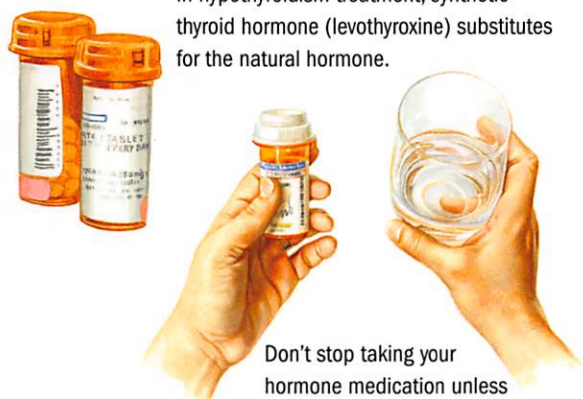


In hypothyroidism treatment, synthetic thyroid hormone (levothyroxine) substitutes for the natural hormone.



Don't stop taking your hormone medication unless your doctor says it is OK.



Keep active and watch your weight.



See your doctor regularly to monitor hormone levels.

## How Is Hypothyroidism Treated?

Medicine can replace hormones that your body doesn't make. It is inexpensive, very effective, and available in many doses to properly treat each patient. The goal is to provide the body with enough hormone so that it works normally.

The medicine, called synthetic thyroid hormone or levothyroxine, should be taken daily because the body needs a new supply each day. Regular blood tests will ensure the right dose. The right dose of the synthetic hormone has no side effects. Doses that are too high may cause palpitations, nervousness, shakiness, bone loss, and increased bowel movements. These symptoms should prompt blood tests to check whether the dose should be changed.

Patients should start feeling better within a few weeks after starting thyroid medicine.

## DOs and DON'Ts in Managing Hypothyroidism:

- ✓ **DO** follow your doctor's advice.
- ✓ **DO** see your doctor regularly to check hormone levels.
- ✓ **DO** contact your doctor if your condition changes or new problems develop.
- ✓ **DO** let your doctor know if you become pregnant or want to get pregnant.
- ✓ **DO** keep your weight within normal limits.
- ✓ **DO** stay as active as possible.
- ⊘ **DON'T** stop taking your medicine because you feel better, unless your doctor says it's ok. Hypothyroidism usually needs lifelong treatment.

### FROM THE DESK OF

### NOTES

### FOR MORE INFORMATION

#### Contact the following sources:

- American Association of Clinical Endocrinologists  
Tel: (904) 353-7878  
Web: [www.aace.com](http://www.aace.com)
- Thyroid Foundation of America  
Tel: (800) 832-8321  
Web: [www.allthyroid.org](http://www.allthyroid.org)