

Desiccated Thyroid Extract (DTE) & T3 Hormone Consent

Name: _____

Conventional & CAM Diagnosis: _____

Rationale/Symptoms: _____

Symptoms of hypothyroidism include **fatigue, weight gain, hypersomnia, constipation, dry skin, hair thinning/loss, irregular menses, edema, muscle aching, cold intolerance.**

Thyroid hormones include T4 (storage version, bulk) & T3 (active hormone, small amounts). Treatment with **T4 monotherapy** (levothyroxine i.e. synthroid/eltroxin) **is the conventional standard of care** for thyroid hormone replacement. There is moderate evidence that some patients feel better with mixed **T4/T3** preparations, possibly due to difficulty **converting T4 to T3**, but combination treatment with T4/T3 **may not be considered conventional medicine.** Treatment with T3 monotherapy is usually avoided since it must be dosed multiple times daily due to fast metabolism and carries a higher risk for hyperthyroidism & related complications.

- **TSH** is ideally treated to <2.0-2.5 but not below 0.1 (risk of hyperthyroidism).
- **Monitoring** occurs every 3-4 months while adjusting dose, every 12 months once stable.
- DTE can only be obtained at a **compounding pharmacy**. Avoid ordering products online.
- Please **advise your provider** of **ALL** thyroid hormone products you use during treatment.

Benefits: Reduction in symptoms associated with hypothyroidism

Side Effects & Risks: **Hyperthyroidism:** heat intolerance, sweating, anxiety/irritability, insomnia, weight loss, diarrhea, tachycardia, palpitations, tremor, muscle weakness, moist skin, silky hair. Untreated hypothyroidism can lead to **osteoporosis, fractures** & heart problems: **atrial fibrillation, congestive heart failure.** If symptoms occur, reduce dose & contact clinic.

Special Considerations: **Pregnancy:** fetus needs T4
 Elderly >65y (use T4 or treat to higher TSH)
 History of **cardiac problems:** arrhythmias, heart disease.

Alternatives: No treatment or monitoring (if TSH <10); symptoms may persist.

Conventional medication: Levothyroxine (T4 monotherapy) Synthroid or Eltroxin.

Lifestyle: Exercise & Stress reduction. Avoid exposures to hormone disruptors.

Nutrient Supplementation: Iodine, iron, zinc, selenium, vitamin D, vitamin A, tyrosine

Herbals: Ashwaghandha, nigella sativa "black seed".

Functional medicine approach: assess gut health, reduce stress (rT3), gluten elimination
address chronic infections & triggers of auto-immunity (hashimoto's).

I have read & understand the above material. I have had the opportunity to ask questions. I give my voluntary informed consent to treatment. I may request a paper copy anytime.

Signature: _____ Date: _____