

# APPOINTMENT PLANNER TOOL

## WHAT IT IS IMPORTANT TO TELL OR ASK YOUR DOCTOR DURING AN APPOINTMENT

Regularly check-ups are extremely important for patients with hypothyroidism. As a matter of fact, the treatment of hypothyroidism requires long-term management and possible treatment adjustments depending on the patient's response. Your doctor will monitor the progression of your disease and thyroid function (if still present) by assessing the results of blood tests or other investigations prescribed, to identify the need for changes in treatment.

## IMPORTANT INFORMATION TO GIVE YOUR DOCTOR

During the appointment it may be useful to give the doctor some important information for facilitating diagnosis (in the case of a first consultation) and establishing the correct dose of therapy:



There are cases of thyroid disease in my family.



I have been diagnosed with thyroid disease in the past.



I have had thyroid surgery.



I have an autoimmune disease and/or a family history of autoimmune disease.



I am taking iodine supplements.



I have type 1 or type 2 diabetes mellitus.



I am taking/have taken one or more of these medicines: amiodarone/ lithium/interferon alpha/programmed cell death-1 receptor inhibitors (PD-1; such as nivolumab and pembrolizumab)/ alemtuzumab/metformin/dopamine/ carbamazepine/glucocorticoids/oestrogen/SERM (for example clomiphene, raloxifene, tamoxifen)/androgens (for example testosterone, danazol)/methadone/fluoruracil/interleukin-2).



I have been exposed to radiation in the neck area (radiotherapy/radioactive iodine).



I have infertility problems.



I am menopausal.



I am using thyroid hormones (T3) to lose weight.



In the past I have had blood tests to assess my thyroid function or other relevant tests.



I follow a low-iodine, vegetarian or vegan diet.



I have Coeliac disease or lactose intolerance.



I have/have had Helicobacter pylori infection or chronic atrophic gastritis.

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## THINGS TO ASK YOUR DOCTOR DURING AN APPOINTMENT

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- How often do I need to repeat the tests (TSH, fT4)?
  - How should I take the hormone replacement therapy?
  - What happens if I forget to take the medication?
  - How long does it take after starting the treatment for the symptoms to improve?
  - Can hypothyroidism have effects on fertility?
  - I am planning a pregnancy, how could hypothyroidism affect my health and the health of my child?
  - I am pregnant/breastfeeding, should I continue taking the medication?
  - How can I manage my condition during pregnancy or breastfeeding?
  - I am menopausal/post-menopausal, should my therapy change?
  - I have osteoporosis, should the dose of my medication be adjusted?
  - I am over 70, should I continue taking the therapy?
  - Is there a risk of long-term complications associated with hypothyroidism?
  - I am taking my medication, but some symptoms have not disappeared, what can I do?
  - Can foods, medicines or supplements interfere with my medication?
  - Can hypothyroidism affect my mood or energy levels?
  - I have Coeliac disease, can this affect my therapy?
  - Is iodine-enriched salt useful for my health?
  - Are there any changes I can make to my lifestyle, like diet or exercise, in order to manage my hypothyroidism better?