

"I AM LIVING WITH HYPOTHYROIDISM NOW WHAT?"

If you have been diagnosed with hypothyroidism...



Your doctor will have prescribed treatment with levothyroxine sodium (thyroid hormone).



The treatment will help keep your thyroid hormone levels within the normal range, which will reduce the symptoms of hypothyroidism.



You must take the levothyroxine therapy every day, in the morning, on an empty stomach.



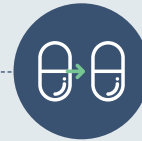
In most cases, hypothyroidism is a chronic illness, meaning it will last your whole life, and therefore so will the therapy.



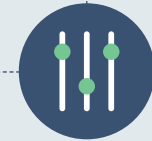
Some gastrointestinal conditions (for example, Helicobacter pylori infection, Coeliac disease, lactose intolerance, chronic atrophic gastritis) can affect levothyroxine requirements, so if you have been diagnosed with any of these conditions, you should talk to your doctor, who will adjust your therapy to meet your needs.



Several foods and beverages (for example, soya, fiber, coffee, papaya) can affect the way levothyroxine acts, so you must take care not to take them at the same time as the treatment, and you should tell your doctor if you follow a diet that is rich in fiber and soya.



As certain medicines or supplements (for example, omeprazole, pantoprazole, iron, calcium) can interfere with the absorption of levothyroxine, you should not take them close together and you must tell your doctor you take them.



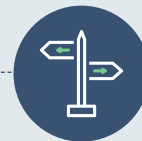
When you start treatment, it may be necessary to monitor the levels of thyroid hormones in your blood several times to make sure they are within the normal range (your doctor will prescribe these tests).



Tell your doctor if any of the symptoms of hypothyroidism persist.



Do not change or discontinue your therapy without consulting your doctor.



It is important to follow your doctor's instructions, take the prescribed therapy regularly and repeat the tests as you are told.

A timely diagnosis and adequate therapy, combined with good treatment compliance, usually make it possible to manage hypothyroidism successfully and lead a normal life.