

# thyroid questions for your physician

Proper thyroid diagnosis and treatment is vital to overall health and well-being.

Ask your doctor the following questions and write down their response to help you assess whether your physician is well-versed in treating thyroid disease.

1. Are you willing to run a **full** thyroid panel including T4, T3, Reverse T3, TSH and thyroid antibodies?

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2. Do you believe optimizing Free T3 levels is an important part of treatment?

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3. Is levothyroxine the only thyroid hormone treatment you prescribe?

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4. What treatment option is best for me?

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5. Will you run an ultrasound to assess physical changes in my thyroid?

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6. If I still experience symptoms after your prescribed treatment, will you help optimize treatment or pursue other treatment options?

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7. Do I need to change my diet?

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8. Are my adrenals functioning properly?

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9. When should I take my medication?

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10. Can I exercise safely?

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Because the thyroid is such a complex system it is important to get care from a doctor who is **thyroid literate**. If your doctor is unwilling to answer these questions or at least listen to your concerns, it may be time to find a new doctor.