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## **THYROID GUIDELINES** **“If you’re tired of being sick and tired!”**

Our goal is to help you get control of symptoms caused by hypothyroidism (low thyroid). Many patients with low thyroid are tired and have issues with allergies, female hormone imbalances, fibromyalgia, and nutritional deficiency in addition to the thyroid problem. Many of our patients have suffered for years with these symptoms. Hopefully by listening to you, we can work to start the process of getting your health back.

We are starting you on a program created after many years of research. This is going to take work on your part and expertise on our part to help solve your problems. In the beginning, we want to see you every three weeks for the first three months. You will be way ahead if you read the book “Solved the Riddle of Illness” by David Langer, MD. The disease process is called “Secondary Hypothyroidism.”

You will need to learn how to take your resting pulse and take it at least 1-2 times a week, and to take your basal temperature. The basal temperature is taken before you get out of bed, preferably using a thermometer that fits underneath the tongue. The thermometer is left there for at least five minutes and then the result is recorded. If it is below 97.8 degrees, typically, you are on the cold side. You only need to do this at the beginning to help us make the diagnosis.

For most of you, the reason that you are here is to help improve your overall general health. In the past, your physicians may have ordered a single blood test called TSH, (thyroid stimulating hormone) to check your thyroid. From this, your doctor decided that you may or may not have needed a thyroid hormone. This test has some significant flaws in it, as the values have been disputed for many years. The way this test works is that the brain makes TSH and this hormone stimulates the thyroid gland to make T-4 hormone. The T-4 hormone is not the active hormone. T-4 has to be changed into T-3 and T-3 has to get into the cells in order to stimulate metabolism. If this chain is blocked by antibodies or other factors, then the patient does not get enough thyroid hormone to the cells and feels the symptoms of low thyroid; tiredness, coldness, brain fog, dry skin, muscle aches, depression, etc.

In our system, what we do is pay a lot more attention to symptoms and calibrate how you are feeling based on the symptoms rather than the blood test. This is different than most physicians have been trained to do in the past 25 years. Prior to the TSH test, the clinicians spoke to the

patients more and asked questions so that they could determine the actual clinical problems that the patients had. These days little attention is paid to the issues of tiredness, brain fog, depression, constipation, dry skin, losing hair, etc. What we do is different. We titrate and slowly raise the dose thyroid until most of your symptoms are under control. We will use the TSH and the T-4 as a guide to make sure that you do not get too much thyroid. A word of caution, if you note palpitations or rapid heart beat, over 90 beats/minute, call the office for help.

To get your other illnesses under control, you may need allergy tests, blood tests, x-rays and specific nutrients to make the thyroid work better. In order for the T-4 to get to T-3 and into the cells, Vitamin A, selenium, B vitamins and other nutrients are necessary for this process to occur.

We use Armour Thyroid in our treatment program instead of Synthroid and Levoxyl wherever possible. Synthroid and Levoxyl are synthetic T-4 with no T-3 supplied. If the antibodies block the T-4 to T-3 and also block the T-3 from getting into the cells, then you do not get the full benefit. In a large study, 87% of the patients on Synthroid or Levoxyl who were switched to Armour Thyroid had improvement with symptoms. Armour Thyroid had FDA approval 50 years before Synthroid got its approval a few years ago. It is safe to take.

Remember, thyroid has to be taken in the morning on an empty stomach. It is mandatory that you also take a quality multi-vitamin with your meals so that the thyroid can function at its best. It is best, after taking the thyroid med, not to eat anything for approximately 20-30 minutes in the morning, so I suggest taking the pill as soon as you get out of bed and then by the time you get down to breakfast, the thyroid med will be absorbed.

Many physicians have a much different philosophy about the use of Armour Thyroid and the methods that we use to help get you better. But remember, if their methods had made you feel better, you would not be seeing us in the first place. Our goal is to use methods that have been in place for more than 50 years and we will do everything we can to help you feel better. 80%-90% of our patients improve a great deal, but remember this is a team effort. If you do not do your part, you will not get the results that you want. We will be happy to work with you as much as possible to achieve your goal. Remember, allergies, nutritional deficiencies, and hormone imbalances have to be addressed also.

We want you to become as involved as possible in your health, learn more about thyroid, start reading, learn about nutrients and read enough so that you understand what exactly is wrong with your system and what other things you can do to help yourself. The patients who become much more involved in their health are much more fun to work with and make this process much more enjoyable for both our office and yourself.

Neal Roger, MD