



TOTAL THYROID SCREEN

The thyroid is the body's metabolic thermostat, controlling body temperature, growth rate and energy use. It controls the rate at which the body uses food and affects the operation of almost all bodily processes and organs. An under-functioning of the thyroid gland can result in a condition known as hypothyroidism, which is thought to be one of the most under-diagnosed conditions in the world today, affecting children, adolescents and adults. This disorder can produce many diverse symptoms including fatigue, weight gain, depression and constipation. The thyroid gland can also over-secrete thyroid hormones, resulting in hyperthyroidism with symptoms ranging from weight loss and palpitations to anxiety and diarrhoea.

Signs and symptoms of Hypothyroidism

- Constipation
- Cold intolerance/ low body temperature
- Depression
- Dry, coarse or thick skin
- Excessive fatigue
- Goitre – enlarged, swollen and lumpy thyroid
- Hair loss
- Headaches (including migraines)
- Infertility and impotence
- Low sex drive
- Menstrual/ menopausal problems
- Unexplained weight gain or difficulty losing weight

Signs and symptoms of Hyperthyroidism

- Anxiety
- Breathlessness
- Diarrhoea
- Hair loss
- Hyperactivity
- Insomnia
- Increased perspiration, intolerance to heat
- Menstrual irregularities
- Palpitations
- Protruding eyes
- Vitiligo
- Weight loss

The Total Thyroid Screen measures the levels of all the different thyroid hormones in the blood. This includes Free T3 and T4, Total T4 and Thyroid Stimulating Hormone (TSH). Thyroid antibodies are also evaluated, providing vital information necessary to detect underlying autoimmune conditions.

URINE THYROID HORMONES

The urine thyroid test, when used alongside other indicators of thyroid function such as body temperature, symptoms and standard blood tests offer a sensitive means of identifying cases of mild thyroid dysfunction (hypothyroidism), which may otherwise not be detected. This test measures the levels of T3 and T4 over a 24 hour period.

Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory, you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend.

For further information consult your practitioner