



# Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know

By Mary J. Shomon

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The Most Comprehensive Resource Available on the Diagnosis and Treatment of Hypothyroidism

For millions of Americans, hypothyroidism often goes untreated ... or is treated improperly. This book, thoroughly researched by the nation's top thyroid patient advocate—a hypothyroidism patient herself—provides you with answers to all your questions, including:

- What is hypothyroidism?
- What are the warning signs, symptoms, and risk factors?
- Why is getting diagnosed often a challenge, and how can you overcome the obstacles?
- What treatments are available (including those your doctor hasn't told you about)?
- Which alternative and holistic therapies, nutritional changes, and supplements may help treat hypothyroidism?

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**Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know** By Mary J. Shomon **Bibliography**

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### Editorial Review

#### Amazon.com Review

As many as one in eight women have a thyroid condition. In *Living Well with Hypothyroidism*, Mary Shomon outlines the most common of these--too little thyroid hormones in the body. Weight gain, depression, fatigue, and what patients call "brain fog, Brillo hair, and prune skin" result. Because the symptoms of hypothyroidism mimic so many other conditions--chronic fatigue, PMS, clinical depression--it can be very tricky to diagnose, especially since patients with HMOs may not get the thorough testing they need.

Shomon knows of what she speaks: she's a health writer and thyroid patient herself. She also manages a thyroid Web site and writes a newsletter on hypothyroidism. In *Living Well*, she offers an extensively researched guide to this complex condition. She covers conventional, alternative, and late-breaking approaches to treatment--such as challenging the gold standard of Synthroid as the thyroid replacement therapy of choice. (Synthroid replaces T4, the less active of the two thyroid hormones, and Shomon features new research on adding T3--the more potent thyroid hormone--to treatment.)

With her down-to-earth, patient-centered approach, Shomon explains everything from how to choose a thyroid specialist to how calcium, antidepressants, and a high-fiber diet affect thyroid hormone absorption. The book includes a chapter on depression, which is a typical misdiagnosis of hypothyroidism--as well as a symptom that often persists even after treatment. She also covers infertility (women who are hypothyroid don't ovulate as regularly and miscarry more frequently) and thyroid cancer, one of the less common causes of hypothyroidism. She explains how to spot hypothyroidism in kids, and ends with a glossary, international resources, and journal references.

Shomon creates a sense of community by excerpting e-mails from her vast network of patients--voices that bring a sense of humor so often missing from health books. One quibble: she could have avoided the antidoctor stance in the beginning of her book, where she blames physicians, rather than incomplete science, for the misdiagnosis and treatment of hypothyroidism. --Rebecca Taylor

#### Review

"Hypothyroidism is a common, very treatable disorder that is also poorly managed by doctors. In this first-rate book by Mary Shomon...the disorder, its myths, and medicine's successes and failures at dealing with it are thoroughly examined. This is not a book that rehashes old facts on thyroid disease. Shomon instead challenges patients and their doctors to look deeper and try harder to resolve the complicated symptoms of hypothyroidism...In a fascinating chapter, Shomon, who also has a Web site (<http://thyroid.about.com>) and an online newsletter about the disease, explores recent evidence that the addition of the thyroid hormone T3 to the standard T4 (levothyroxine) may help some people feel better. In addition, the section on babies born with hypothyroidism, although brief, has the best advice on how to give medication to an infant that I've seen. As Shomon writes: 'or years, thyroid problems have been downplayed, misunderstood and portrayed as unimportant.' With her advocacy, perhaps no more." --Shari Roan -- *Los Angeles Times*, March 27, 2000

"If I could recommend only one book on thyroid problems for my patients, this would be it." -- *Elizabeth Lee Vliet, M.D., Founder and Medical Director of HER Place Centers*

"Vital for hypothyroid patients who want to get well, and for physicians who want to do so." -- *Dr. John*

*Lowe, Director of Research of the Fibromyalgia Research Foundation*

#### From the Publisher

Thirteen million Americans alone have some form of thyroid disease. And almost all forms of thyroid disease lead to a single outcome: the condition of hypothyroidism -- an underactive, underfunctioning, non-functioning, partially-removed, or fully-removed thyroid. Whether you have Graves' disease, hyperthyroidism, nodules, a goiter, Hashimoto's autoimmune thyroid disease, or even thyroid cancer -- the end result for most of you is hypothyroidism. This book is for you if: \*

