

PROVIDER HANDOUT

Thyroid Profile

Hormone Testing In Blood Spot

The Problem

Thyroid hormones set metabolic activity and are thus responsible for the speed at which every enzyme action in the body takes place. More than 10 million Americans have thyroid disease or dysfunction, and according to The Colorado Thyroid Disease Prevalence Study (February, 2000), millions more may be undiagnosed for thyroid conditions. Hypothyroidism is estimated to affect up to 5% of the population with women at greatest risk, developing thyroid problems seven times more often than men, particularly during menopausal years; approximately 26% of women in or near menopause are diagnosed with hypothyroidism. Of note in salivary hormone testing is a clear association between Estrogen Dominance and two or more symptoms of low thyroid.

Purpose

Given the magnitude of the problem, researchers and physicians recognize that "more widespread thyroid testing is needed." ZRT Laboratory has developed a comprehensive Thyroid Profile designed to measure "free" thyroid hormone levels as opposed to the protein-bound, inactive levels picked up in standard blood tests. Free hormones are active hormones and as measured in blood spot testing provide the most accurate and reliable gauge of thyroid function.

Hormones Tested

TSH – Thyroid Stimulating Hormone

The hormones that comes from the brain and tells the thyroid to get to work.

Free T4 – Free Thyroid Hormone (less active)

The predominant hormone produced from the thyroid gland.

Free T3 – Free Thyroid Hormone (active)

The active thyroid hormone responsible for most actions of thyroid hormones.

TPO – Thyroid Peroxidase Antibodies

Antibodies to the thyroid gland that produces destruction of the gland and contribute to thyroid hormone instability. Present in 90% of patients with autoimmune thyroid disease (Hashimoto's).

References:

www.thyroid.about.com

www.aace.org

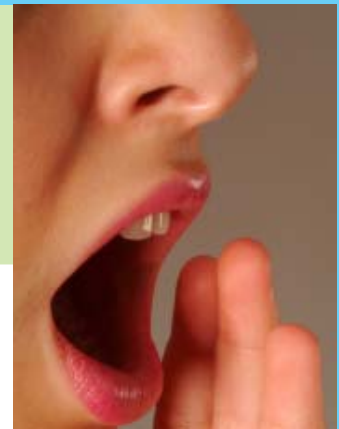
[The Thyroid Solution](#) by Ridha Arem M.D.

[Living Well with Hypothyroidism](#) by Mary Shomon

[Thyroid Power](#) by Richard and Karilee Shames (MD/RN)

[Overcoming Thyroid Disorders](#) by David Brownstein.

[Graves Disease](#) by Elaine and Lisa Moor, and Kelly Hale.



Candidates for Thyroid Profile

Individuals with estrogen dominance and/or experiencing symptoms of: fatigue, weight gain or inability to lose weight, dry/brittle hair and/or nails, skin disorders, aches & pains, water retention, sleep disturbances, slow or rapid pulse, low blood pressure, high cholesterol and irregular menstrual cycles or bleeding.

Advantages

- Home kit facilitates optimal collection time
- Fingersticks more acceptable for children
- Ideal in remote or rural locations
- Collection ease allows routine monitoring

Benefits

The convenience of collecting blood spot samples at home facilitates the call for more widespread testing and monitoring of thyroid function in individuals and in public health screening programs. ZRT's fully interpreted test report, linking symptoms, hormone usage and basal temperatures, provide physicians with more diagnostic clues. For example, a test result showing free T3, free T4, and TSH within normal range, but symptoms (e.g. a low basal temperature) consistent with a hypothyroid state, points to a "functional" thyroid deficiency. In this case, adequate thyroid is present but the tissues fail to respond. This functional thyroid deficiency or "thyroid resistance" often caused by autoimmune thyroiditis (Hashimoto's), can be further identified with Thyroid Peroxidase Antibody (TPO) testing, available as part of the blood spot thyroid profile at ZRT Laboratory.



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