



THYROID HEALTH DETECTIVE
QUESTIONS TO
DISCUSS WITH YOUR
DOCTOR

A Companion Resource from the Book

Living with hypothyroidism or Hashimoto's often involves more than looking at a single laboratory result. Thyroid-related symptoms can overlap with other health conditions, hormonal changes, nutritional deficiencies, digestive problems, metabolic issues, medications, sleep, stress, lifestyle, and other factors. Taking a whole-body approach can help you and your healthcare provider look beyond the thyroid gland alone and determine whether other factors deserve further investigation.

This guide contains a comprehensive collection of questions designed to help you have more informed and productive conversations with your healthcare providers. You do not need to ask every question, and not every test, treatment, supplement, or evaluation discussed here is appropriate for everyone.

Every person's situation is different. Review the categories and choose the questions that are most relevant to your symptoms, diagnosis, medical history, laboratory results, medications, supplements, age, lifestyle, family history, and treatment goals. Some questions explore conventional medical care, while others address holistic and integrative approaches to thyroid and whole-body health.

Bring copies of your recent laboratory results and an up-to-date list of your medications, vitamins, minerals, herbs, and supplements—including dosages—to your appointment. This information can help your healthcare provider identify possible interactions, nutritional concerns, medication-absorption issues, and other factors that deserve further evaluation.

The purpose of this guide is not to encourage you to request every available test or treatment or to diagnose or treat yourself. Instead, use it to identify the questions that apply to your individual circumstances, better understand your options, recognize patterns, and become a more informed participant in decisions about your health.

1. UNDERSTANDING YOUR THYROID DIAGNOSIS

- What type of hypothyroidism do I have, and what is the most likely cause?
- Do my laboratory results confirm hypothyroidism, or could I have subclinical hypothyroidism?
- Do I have Hashimoto's thyroiditis?
- If I have Hashimoto's, what does having an autoimmune thyroid condition mean for my long-term health and treatment?
- Could my hypothyroidism be related to thyroid surgery, radioactive iodine treatment, medication, pregnancy, another medical condition, or a problem involving my pituitary gland?
- Is my thyroid enlarged or do I have a goiter?
- Do you feel any thyroid nodules or other abnormalities during my examination?
- If my thyroid is enlarged, what could be causing it?
- Does my family history of thyroid or autoimmune disease affect my risk?
- Is my thyroid condition likely to be permanent, or could it be temporary?
- Could another condition be producing symptoms similar to hypothyroidism?

2. SYMPTOMS & POSSIBLE UNDERLYING CAUSES

- Which of my symptoms are most likely related to hypothyroidism?
 - Why do I still have symptoms even though my thyroid test results are within the laboratory reference range?
 - If my thyroid laboratory results do not fully explain how I feel, what else should we investigate?
 - Could anemia, iron deficiency, vitamin deficiencies, another autoimmune disease, digestive problems, blood sugar abnormalities, sleep disorders, hormonal changes, or another condition be contributing?
 - Could perimenopause or menopause be contributing to symptoms that overlap with hypothyroidism?
 - Could chronic stress or poor sleep be contributing to my symptoms?
 - Could medications I take for other conditions contribute to fatigue, weight changes, constipation, hair loss, brain fog, or other symptoms?
 - Why do my symptoms fluctuate even when my thyroid laboratory results appear relatively stable?
 - Which symptoms should prompt me to contact you before my next appointment?
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3. THYROID TESTING & UNDERSTANDING MY RESULTS

- Should I take my thyroid medication before my blood test, or should I have my blood drawn first and take my medication afterward?
- Which thyroid tests are appropriate for evaluating and monitoring my particular condition?
- How have my thyroid results changed over time, and should we consider these trends when evaluating my treatment?
- How should my laboratory results be interpreted together with my symptoms and medical history?
- What thyroid levels, including TSH, are we trying to achieve with my treatment?
- Does my age, medical history, pregnancy status, heart health, bone health, or type of thyroid medication affect my treatment target?
- If my laboratory results and symptoms do not seem to agree, what other factors should we investigate?
- Could illness, medications, supplements, or laboratory interference affect my thyroid test results?
- Could biotin interfere with my thyroid laboratory results?
- Should I stop biotin or another supplement before thyroid blood testing, and if so, for how long?
- Should my thyroid tests be performed at approximately the same time of day when we are comparing results?