You strongly suspect you have thyroid disease but are having difficulty getting a diagnosis by conventional means. \*

You aren't sure if your various symptoms point to hypothyroidism, but you're trying to find out more. \*

You've been diagnosed with hypothyroidism, told to take this pill and come back in a year, and want more information about how to live as well as possible with your hypothyroidism. \*

You are receiving what your doctor feels is sufficient treatment for your hypothyroidism and you still don't feel well. \*

You're an open-minded health practitioner who wants to discover what other innovative practitioners are doing to help patients, and get a better understanding of the patient's perspective on this common but often overlooked disease. Above all, this book is for you if you want to learn about living well with hypothyroidism, from the perspective of empowered patients and caring practitioners. *Living Well with Hypothyroidism* is different. This is your book, written by a thyroid patient, for other patients . . . people like the author, Mary Shomon, who are going through the familiar ups and downs of diagnosis and treatment. *Living Well with Hypothyroidism* provides the information about hypothyroidism you probably won't find out from your doctor, the pharmaceutical companies, the patient organizations, or in other books about thyroid disease. Mary Shomon talks honestly, and without allegiance to any pharmaceutical companies or medical organizations, about the risks and symptoms of hypothyroidism, how to truly get a diagnosis, and the many treatments -- conventional and alternative -- to treat the condition and its unresolved symptoms. Ultimately, the book is about living well with hypothyroidism, having the knowledge, tools, and team of health practitioners who can ensure that you feel the best you possibly can. In this book, you'll find out what your doctor won't tell you about risks, diagnosis, drugs, and alternative and conventional things that work -- and don't work -- to treat hypothyroidism and its symptoms. You'll also hear the voices of patients, real people who have struggled for diagnosis, tried to deal with their doctors, tried different medicines, suffered setbacks, enjoyed successes. Each person quoted in this book was determined to share his or her own story, ideas, humor, sympathy, hope, ideas, and pain with you. You will recognize your own experiences, fears and emotions, and be touched and moved by the incredibly honest and poignant quotes and stories from patients throughout the U.S. and the world. Above all, you'll know you are not alone.

#### Users Review

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###### **Sheila Carter:**

*Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know* can be one of your beginning books that are good idea. All of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort that will put every word into enjoyment

arrangement in writing Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know yet doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be one of it. This great information can certainly drawn you into new stage of crucial pondering.

**Rina Reese:**

Do you really one of the book lovers? If yes, do you ever feeling doubt when you find yourself in the book store? Attempt to pick one book that you find out the inside because don't judge book by its handle may doesn't work this is difficult job because you are afraid that the inside maybe not since fantastic as in the outside search likes. Maybe you answer may be Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know why because the wonderful cover that make you consider regarding the content will not disappoint an individual. The inside or content is fantastic as the outside or even cover. Your reading sixth sense will directly assist you to pick up this book.

**Kenneth Flowers:**

This Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know is great reserve for you because the content and that is full of information for you who have always deal with world and possess to make decision every minute. This specific book reveal it data accurately using great coordinate word or we can point out no rambling sentences inside. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but challenging core information with lovely delivering sentences. Having Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know in your hand like obtaining the world in your arm, information in it is not ridiculous just one. We can say that no publication that offer you world with ten or fifteen moment right but this reserve already do that. So , it is good reading book. Heya Mr. and Mrs. stressful do you still doubt that will?

**Michael Velez:**

This Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know is brand-new way for you who has fascination to look for some information since it relief your hunger of knowledge. Getting deeper you into it getting knowledge more you know otherwise you who still having bit of digest in reading this Living Well with Hypothyroidism: What Your Doctor Doesn't Tell You... That You Need to Know can be the light food for yourself because the information inside this kind of book is easy to get by means of anyone. These books build itself in the form which is reachable by anyone, sure I mean in the e-book application form. People who think that in book form make them feel tired even dizzy this guide is the answer. So there is absolutely no in reading a reserve especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss that! Just read this e-book type for your better life and knowledge.



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