

DO YOU HAVE LOW THYROID? A SELF-ASSESSMENT

From **THYROID POWER: 10 STEPS TO TOTAL HEALTH** (HarperCollins June 2001)

By Richard Shames MD & Karilee Shames PhD, RN , www.ThyroidPower.com

The following questionnaire provides an opportunity for you to determine if your situation is suspicious for low thyroid. If you have already been diagnosed and/or treated for low thyroid you should still take this little quiz. A troubling percentage of treated patients continue to have thyroid-related symptoms, even after their blood tests return to normal. They clearly need some additional treatments. Do you...

- ☐ have unusual fatigue unrelated to exertion?
- ☐ feel chillier than others, often needing to wear socks to bed?
- ☐ dress in layers because of needing to adjust to various temperatures?
- ☐ have feelings of anxiety that sometimes lead to panic?
- ☐ have trouble with weight, often eating lightly, yet still not losing a pound?
- ☐ experience aches/pains in muscles/ joints unrelated to trauma or exercise?
- ☐ have increased problems with digestion or allergies?
- ☐ feel mentally sluggish, unfocused, or unusually forgetful?
- ☐ know of anyone in your family who has ever had a thyroid problem?
- ☐ suffer from dry skin, or are prone to adult acne or eczema?
- ☐ go through periods of depression, and/or lowered sex drive?
- ☐ or family have diabetes, anemia, rheumatoid arthritis, early graying hair?
- ☐ experience your hair as feeling like straw, dry and easily falling out?
- ☐ have significant menopausal symptoms or migraine despite estrogen?
- ☐ have a history of whiplash or other neck injuries?
- ☐ have history of significant exposure to chlorine, bromine, or fluoride?
- ☐ feel utterly exhausted by evening, yet have trouble sleeping?
- ☐ Do you wake up tired?

If you answered yes to four or more of these questions, you could be one of millions of people with an undiagnosed or under-treated low thyroid problem. For assistance contact:

THE REDWOOD CLINIC

JOHN R.(JAY) SORDEAN, O.M.D., L.Ac., Gen. Mgr.
Licensed Acupuncturist/Q.M.E.
3021 Telegraph Avenue, Suite C
Berkeley, CA 94705
(510) 849-1176

THE REDWOOD CLINIC

THE REDWOOD CLINIC WINTER 2003-4

Inside this Newsletter

- 1 Your Thyroid and How to Make it Work for You**
- 2 Survey on Thyroid Health: Fill Out, Then Mail or Bring it in to Us**

THYROID IMBALANCE: "THE HIDDEN EPIDEMIC"

According to medical research, 20 million Americans are now treated for thyroid problems, but an additional 13 million are undiagnosed! **One in ten Americans have thyroid disease and 26% of post-menopausal women have thyroid problems.**

Do you feel "fat, fuzzy, and frazzled?" Do your thyroid hormone levels appear normal but you still have no energy, feel depressed, have cholesterol problems, anemia, and increased inflammatory response, or are you suffering from a host of other discomforts or illnesses?

You may have been given a TSH (thyroid stimulating hormone) blood test suggesting a normal thyroid. However, TSH alone does not

answer all questions related to thyroid function. You can have normal thyroid tests and yet your thyroid can still be needing support! Like diabetes, thyroid problems are often inherited. Related family history includes complete or partial left-handedness, thyroid problems, and premature graying. Other related conditions include carpal tunnel, dyslexia, ADD, Raynaud's syndrome, mitral valve prolapse, whiplash and other neck injuries.

The thyroid hormones regulate the rate of all chemical reactions in the body. If you don't have sufficient thyroid hormones -- or if you don't have the cofactors to make the thyroid hormones function properly in the cell -- things won't work right in your body. Consequently, you will not be able to fight off infections, you will have low energy and fatigue, and you will have a host of other low thyroid related problems. Male and female hormones and the adrenal hormones may also be involved. It pays to have a comprehensive look at all these factors at this office. **Please fill out the survey on the back and call for an appointment with Dr. Jay Sordean to review your results.** (Also, please ask about the **ULTRA-MEAL CHALLENGE** & lecture to improve body composition, get leaner and earn prizes as well!)