4. NORMAL VS. “OPTIMAL” THYROID RANGES

- What does it mean when my result falls within the laboratory’s reference or “normal” range?
 - Is it enough for my thyroid results simply to fall within the reference range, or should we also consider where they fall within that range together with my symptoms and medical history?
 - If my result is within the reference range but I still have symptoms, what should we investigate next?
 - Could a significant change from my previous result matter even if both results remain within the reference range?
 - Some holistic, functional, and integrative practitioners discuss “optimal ranges.” What does this mean?
 - How do proposed optimal ranges differ from standard laboratory reference ranges?
 - Is there scientific evidence supporting a particular treatment target within the reference range for someone with my individual circumstances?
 - If I previously felt better at a different thyroid level, is that information relevant when evaluating my current treatment?
 - How can we balance my laboratory results, symptoms, medical history, and overall health?
 - Could changing my thyroid medication simply to reach a proposed “optimal” number result in overtreatment?
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5. SHOULD I HAVE A MORE COMPLETE THYROID EVALUATION?

- Would additional thyroid testing provide useful information beyond TSH and Free T4 in my individual situation?
- Is there a reason to measure Total T4?
- Would Total T3 or Free T3 provide useful information in my situation?
- Should thyroid antibodies be tested?
- If I have never been evaluated for Hashimoto’s, should TPO antibodies and thyroglobulin antibodies be tested?
- Some functional and integrative practitioners use Reverse T3. Would measuring it provide useful information in my situation?
- If you do not recommend Reverse T3, could you explain why?
- Which tests would constitute an appropriately comprehensive thyroid evaluation for my individual situation, rather than automatically ordering every available thyroid test?
- If I take T3-containing medication, should the timing of my medication in relation to my blood draw be considered when interpreting my results?

6. THYROID HORMONE-BINDING PROTEINS

- What is thyroxine-binding globulin (TBG), and how does it affect thyroid hormone measurements?
 - Could changes in thyroid hormone-binding proteins explain differences between my total and free thyroid hormone results?
 - Should TBG be evaluated if my total and free thyroid hormone results do not seem to agree?
 - Could estrogen, pregnancy, liver disease, medications, or another health condition alter thyroid-binding proteins?
 - If I use estrogen therapy, could changes in thyroid-binding proteins affect my laboratory results or thyroid medication requirements?
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7. T4-TO-T3 CONVERSION

- How does my body convert T4 into the active thyroid hormone T3?
 - How do we evaluate whether my body is adequately converting T4 to T3?
 - If I take levothyroxine and continue to experience symptoms, would evaluating T3 provide useful information?
 - Could illness, medications, nutritional deficiencies, inadequate calorie intake, or other factors affect T4-to-T3 conversion?
 - If my TSH and Free T4 appear appropriate but my symptoms persist, what other possible causes should we investigate before assuming that conversion is the problem?
 - When might combination T4/T3 therapy be appropriate?
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8. HASHIMOTO'S & AUTOIMMUNITY

- Should I be tested for TPO antibodies or thyroglobulin antibodies to determine whether I have Hashimoto's?
- If my thyroid antibodies are positive, what does that mean for my diagnosis and long-term care?
- If I have already been diagnosed with Hashimoto's, is there a medical reason to repeat my antibody levels?
- If my antibodies are elevated but my thyroid hormone levels are normal, how frequently should my thyroid function be monitored?
- Does having Hashimoto's increase my likelihood of developing another autoimmune condition?
- Based on my symptoms or medical history, should I be evaluated for other autoimmune diseases?
- Could celiac disease coexist with Hashimoto's?

- Could vitamin B12 deficiency or iron deficiency be related to autoimmune gastritis or another underlying condition?
 - Are there symptoms that would make you investigate another autoimmune disease?
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9. FAMILY HISTORY & THYROID SCREENING

- Since thyroid and autoimmune diseases sometimes run in families, does my family history change how closely I should be monitored?
 - Should my children, siblings, or other close relatives discuss thyroid screening with their healthcare providers?
 - What symptoms or family-history factors would indicate that a relative should have thyroid testing?
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10. THYROID MEDICATION & DOSAGE

- Is my current thyroid medication and dose appropriate for me?
 - How do you determine my appropriate thyroid medication dose?
 - What symptoms or laboratory results could indicate that my thyroid medication dose is too low?
 - What symptoms or laboratory results could indicate that my dose is too high?
 - Which laboratory results do you consider when deciding whether to change my dose?
 - How long after changing my dose should my thyroid levels be retested?
 - If I continue to have symptoms but my TSH is within the reference range, should we investigate other causes before changing my dose?
 - Could significant weight gain or weight loss affect the dose I need?
 - Could aging change my thyroid medication requirements?
 - What should I do if I accidentally miss a dose?
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11. THYROID MEDICATION ABSORPTION & INTERACTIONS

- Am I taking my thyroid medication in a way that allows it to be absorbed properly?
- Should I take my medication on an empty stomach?
- How long should I wait before eating?
- How long should I wait before drinking coffee?

