



THYROID REPLACEMENT FOR  
HYPOTHYROIDISM

Hypothyroidism happens when the thyroid gland, located in the neck, doesn't make enough thyroid hormone. This condition is also known as underactive thyroid. Hypothyroidism may not cause noticeable symptoms in its early stages, but over time, if it isn't treated, can lead to other health problems, such as high cholesterol and heart disease.

## What is the thyroid gland?

The thyroid gland is a small, butterfly-shaped gland in the neck, just in front of the windpipe. One of its main functions is to produce hormones that help to regulate the body's metabolism (the process that turns food into energy). These hormones are called liothyronine (T3) and thyroxine (T4). Many of the body's functions slow down when the thyroid does not produce enough of these hormones.

## How do I know if I have hypothyroidism?

You may have very few or many symptoms of low thyroid.

They include:

- Tiredness
- Weight gain
- Depression
- Sensitivity to the cold
- Dry skin and hair
- Muscle aches



## What is Hashimoto's disease?

Hashimoto's disease is an autoimmune disorder and a common cause of underactive thyroid. Here, the immune system creates antibodies that attack thyroid cells. This damages thyroid cells and ultimately kills them off. What causes the immune system to attack thyroid cells is not clear, but the onset of the disease may be related to genetic factors or environmental triggers, such as infection or stress, or be a combination of both.

## How we treat hypothyroidism

Blood tests are used to diagnose hypothyroidism and it is treated with thyroid hormone medicine which is usually simple, safe, and effective. You have been started on Levothyroxine (T4) and/or Liothyronine (T3). Your medication and the dosage may change from time to time. You will be asked to have a blood test eight to ten weeks after starting treatment and every six months to a year after that.



## Side Effects

These are rare, but you may feel tired, hungry, or have issues sleeping. You may also experience heart palpitations. If you notice any of these issues, then stop your thyroid medication until things settle and then start again. If you continue to experience symptoms, contact your doctor.

Replacing the depleted hormones restores normal thyroid health and you will not experience any long-term issues.