other specialists I should see to discuss my thyroid condition and its impact on other conditions I have?
- Since developing my thyroid condition, I am having trouble maintaining a healthy weight. What resources are available in our community to help me manage my weight in a healthy way?
- Do you know of any support groups in our community that might benefit me?
- [If applicable] I believe I could benefit from mental health care. Can you refer me to a therapist/social worker/psychologist/psychiatrist?
- [If applicable] I would like to quit smoking but am having trouble doing it on my own. What resources are available in our community to help me quit?
- [If applicable] I am struggling with substance abuse. What resources are available in our community to help me?
- Are you aware of any resources in our community for cultivating mind/body skills, such as gratitude and mindfulness, that could benefit my outlook and my health?