- How far apart should I take thyroid medication from calcium or iron?
 - Could antacids, acid-reducing medications, fiber supplements, cholesterol medications, or other medicines interfere with absorption?
 - Could vitamins or supplements interfere with my thyroid medication?
 - Could digestive disorders interfere with medication absorption?
 - If my thyroid levels fluctuate unexpectedly despite taking my medication consistently, should we investigate possible absorption problems?
 - If another doctor starts or stops one of my medications, should I notify the healthcare professional managing my thyroid?
 - Which medications could change my thyroid hormone requirements?
 - After starting or stopping a medication that affects thyroid hormone absorption or metabolism, when should my thyroid levels be rechecked?
 - If my pharmacy changes the manufacturer of my levothyroxine, should my thyroid levels be rechecked?
 - If I switch between a tablet, liquid, or soft-gel thyroid medication, should my thyroid levels be rechecked?
 - If I have difficulty absorbing a thyroid tablet, would another formulation be appropriate?
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12. OTHER THYROID MEDICATION OPTIONS

- What thyroid medications are available besides levothyroxine?
 - What is liothyronine (T3), and when is it used?
 - When might combination T4/T3 treatment be considered?
 - What are the potential benefits and risks of adding T3 to T4 therapy?
 - If combination therapy were considered, how would my treatment and laboratory results be monitored?
 - What is natural desiccated thyroid (NDT)?
 - How does NDT differ from levothyroxine?
 - What are the potential benefits, limitations, and risks of NDT?
 - Why do some healthcare providers prescribe NDT while others prefer levothyroxine?
 - What factors would determine whether NDT is appropriate for my individual situation?
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13. COMPOUNDED THYROID MEDICATION

- What is compounded thyroid medication?

- How does compounded thyroid medication differ from commercially manufactured thyroid medication?
 - Is there a medical reason I might need a compounded thyroid medication?
 - Could compounded medication provide a dosage or formulation that is not commercially available?
 - What are the advantages, disadvantages, and risks of compounded thyroid medication compared with commercially manufactured thyroid medication?
 - How do I identify an appropriately licensed and reputable compounding pharmacy?
 - If I use compounded T4/T3 medication, how should my thyroid levels and symptoms be monitored?
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14. SUPPRESSED TSH & TREATMENT SAFETY

- What does a suppressed TSH mean in my individual situation?
 - What TSH level is considered suppressed, and how is that different from a TSH that is simply below the laboratory reference range?
 - How suppressed is my TSH? Is it mildly low but still detectable, or is it below 0.1 mIU/L?
 - Could my thyroid medication be suppressing my TSH too much?
 - If I take T3-containing medication, how should my TSH, T4, and T3 results be interpreted together?
 - What are the potential consequences of a persistently suppressed TSH?
 - Could a suppressed TSH increase my risk of heart rhythm problems?
 - Could it affect my bone density or osteoporosis risk?
 - Should we try to bring my TSH back into the laboratory reference range or into the individualized range we are targeting, even if I feel better on my current T4/T3 treatment?
 - If we decide that my TSH is too suppressed, could my T4/T3 doses or the timing and distribution of my T3 doses be adjusted rather than automatically discontinuing combination therapy?
 - Does my age or menopausal status affect these risks?
 - At what point would a suppressed TSH lead you to reduce or otherwise change my thyroid medication?
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15. THYROID IMAGING, NODULES & GOITER

- Do I need a thyroid ultrasound?
- What symptoms or examination findings would indicate that an ultrasound is appropriate?
- If I have Hashimoto's but no thyroid enlargement or suspected nodule, is routine ultrasound necessary?
- If I have a thyroid nodule, how should it be evaluated?

- If a nodule is found, what characteristics determine whether it requires a biopsy?
 - How often, if at all, should an existing nodule be monitored?
 - If my thyroid is enlarged, does its size need to be monitored?
 - When would CT or MRI be appropriate?
 - Could a pituitary disorder cause unusual thyroid laboratory results?
 - If a pituitary disorder is suspected, would additional hormone testing or a pituitary MRI be appropriate?
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16. VOICE, NECK & SWALLOWING CHANGES

- Could persistent hoarseness or changes in my voice be related to my thyroid?
 - If I feel pressure or fullness in my neck, should my thyroid be examined or imaged?
 - Could difficulty swallowing or breathing be related to an enlarged thyroid or thyroid nodule?
 - If these symptoms continue, should I see an ear, nose, and throat (ENT) specialist?
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17. DIGESTIVE HEALTH & THYROID MEDICATION ABSORPTION

