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 [>]

[![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 [>]]()](https://www.facebook.com/photo.php?fbid=782681335094520&set=gm.584514018305025&type=1)

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