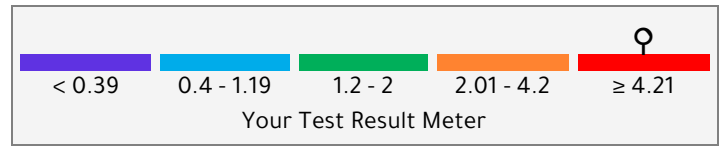




Thyroid Stimulating Hormone (TSH) (5.4 uIU/L)

Test Date: 2020-04-14



Overview:

This test measures the amount of thyroid-stimulating hormone (TSH) in your blood.

Thyroid-stimulating hormone, also known as thyrotropin, is a hormone released by the pituitary that signals the thyroid gland to release its hormones thyroxine (T4) and triiodothyronine (T3). T4 and T3 control how fast your metabolism runs, and then act to decrease the release of TSH in a negative feedback loop.

TSH is often the first test used to determine whether someone has too little (hypothyroidism) or, conversely, too much thyroid hormones (hyperthyroidism).

TSH normally increases as you age.



Your Result:

▮ Your thyroid-stimulating hormone (TSH) levels are higher than normal!



Comment:

High TSH can be caused by:

- Primary hypothyroidism (underactive thyroid due to issues such as the autoimmune disease Hashimoto's thyroiditis and other forms of hypothyroidism)
- Iodine deficiency
- Excessive iodine intake
- Prolonged exercise
- Being severely overweight
- Lithium supplementation
- Postoperative radiation therapy for breast cancer
- Toxins such as perchlorates found in rocket fuels, thiocyanates, and nitrates
- A drug called metyrapone (Metopirone), use to treat Cushing's syndrome

Speak to your doctor to find out what's causing your high TSH levels!

Higher TSH levels are associated with less than optimal health.

When your TSH is high, you may experience symptoms associated with low thyroid hormones, such as:

- Weight gain
- Constipation
- Dry skin
- Sensitivity to the cold
- Fatigue



Recommendations:

△ Address any existing underlying health issues!

△ Get enough sleep. Lack of sleep can increase TSH levels.

△ Avoid strenuous exercise such as long-distance running. It can elevate TSH levels.

△ Avoid eating goitrogenic food (that can further decrease thyroid hormone levels) including cabbage, Brussels sprouts, broccoli, cauliflower, mustard greens, kale, and turnip.

△ Check your vitamin B12 levels. They are often low in people with hypothyroidism.

△ Sunlight, exercise, meditation, massage, and music can all increase your dopamine levels. And dopamine, in turn, can help decrease your TSH.

△ People with Hashimoto's thyroiditis are often lactose intolerant. If this is the case with you, avoiding dairy products with lactose can help decrease TSH levels.

△ If you are sensitive to gluten, avoid gluten-containing foods. Maintaining a strict gluten-free diet can help normalize thyroid hormones in people with celiac disease.

Further laboratory tests should be performed:

- ✓ Vitamin B12
- ✓ Vitamin B6
- ✓ Folate
- ✓ Magnesium
- ✓ Thyroxine (T4), Total
- ✓ Thyroxine (T4), Free
- ✓ Triiodothyronine (T3), Free