- Could digestive problems interfere with the absorption of my thyroid medication?
 - Could digestive problems interfere with the absorption of nutrients?
 - Could celiac disease affect the absorption of my thyroid medication?
 - Based on my symptoms or risk factors, should I be evaluated for celiac disease?
 - Could gastritis or another gastrointestinal disorder affect medication or nutrient absorption?
 - Could acid-reducing medications affect my thyroid medication?
 - Should persistent constipation, diarrhea, bloating, reflux, or abdominal discomfort be investigated separately rather than assuming these symptoms are caused by hypothyroidism?
 - If my thyroid laboratory results fluctuate despite taking my medication consistently, should gastrointestinal or absorption problems be investigated?
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18. H. PYLORI & GASTRIC HEALTH

- I have persistent gastrointestinal symptoms. Should I be tested for *Helicobacter pylori* (*H. pylori*)?

- Could *H. pylori* or chronic gastritis affect my digestive health or medication absorption?
 - Which *H. pylori* test is most appropriate for me, such as a urea breath test or stool antigen test?
 - Are blood antibody tests able to distinguish an active infection from a previous infection?
 - Could medications such as proton-pump inhibitors affect the accuracy of my *H. pylori* test?
 - If I am treated for *H. pylori*, should I be tested afterward to confirm that the infection has been eradicated?
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19. NUTRIENTS, VITAMINS & MINERALS

- Could iron deficiency or low ferritin be contributing to fatigue, weakness, hair loss, or other symptoms?
 - Should my iron and ferritin levels be evaluated?
 - Should vitamin B12 be evaluated based on my symptoms or medical history?
 - Should vitamin D be evaluated?
 - Is there a reason to evaluate magnesium, zinc, selenium, or other nutrients in my particular situation?
 - Could nutrient deficiencies contribute to symptoms that resemble hypothyroidism?
 - Could digestive problems be contributing to nutrient deficiencies?
 - If I take supplements, how do we determine which ones I actually need?
 - Could taking excessive amounts of certain vitamins or minerals cause problems?
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20. SUPPLEMENT, NUTRIENT & MEDICATION INTERACTIONS

- Could any of the vitamins, minerals, herbs, or supplements I take interfere with my thyroid medication or other prescription medications?
- Should my doctor or pharmacist review all of my medications and supplements together for possible interactions?
- How should I time my thyroid medication, supplements, and other medications to reduce interactions and improve absorption?
- Could biotin or other supplements interfere with the accuracy of my thyroid or other laboratory tests?
- Could one vitamin, mineral, or supplement affect the absorption of another nutrient?
- If I take iron, should I separate it from calcium, coffee, tea, or other products that could reduce iron absorption?
- If I take an iron supplement, would taking it with vitamin C improve absorption, and is that appropriate for me?

- If my ferritin is elevated, does this mean I have too much iron, or could inflammation, liver disease, infection, metabolic conditions, or another factor be responsible?
 - If my ferritin and other iron markers suggest iron overload, what additional testing should be considered before I change my diet or supplements?
 - If I have confirmed iron overload or hereditary hemochromatosis, should I avoid supplements containing iron or high doses of vitamin C?
 - Could taking too much of a vitamin or mineral interfere with other nutrients or cause harmful levels in my body?
 - Does the form of a supplement affect how it should be taken—for example, calcium citrate versus calcium carbonate?
 - Could acid-reducing medications affect my absorption of thyroid medication, iron, vitamin B12, or other nutrients?
 - Could supplements marketed for “thyroid support,” cholesterol, blood sugar, metabolism, weight loss, or hormone balance interfere with my thyroid treatment or other medications?
 - Which supplements should I consider for thyroid health if I have a confirmed nutrient deficiency?
 - Should my nutrient levels be retested after supplementation to determine whether I still need the supplement or whether the dosage should be changed?
 - If a holistic or integrative practitioner recommends several supplements, should my doctor or pharmacist also review the complete list for possible interactions?
 - Should I bring my supplement bottles or photographs of the ingredient labels and dosages to my appointment?
 - How can I determine whether a supplement has been independently tested for quality and purity?
 - Should I avoid “thyroid support” supplements containing thyroid glandular extracts, high amounts of iodine, or other ingredients that could affect my thyroid hormone levels?
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21. IODINE & SELENIUM

- Am I getting an appropriate amount of iodine from my diet?
- Could I be getting too much iodine?
- Is iodine supplementation appropriate for me?
- Could excessive iodine negatively affect Hashimoto’s or another thyroid condition?
- Is there a clinical reason to evaluate my iodine status?
- Would selenium supplementation be appropriate for me?
- Could excessive selenium be harmful?
- Should supplementation be based on my diet, symptoms, medical history, laboratory testing, or another clinical reason?

