

Appendix G - Case Study - Mrs R. S.

September 2015

I just wanted to give you an update on how I have been getting on since starting the T3/T4 combo. I feel so much better! I noticed the difference straight away which surprised me as I am on such a low dose (5mg twice a day) with 25mg Levo. There is quite a bit a pill cutting going on as I am cutting one 20mg T3 into 4 bits (2 days' worth) and also cutting a 50mg T4 in half as I wanted to stick with my usual brand of Levo that does not come in 25mg doses.

The continual ache I had in my legs has almost gone and for the first time in ages I feel like skipping! LOL! I am sleeping loads better, no more waking 3 or 4 times at night, no more palpitations and the hot flushes have subsided a lot. I feel more energised and more like myself which I never felt on T4 alone. I am also taking an iron tablet daily as I read you need your ferritin levels on the high side to help T3 work properly.

The doctor wants me to have a blood test after a month and she may want to adjust the dosage which does not worry me unlike any increase in the T4 which always made me feel so bad and weepy.

Its early days yet and I know it may take a while to get things running normally but so far so good. I am glad I was persistent in trying to find a doctor that would listen and be prepared to change my medication. It wasn't easy, especially in the beginning when I did not understand enough about Hypothyroidism to make myself understood and it does not help if your GP considers that all your horrible symptoms can't possibly be down to the T4, but I got there in the end.

My lovely husband who has supported me through all of this has now found himself giving advice to his workmates as one of them has just been diagnosed hypothyroid and another whose wife is not doing too well on her current medication. I am so thankful for your website and the very sound advice it provides without which I honestly don't know how I would have managed.

October 2015

I am still on T3/T4 and feeling really well. Just over a week ago my consultant called to tell me that she had my blood test results and asked how I was feeling? (it's so nice to be asked that question first!). I told her I was feeling very well so she suggested increasing my T3 from 5mg twice a day to 10mg twice a day which I did with absolutely no horrible side effects as I have suffered when trying to up my dose of T4 previously.

My TSH level had fallen from 18 to 10 and the Free T3 and FreeT4 were just outside the low range. I don't really understand the test results but I think that I have improved on just a very tiny dose of T3 and hope that with my new higher dose, my next results should be even better. The last time my TSH level was anywhere near normal at a reading of 4, whilst taking levothyroxine alone, I was so very ill I was off work sick, couldn't sleep, couldn't walk, couldn't stop crying and my GP at the time told me I was "improving".

Since I have been on T3 and T4 I feel a little bit better every day. I know my doses may need tweaking a bit I but I feel I am on the right road at last.