

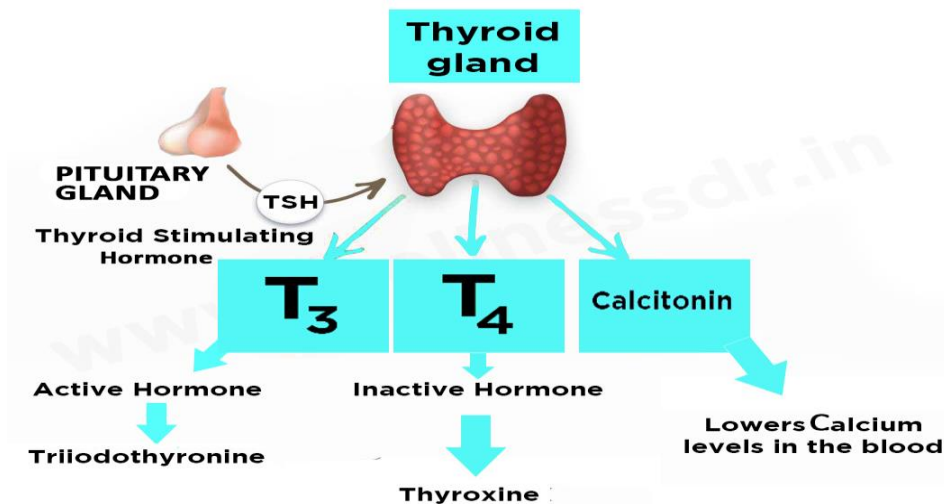
Hypothyroidism (Underactive Thyroid)

Dr Ambadi MD

Consultant in Lifestyle and Wellness Medicine

Hypothyroidism, also called underactive thyroid, is a condition when the thyroid gland doesn't make enough thyroid hormones to meet your body's needs. The thyroid is a small, butterfly-shaped gland in the front of your neck below the Adams apple. It secretes several hormones. The 2 main thyroid hormones are T4- Thyroxine and T3 –Triiodothyronine. T4 and T3 regulate your body's temperature, metabolism and heart rate.

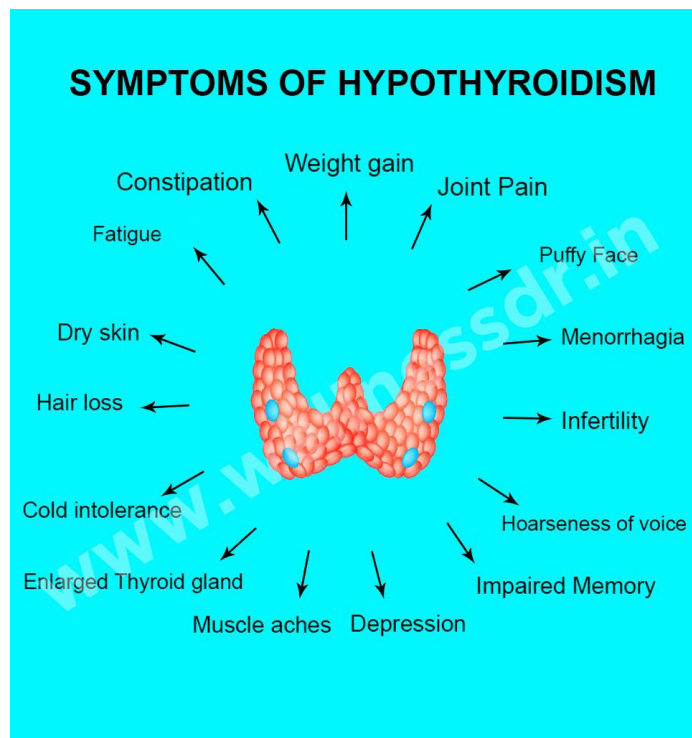
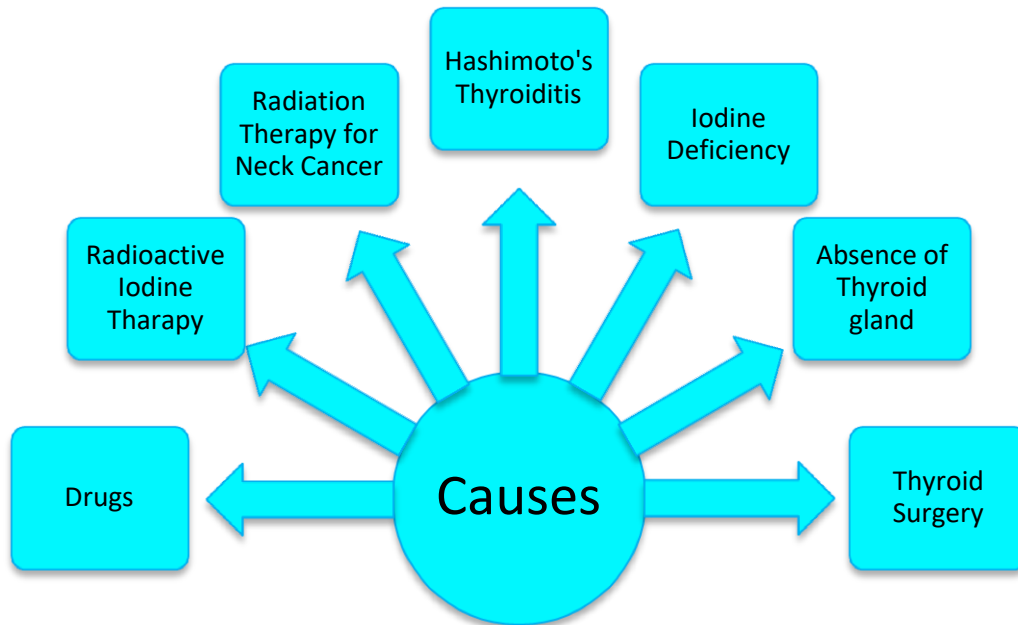
THYROID HORMONES