22. BLOOD SUGAR, A1C & INSULIN RESISTANCE

- Could hypothyroidism contribute to changes in my glucose metabolism?
 - My fasting glucose is increasing. Could my thyroid status be contributing?
 - Should I have an A1C in addition to fasting glucose?
 - What does A1C tell us that a single fasting glucose measurement does not?
 - Could I be developing insulin resistance even if my fasting glucose remains within the reference range?
 - Based on my individual risk factors, would fasting insulin or another assessment of insulin resistance provide useful information?
 - What laboratory results indicate prediabetes?
 - If my blood sugar or A1C is increasing, should we evaluate thyroid function as well as diet, physical activity, sleep, stress, weight, menopause, medications, and family history?
 - Could another endocrine or metabolic condition be contributing?
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Holistic & Integrative Options for Elevated Blood Sugar

- What dietary changes could help improve my glucose, insulin sensitivity, and A1C?
- Would a Mediterranean-style, lower-carbohydrate, or another individualized eating pattern be appropriate for me?
- Should I reduce refined carbohydrates, added sugars, and highly processed foods?
- How much physical activity would help improve insulin sensitivity?
- Could strength training help improve my metabolic health?
- How important are sleep and stress management?
- If weight loss is appropriate for me, could modest weight reduction improve my glucose and insulin sensitivity?
- Are there vitamins, minerals, herbs, nutrients, or supplements that have been studied for supporting healthy blood sugar or insulin sensitivity?
- Which supplements have meaningful evidence, and which, if any, might be appropriate for me?
- If you recommend a supplement, what dosage and duration would be appropriate?
- Could a blood-sugar supplement interact with my thyroid medication, diabetes medication, or other medications?
- How will we determine whether a nutritional, lifestyle, or supplement approach is working?
- If lifestyle changes are not enough, at what point should medication be considered?

- Is metformin appropriate based on my individual risk factors?
 - If I take metformin long term, should my vitamin B12 level be monitored?
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23. CHOLESTEROL & ADVANCED CARDIOVASCULAR TESTING

- Could inadequately treated hypothyroidism contribute to elevated LDL cholesterol or triglycerides?
 - If my cholesterol is increasing at the same time that my thyroid levels are changing, could the two be related?
 - If my thyroid function is adequately treated but my cholesterol remains elevated, what other causes should we investigate?
 - Could insulin resistance, diabetes, menopause, genetics, diet, weight, medications, kidney disease, or another condition contribute?
 - In addition to a standard lipid panel, would ApoB provide useful information about my cardiovascular risk?
 - Should I have lipoprotein(a), or Lp(a), measured?
 - Would LDL particle testing (LDL-P or particle size) provide useful additional information in my individual situation?
 - What is the difference between LDL cholesterol concentration and the number of atherogenic lipoprotein particles?
 - Based on my age and cardiovascular risk, would coronary artery calcium (CAC) imaging ever provide useful additional information?
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Holistic & Integrative Options for High Cholesterol

- What dietary and lifestyle changes could help improve my cholesterol and overall cardiovascular health?
- Would increasing soluble fiber and foods such as vegetables, fruits, legumes, nuts, seeds, and whole grains be helpful?
- Which types of dietary fats should I emphasize or limit?
- Could improving my blood sugar, insulin resistance, sleep, body composition, and physical activity also improve my lipid profile?
- Are there vitamins, minerals, nutrients, herbs, or other supplements that could help improve my cholesterol levels?
- Which supplements have the strongest evidence for lowering LDL cholesterol or triglycerides, and which might be appropriate for me?

- I have read about supplements and nutrients sometimes used in integrative approaches to cholesterol management. Which ones, if any, are appropriate for my individual situation?
 - If you recommend a supplement, what dosage should I take and for how long?
 - How long should I use the nutritional, lifestyle, or supplement intervention before my cholesterol is retested?
 - How will we determine whether it is working?
 - Could a cholesterol-lowering supplement interfere with my thyroid medication or other medications?
 - Are there supplements I should avoid because of my liver or kidney function, medical history, or other medications?
 - At what point would an FDA-approved cholesterol-lowering medication be appropriate based on my overall cardiovascular risk?
 - Could holistic approaches and conventional treatment be used together when appropriate?
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24. CIRCULATION, SWELLING & LEG SYMPTOMS

- I have coldness, swelling, heaviness, discomfort, or what feels like poor circulation in my legs. Could hypothyroidism contribute?
 - Should cardiovascular, vascular, neurologic, or other causes be investigated?
 - Could swelling in my legs be related to my thyroid, heart, kidneys, veins, medications, or another medical condition?
 - What symptoms would indicate that circulation problems require urgent evaluation?
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25. WEIGHT & METABOLISM

- Could hypothyroidism contribute to changes in my weight or metabolism?
- If my thyroid levels are appropriately treated but I continue gaining weight or struggling to lose weight, what other factors should we investigate?
- Could insulin resistance contribute?
- Could perimenopause or menopause contribute?
- Could sleep apnea or inadequate sleep contribute?
- Could medications contribute?
- Could another endocrine disorder be contributing?
- Would consultation with a registered dietitian or another specialist be helpful?

