

T3 Therapy

T3 (liothyronine): Is T3 replacement alone. It must be taken every 12 hours, not twice daily, so that there is no significant overlap of doses. You must be fasting of all food and drink except water for at least 4 hours before and 30 minutes after each dose. You should be free of any high calcium products like dairy, almond milk or leafy greens for around 8 hours before each dose. Do not take any other medication with your T3. All of these rules are to help improve absorption of your medication

T3 side effects include but are not limited to: loose stool, mild headaches, increased energy, changes in sleep, changes in mood, weight loss, initial hair loss, menstrual cycle changes, as well as others. Most side effects are desired effects unless the dosage becomes too high.

Signs that your dose is too high: Heart rate staying over 100, chest pain, persistent diarrhea, severe headaches beyond your normal headaches, anxiety, insomnia, general ill feeling, shortness of breath.

Serious risks include: heart failure, heart attack, stroke, or even death.

Low Dose Replacement

While low dose replacement may improve your symptoms it is not designed to reset your thyroid dysfunction and is often a long term treatment option. This option generally does not carry as significant risks as high dose therapy and requires less intense monitoring.

High Dose Replacement

This is designed to shut down your thyroid's own function to allow it to reboot. The trick is achieving this without making you hyperthyroid to help avoid the more serious risks of T3 replacement.

Monitoring: You will need to obtain temperatures with a basal thermometer and pulse 4 times per day until we reach your ideal dose. These should be measured upon first waking, 11am, 2pm, and 5pm. Obtain baseline levels x7days before starting T3 and send data ensuring it is in a readable format with spaces between each day's set of numbers. Then start your T3 and send your first update with the next 5 days of data. Wait to hear from me as to what to do with your medication. After each increase in medicine send the data for the next 5 days (all together) and we will continue determining the best dose. If you are getting into high doses or if you are having side effects we will check lab work to help guide treatment.

Once on the proper dose, you will maintain for 6 months. You will then titrate off the T3 (never stop suddenly, your thyroid has to rev back up!) and once off for a few weeks will recheck your labs. 70% of people will be "cured" at that point. This does not guarantee the problem can't return some time later. If not "cured" you will be put on a lower maintenance dose for long term therapy.

Temp checking tips: For the first am temp ensure you close your mouth a few minutes first as many of us mouth breath at night, do not eat or drink anything hot or cold 15 minutes before, for digital thermometers keep it in your mouth several minutes before actually checking your temperature.