

MANAGING UNSTEADY T3

Do not stop your treatment abruptly as doing so will cause significant negative symptoms. Treatment must be gradually increased and decreased to avoid side effects. If you develop negative symptoms maintain your current dose of T3 and ensure you take it precisely on time and avoid mixing with food 2 hours before and 1 hour after treatment. If symptoms persist a low dose of levothyroxine 12.5 to 25mcg can be used to relieve symptoms according to your doctors advice.

Do Not start treatment if

1. You can not take it precisely on time
2. You are planning on moving to different time zones during treatment
3. You are planning on having surgery and General Anaesthetic

During T3 Treatment

- Avoid extreme diets and missing meals
- Extreme sleep deprivation
- Excessive alcohol consumption
- Extreme exercise - long distance running

THE GOAL OF TREATMENT is to capture your temperature at 98.6° F and to maintain this temperature as you gradually wean off T3 treatment. A multitude of negative

symptoms, including infertility improve when low body temperature is corrected. Treatment is given in cycles of gradually increasing and decreasing doses.

Day	_____ AM	_____ PM
1	7.5 mcg	7.5 mcg
2	15 mcg	15 mcg
3	22.5 mcg	22.5 mcg
4	30 mcg	30 mcg
5	37.5 mcg	37.5 mcg
6	45 mcg	45 mcg
7	52.5 mcg	52.5 mcg
8	60 mcg	60 mcg
9	67.5 mcg	67.5 mcg
10	75 mcg	75 mcg

Once temperature is captured maintain your dose for 2 weeks and then gradually reduce treatment.

If you develop side effects maintain your dose for a few days until symptoms settle and then resume increasing or decreasing the dose as planned.

When you wean off T3, stay off treatment for 10 days before starting another cycle. On average you will need 3 cycles to complete treatment and capture temperature.



Wilson's Syndrome

If you feel cold all the time and lack energy together with infertility or repeated miscarriage you may have Wilson's Syndrome and could benefit from treatment with T3.

Wilson's Syndrome is a controversial condition first described by Dr. Denis Wilson in 1989. It is a problem of Thyroid imbalance where your thyroid hormones do not function effectively even though routine thyroid blood results are normal.

The website www.wilsonssyndrome.com is an excellent source of detailed information. This brochure is intended to summarise the main points regarding treatment in our FertilityCare programme.

It is presumed you may have Wilson's Syndrome if you have

1. Low body Temperature - less than 98.6° Fahrenheit
2. A host of negative symptoms including, feeling cold, fatigue, infertility and miscarriage.

If you suspect you may have the condition you need to record your temperature over a period of 5 days. We recommend you use a [glass thermometer](#) when measuring temperature. Digital Thermometers may not give accurate readings if the battery is low or if they have been dropped.

A [Temperature Chart](#) is available to download from Wilson's website to keep an accurate record of the average temperature and pulse readings throughout evaluation and treatment. Temperature should be checked at 11am, 2pm and 5pm daily. An average of the 3 temperatures should be calculated and recorded on the chart.

In addition you need to measure your pulse rate by palpating the radial artery at your wrist and counting the number of beats per minute - or count for 30 seconds and multiply by 2. Some smart phones have an app that can calculate your pulse rate for you if you search for "[Heart Rate](#)".

Blood Tests

Are usually all normal, but you need to check Thyroid function - TSH and T4 as a minimum.

Cardiac Function

If you have a suspicion of cardiac disease you should consider an ECG prior to treatment, but if you can comfortably increase your heart rate through exercise to 120/min you are suitable for treatment.

Adrenal Fatigue

If you have untreated adrenal fatigue you are less likely to respond favourably to treatment for Wilson's Syndrome. You should have [salivary cortisol levels](#) measured prior to commencing treatment. If cortisol is low this needs to be corrected prior to treatment.

EVALUATION

Step 1: Measure Temperature and Pulse three times daily - 11am, 2pm and 5pm and record on temperature chart.

Step 2: Document presence and severity of symptoms from [Wilson's Symptom Checklist](#). Score 10 for normal and 1 for most severe symptoms.

Step 3: Exclude thyroid dysfunction with blood test and adrenal fatigue with saliva test.

With confirmed low temperature you are suitable to undergo a trial of treatment with sustained release T3 to see if your low temperature and negative symptoms may improve. This is judged clinically from your temperature chart and symptom checklist.

Keys to successful treatment

1. Sustained release T3 must be obtained from a reliable compounding pharmacy
2. No food - 2 hours before taking T3
3. No food - 1 hour after taking T3
4. Take T3 precisely every 12 hours without fail.
5. Do not miss a dose of T3 or take it more than 5 minutes from the intended time.
6. Set a loud alarm 12 hourly to remind you when to take treatment
7. Prepare your T3 doses every morning and bring your tablets and a bottle of water wherever you go

UNSTEADY T3 LEVELS

If you mix T3 with food or do not take it precisely on time you will get unsteady T3 and a host of unpleasant negative side effects

- Racing heart beat over 100/min
- Palpitations
- Headache
- Edginess / Anxiety
- Generally unwell