26. OTHER HORMONAL & METABOLIC CONDITIONS

- Could another hormonal or metabolic condition—such as insulin resistance, diabetes or prediabetes, PCOS if relevant, menopause, a pituitary disorder, an adrenal disorder, or another endocrine condition—be contributing to my symptoms?
 - Could anemia, iron deficiency, vitamin deficiencies, sleep apnea, or chronic illness explain some of my symptoms even though these are not thyroid disorders?
 - How do we determine which additional tests are medically appropriate rather than testing every hormone or nutrient?
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27. IGF-1, GROWTH HORMONE & PITUITARY HEALTH

- What is IGF-1 (insulin-like growth factor 1)?
 - What does IGF-1 tell us about growth hormone activity?
 - Is IGF-1 routinely relevant to hypothyroidism, or is it primarily useful when another endocrine or pituitary disorder is suspected?
 - Do my symptoms or medical history provide a reason to measure IGF-1?
 - Could a pituitary disorder affect both my thyroid function and other hormones?
 - If a pituitary disorder is suspected, which additional hormone tests would be appropriate?
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28. PERIMENOPAUSE, MENOPAUSE & SEX HORMONES

- Could perimenopause or menopause contribute to symptoms that overlap with hypothyroidism?
- How can we distinguish menopausal symptoms from symptoms related to thyroid dysfunction?
- Based on my symptoms and menstrual history, is there a reason to evaluate reproductive hormones?
- At what age or stage of life should changes in reproductive hormones be evaluated based on symptoms?
- If I use estrogen or menopausal hormone therapy, could it affect thyroid-binding proteins?
- Could starting, stopping, or changing estrogen therapy alter my thyroid medication requirements?
- Should my thyroid levels be rechecked after starting, stopping, or changing hormone therapy?
- If I take combination T4/T3 therapy, does menopause or hormone therapy affect how my thyroid treatment should be monitored?
- If menopausal hormone therapy is appropriate for me, what are its potential benefits and risks based on my individual medical history?

29. FERTILITY, PREGNANCY & POSTPARTUM CARE

- Could untreated or inadequately treated hypothyroidism make it more difficult for me to become pregnant?
 - Could Hashimoto's or another thyroid condition affect fertility or pregnancy?
 - Should my thyroid function be evaluated before trying to conceive?
 - What thyroid treatment targets are appropriate before pregnancy?
 - What should I do with my thyroid medication as soon as I learn that I am pregnant?
 - Will my thyroid medication requirements change during pregnancy?
 - How frequently should my thyroid levels be checked during pregnancy?
 - Are all forms of thyroid medication appropriate during pregnancy?
 - How should prenatal vitamins containing iron or calcium be timed in relation to my thyroid medication?
 - Does Hashimoto's or thyroid autoimmunity affect how my pregnancy should be monitored?
 - Am I at increased risk for postpartum thyroiditis?
 - How soon after delivery should my thyroid levels be checked?
 - Could my medication requirements change again after delivery?
 - What symptoms of postpartum thyroid dysfunction should I watch for?
 - How can postpartum thyroid symptoms be distinguished from normal postpartum fatigue, mood changes, anxiety, or depression?
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30. DIET & A WHOLE-BODY APPROACH

- What type of eating pattern would best support my overall health and medical conditions?
- Should I choose mostly whole, minimally processed foods, such as organic produce and 100% grass-fed meats?
- If blood sugar is a concern, would choosing lower-glycemic foods be helpful?
- Would choosing organic produce and 100% grass-fed meats offer meaningful benefits for my health or reduce certain exposures?
- If organic or 100% grass-fed foods are not always available or affordable, which foods should I prioritize?
- What type of diet would best support my thyroid health and overall well-being?
- Are there foods I should avoid because of my specific thyroid condition, medications, or other medical conditions?

