



BUILDING A SUPPORTIVE CARE TEAM:

- Find a licensed Endocrinologist or Naturopath that is experienced in thyroid diseases and conditions (ask other doctors who they would recommend for their family).
- Document ALL symptoms and length of time you have been experiencing them, including pain levels and fatigue.
- Share your daily quality of life, including things you can no longer accomplish due to these symptoms.
- Share any family history of thyroid disease or conditions.
- Present relevant publications that may help your conversation and nature of care.
- Join peer support groups to look for qualified medical professionals and share information about thyroid conditions, treatments and medications.
- Search for experienced patient advocates to help you understand what to ask for and expect from the process.
- Present the list of thyroid, vitamin and mineral tests below and ensure your medical professional can complete them or are willing to outsource the tests to a local lab.
- Establish a connection with your care team to support you on your journey!



THYROID TESTS

- **Thyroid Stimulating Hormone (TSH)**
- **Free T4**
- **Total T4**
- **Free T3**
- **Total T3**
- **Reverse T3**
- **Thyroid Peroxidase (TPO) Antibodies**
- **Thyroglobulin (TG) Antibodies**

VITAMIN & MINERAL TESTS

- **Selenium**
- **Iron/Ferritin**
- **Iodine**
- **Vitamin D**
- **Zinc**
- **Magnesium**
- **Vitamin A**
- **Vitamin B12**
- **Vitamin E**