SUB-CLINICAL HYPOTHRYROID…ADRENAL DYSFUNCTION  
  
SUB-CLINICAL HYPOTHRYROID  
Thyroid Gland is functioning properly  
Total T3/reverse T3 = < less than… 10 \_\_\_\_\_  
Because “Chronic Stress” has impaired the ability of the Liver and peripheral tissues from properly converting T4 into active T3,  
a lack of sufficient active T3 and too much reverse T3 [rT3] has led to Adrenal Dysfunction.  
  
PICTURE: Chronic Stress and Cortisol   
  
ADRENAL DYSFUNCTION  
Elevated Cortisol or too little Cortisol   
8:00 am \_\_\_ Noon \_\_\_ 4:00 PM \_\_\_ 10:00 PM \_\_\_  
Inappropriate 24 hour cycling pattern of Cortisol \_\_\_  
Imbalances affecting hormones:  
17-Hydroxy-Pregnenolone \_\_\_  
DHEA \_\_\_  
17-Hydroxy-Progesterone \_\_\_  
  
SOME TYPICAL SYMPTOMS AND FINDINGS  
Anxiety [intermittent]  
Awakening in the middle of the night…not able to get back to sleep  
Daytime fatigue  
Difficulty dealing with stress  
Disturbed sleep   
Hypertension   
Irritability   
Lack of energy and poor endurance  
Late afternoon exhaustion  
Memory problems  
Metabolic Syndrome [pre-diabetes]  
Poor digestion and or constipation  
Poor focus and concentration  
Sad mood  
Trouble falling asleep  
Trouble multi-tasking  
Weakened Immune Function  
Weight gain  
  
IF TAKING…Cytomel [T3] or Armour Thyroid [T4 and T3]  
1. Need to have a baseline BONE MINERAL DENSITY [BMD] study within the past 12 months. No refills after one month on Cytomel or Armour Thyroid until the BMD Study has been done.  
2. Monitor Blood Pressure and pulse daily.   
Ideal BP = 120/80, Ideal Pulse = 60-80  
3. Discontinue Cytomel or Armour Thyroid if:   
BP > 150/90, Pulse > 90  
4. Report any palpitations or chest pain  
  
GENERAL PLAN  
After two months of taking T3 and or T4 and T3  
DAY 1…  
Discontinue medication for one day…  
DAY 2…  
Collect four [4] point Cortisol saliva at:  
8:00 am  
NOON  
4:00 PM  
10:00 – 11:00 PM  
DAY 3…  
Bring the four saliva collections to the LAB  
Blood Draw:  
TSH  
Thyroid Panel  
Total T3  
reverse T3 [rT3]  
17-Hydroxy Pregnenolone  
DHEA  
17-Hydroxy Progesterone  
  
1. May then continue taking Cytomel or Armour Thyroid  
2. F/Up in two weeks to review labs  
3. Taking either Cytomel or Armour Thyroid is only a temporary treatment for 2 months at a time until Total T3/rT3 = 10 or [>]

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