31. GLUTEN, DAIRY & FOOD SENSITIVITIES

- Should I be tested for celiac disease before beginning a gluten-free diet?
 - If I have—or do not have—celiac disease, would eliminating gluten benefit my digestive or thyroid health?
 - Is there a medical reason for me to eliminate dairy?
 - Could unnecessarily eliminating several food groups create nutritional deficiencies?
 - If I suspect that a food contributes to my symptoms, what is the safest and most reliable way to evaluate it?
 - Would working with a registered dietitian help me conduct an appropriate elimination and reintroduction plan?
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32. EVERYDAY PRODUCTS, COSMETICS & PERSONAL CARE

- Is it useful to read ingredient labels on cosmetics and personal-care products I use regularly?
 - What are endocrine-disrupting chemicals, and how could they affect my hormones and thyroid health?
 - Are there particular ingredients I should limit based on my individual health or exposure history?
 - Does a label such as “natural,” “clean,” or “organic” necessarily mean that a cosmetic or personal-care product is safer?
 - If fragrances or fragranced products trigger headaches, respiratory symptoms, skin reactions, or other symptoms, should I choose fragrance-free products?
 - Are there reliable resources I can use to evaluate ingredients in cosmetics and personal-care products?
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33. CANDLES, FRAGRANCES & INDOOR AIR

- Could frequent use of scented candles, incense, air fresheners, diffusers, or heavily fragranced products affect my indoor air quality?
 - Would better ventilation help reduce indoor pollutants?
 - If I want to reduce unnecessary indoor chemical exposure, which changes would provide the greatest practical benefit?
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34. WATER, FLUORIDE, HEAVY METALS & FILTRATION

- How can I find out what contaminants are present in my drinking water, and should I review my community’s water-quality report?

- If I live in an older home, should I consider testing my water for lead or other contaminants from plumbing?
 - If I use well water, which contaminants should I test for based on my geographic area?
 - Should I be concerned about fluoride in my drinking water because I have a thyroid condition?
 - Is the fluoride concentration in my local water within established public-health standards?
 - If I decide to filter my drinking water, which contaminants should I target, and what type of certified filter would be appropriate?
 - Would reverse osmosis be appropriate based on my water quality?
 - Is filtering the water I drink and cook with enough, or should I also filter other water in my home?
 - When I shower, could chlorine or other chemicals in the water be absorbed through my skin, and is it important to use a shower filter to reduce my exposure?
 - If I'm concerned about heavy-metal exposure, should we first determine where the exposure could be coming from?
 - If I need testing, which test is best for the heavy metal I may have been exposed to?
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35. ENVIRONMENTAL EXPOSURES

- Could chemicals or other environmental exposures at home or work affect my thyroid or overall health?
 - Should I be concerned about exposure to pesticides, solvents, or other chemicals based on where I live or work?
 - Could any of these exposures be contributing to my symptoms?
 - What practical steps can I take to reduce unnecessary exposure to chemicals in my everyday life?
 - How can I reduce these exposures without becoming overly restrictive or worried about everyday products?
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36. DENTAL WORK & METALS

- Could metals from older dental fillings or crowns enter my body and contribute to symptoms or changes in my iron and ferritin levels?
- If I have dental fillings or crowns that contain metals, is there any reason I should be tested for metal exposure?
- When I need a new crown or dental implant, should I consider porcelain, ceramic, or zirconia instead of a metal-containing option?
- If an older metal filling or crown needs to be removed, what precautions should my dentist take to reduce my exposure during removal?

37. EXERCISE & RECOVERY

- What type and amount of exercise are appropriate for my current thyroid and overall health?
 - Is high-intensity exercise appropriate for me, or should I reduce the intensity while my hypothyroidism is being stabilized?
 - If exercise leaves me unusually exhausted or takes me a long time to recover from, should we investigate another possible cause?
 - Could too much exercise, inadequate recovery, insufficient calories, or poor sleep be contributing to my fatigue?
 - How should I gradually increase my activity if fatigue has made exercise difficult?
 - What role does strength training play in maintaining muscle mass, bone health, metabolism, and functional strength?
 - What combination of cardiovascular exercise, strength training, flexibility, and recovery would be appropriate for me?
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38. HEART & BONE HEALTH

- Could hypothyroidism affect my cholesterol or heart health?
 - Could too much thyroid hormone increase my risk of heart palpitations or abnormal heart rhythms?
 - Could long-term overtreatment with thyroid hormone affect my bones?
 - Does menopause increase my risk of bone loss if my TSH is suppressed?
 - Do I have risk factors that indicate I should have a bone-density test?
 - If I have palpitations, tremors, unexplained sweating, insomnia, or other symptoms of too much thyroid hormone, what should I do?
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39. HAIR, SKIN & NAILS

- Could my hair loss or changes in hair texture be related to hypothyroidism?
- If my thyroid levels are adequately treated but my hair loss continues, what other causes should we investigate?
- Could iron deficiency, low ferritin, nutritional deficiencies, menopause, medications, stress, or a skin condition contribute to my hair loss?
- Could persistent dry skin or brittle nails have another cause?
- When should I see a dermatologist or another specialist?