Risk factors for developing Hypothyroidism

- 1) Sex-Women are more likely to get Hypothyroidism than Men
- 2) Age -Common in middle age. Now common in youngsters also.
- 3) Ethnicity - Common in Asians and White People
- 4) Family history of Thyroid disease
- 5) Autoimmune disease- More common in people with other autoimmune diseases like Lupus, Rheumatoid arthritis. Migraine

Causes of Primary Hypothyroidism



Blood test results done for hypothyroidism usually shows

- 1) High TSH
- 2) Low T4 , Low T3
- 3) High total Cholesterol and Triglycerides,
- 4) High Creatinine kinase(CK)
- 5) Low Sodium –Hyponatremia

Complications of Hypothyroidism

1) Goitre - Enlarged Thyroid gland which if big can cause swallowing and breathing difficulty.

2) Heart disease

- a) Increased risk of Coronary artery disease due to elevated LDL Cholesterol.
- b) Hypertension,
- c) Pericardial effusion
- d) Worsening of Congestive heart failure and Angina

3) Mental Health Issues

- Depression
- Impaired Memory and Concentration

4) Neurology

- Carpal Tunnel Syndrome which is median nerve entrapment neuropathy

5) Infertility and Birth defects

T4 -Thyroxine is the inactive hormone.

T3 -Triiodothyronine is the active hormone

T4 to T3 conversion occurs mostly in the Liver and the rest in the Gut and skeletal muscles.

Stress, Impaired Liver function, Poor Gut health will impair the T4 to T3 conversion. Iodine, Zinc, Selenium, Vitamin D, Iron, Magnesium, Vitamin A and B complex vitamins are all needed for proper production of Thyroid hormones and for T4 to T3 conversion.

Key Points in the treatment of Hypothyroidism

- 1) There is no need for lifelong medication for hypothyroidism if you have an intact thyroid gland which is functioning optimally.
- 2) Do the 5 Thyroid function blood tests
 - a) TSH -Thyroid Stimulating Hormone
 - b) Free T4
 - c) Free T3
 - d) TPO -Thyroid Peroxidase Antibody
 - e) TGAB -Thyroglobulin Antibody
- 3) Ultrasound of the Thyroid gland
- 4) Identify and fix the triggers which cause hypothyroidism like
 - a) Food Sensitivities
 - b) Leaky Gut
 - c) Infections
 - d) Environmental toxins
 - e) Stress

**Most people who suffer from Hypothyroidism aren't properly diagnosed.
Most people who are diagnosed aren't properly treated**

Take a consultation from me for detailed history taking, for doing the right blood work which is whole body focused and not confined to Thyroid gland alone. Join my unique disease reversing and disease preventing one on one optimal wellness program and get rid-off your Thyroid medications permanently. Get your own personalized diet plan along with recipes, lifestyle advices and supplements which will heal your Thyroid gland and provide optimal wellness. Make your Thyroid gland work for you and not against you

Wishing you good health and happiness

Dr Ambadi MD Internal Medicine, MBA Hospital Administration

Fellowship in Integrated Lifestyle Medicine USA

Consultant in Lifestyle and Wellness Medicine

www.wellnessdr.in

[Email ambadidoc@yahoo.com](mailto:ambadidoc@yahoo.com)

[For Consultation](#) —> [Whatsapp / Text +1-312-792-9852](#)



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