

Taking Charge

Anyone diagnosed with a thyroid disorder needs to take charge of their own condition. While a physician may be needed for a formal diagnosis, patients have the right to question their diagnosis and any suggested treatment options and ask what lifestyle influences can improve or worsen their conditions. In particular, patients need to ask if their condition is autoimmune or a temporary condition of thyroiditis and what tests were done to distinguish this.

Being empowered also involves learning what cutting-edge treatments and alternative medical options are available for their condition. The quickest solution isn't always the best. Participating in AHSTA is one of the first steps patients can take on their journey to empowerment.

Patient and Physician Responsibilities

It's important for patients to understand why a certain conventional treatment is recommended and what they can expect from this treatment, including any potential side effects. Patients should also ask about all their treatment options, including alternative medical treatments. By law, as a requirement of the HIPPA Act, physicians are required to explain all available treatment options for a given diagnosis and explain the adverse effects associated with each therapy. Unfortunately, many physicians neglect to do this.

It's important for patients to maintain copies of their laboratory and other diagnostic test results, noting symptoms and the medications in use at the time of the lab draw or procedure. By law, physicians are required to provide patients with copies of these results.

Patients need to be involved in their own healing plans and make a commitment to good health. This includes having an awareness of environmental toxins, including those present in food, and understanding how exercise, diet, and dietary supplements can cause biochemical changes that contribute to good health.

Patients need to explore their alternative as well as conventional treatment options. Is taking synthetic thyroid hormone replacement adequate for treating hypothyroidism? Or is there more that can be done to reduce the inflammation that causes thyroid cells to die prematurely? Are there ways to reduce the damage caused by a radioiodine ablation procedure for hyperthyroidism they had 20 years ago? Can new uses of an old drug, for instance low dose naltrexone (LDN) reduce thyroid autoimmunity? AHSTA helps patients learn the answers to these questions. The goal of AHSTA is to help patients move forward and not settle for second best.

What to Expect Here

On AHSTA patients can ask questions and discuss solutions. Patients can read about ways to improve their immune system health. And they can share their stories of success along with their stories of failure. A big hand goes out to Valerie for bringing us all together and helping us on our quest to good health.