40. MOOD, MEMORY & BRAIN FOG

- Could my thyroid condition contribute to depression, anxiety, memory problems, or difficulty concentrating?
 - If these symptoms continue after my thyroid levels are adequately treated, what other causes should we investigate?
 - Could poor sleep, menopause, medications, iron or vitamin deficiencies, or another condition contribute to my brain fog?
 - When should persistent mood, memory, or concentration problems be evaluated separately from my thyroid condition?
-

41. SLEEP & FATIGUE

- Why am I still tired even though my thyroid laboratory results appear normal?
 - Could sleep apnea or another sleep disorder be contributing to my fatigue?
 - Should I have a sleep evaluation based on my symptoms?
 - Could restless legs, iron deficiency, insomnia, medications, stress, or menopause be disrupting my sleep?
 - How can we tell whether my fatigue is related to my thyroid, poor sleep, or another health condition?
-

42. SURGERY, HOSPITALIZATION & SERIOUS ILLNESS

- If I am having surgery, should my surgeon and anesthesiologist know about my thyroid condition and medication?
 - Should my thyroid condition be well controlled before elective surgery?
 - If I am hospitalized, how should my thyroid medication be managed?
 - Could a serious illness temporarily change my thyroid laboratory results?
 - Should thyroid tests performed during a serious illness be interpreted differently from my usual results?
-

43. WHEN SHOULD I SEEK URGENT MEDICAL ATTENTION?

- Which symptoms of severe thyroid dysfunction require urgent medical attention?
- When should severe weakness, confusion, extreme sleepiness, difficulty breathing, chest pain, fainting, or significant changes in heart rate prompt immediate medical evaluation?

- Which symptoms of too much thyroid hormone require urgent medical attention?
 - If I develop a rapidly enlarging neck mass, significant difficulty swallowing, or difficulty breathing, what should I do?
-

44. WHICH HEALTHCARE PROFESSIONAL SHOULD I SEE?

- Is my hypothyroidism appropriate for my primary-care doctor to manage, or should I see an endocrinologist?
 - Would an endocrinologist be helpful if my laboratory results are difficult to interpret or my symptoms continue?
 - If I have a thyroid nodule or another structural thyroid problem, which specialist should I see?
 - If I want a holistic, integrative, or functional approach, what credentials should I look for in a healthcare professional?
 - How can my different healthcare professionals work together to coordinate my thyroid care?
 - If I feel that my persistent symptoms are not being adequately investigated, when should I seek a second opinion?
-

45. TRACKING MY SYMPTOMS & HEALTH PATTERNS

- Would tracking my symptoms, medications, laboratory results, sleep, weight, hormonal changes, diet, and exercise help identify patterns over time?
 - Which symptoms or measurements would be most useful for me to track?
 - Should I record when I take my thyroid medication and supplements?
 - Would tracking changes after starting a medication, supplement, dietary change, or exercise program help us determine whether it is helping?
 - How long should I track changes before evaluating the results?
 - How can we distinguish a meaningful pattern from normal day-to-day changes?
-

46. FOLLOW-UP & LONG-TERM MONITORING

- How often should my thyroid levels be checked while my medication is being adjusted and once my treatment is stable?
- Which thyroid tests should be included in my routine follow-up?

- What changes in my symptoms, medications, weight, or health should prompt earlier testing?
 - Should my thyroid levels be rechecked after a major weight change or after starting, stopping, or changing estrogen therapy?
 - How often should my thyroid levels be checked during and after pregnancy?
 - When should my levels be rechecked after changing my thyroid medication, dosage, formulation, or manufacturer?
 - What should I monitor between appointments?
 - Should my thyroid medication needs be reassessed as I get older?
 - Are there any long-term effects of my thyroid condition or treatment that we should monitor?
-

47. QUESTIONS ABOUT MY INDIVIDUAL TREATMENT PLAN

- What are the main goals of my treatment right now?
- What laboratory results and symptoms are we trying to improve?
- How will we determine whether my current treatment is working?
- If my symptoms continue, what should we investigate next?
- Are there other health conditions we should address before changing my thyroid medication?
- What should we reassess at my next appointment?
- Is there anything about my laboratory results, medications, supplements, or treatment plan that I should understand better?
- What are the three most important things I should focus on before my next appointment?

PRIORITIZE YOUR QUESTIONS

This is a comprehensive guide, and **you do not need to discuss every question at one appointment.** Review the categories that apply to your individual circumstances and choose the questions that are most important to you.

My Three Most Important Questions

1.

2.

3.

Laboratory Results or Tests I Want to Discuss

Symptoms or Changes I Want My Healthcare Provider to Know About

Medications or Supplements I Want to Discuss

Notes From My Appointment

My Next Steps
