

Supporting Increased Energy and Improved Weight Loss with Thyroid Solutions

According to the American Thyroid Association, there are approximately 20 million Americans who have a thyroid disorder, and more than half of all patients are unaware of their condition. Thyroid disease affects five times as many women as men. Patients may not realize that this small gland contributes to how they feel everyday and how their body functions. The thyroid produces and secretes hormones that are used throughout the body. These hormones affect metabolism which in turn impacts energy, appetite, body temperature, heart rate, growth, and more.

There are two main conditions related to the thyroid:

- **Hyperthyroidism** – the thyroid produces too much thyroid hormone. Patients may lose weight unexpectedly, feel nervous or jumpy, have difficulty sleeping, and experience a rapid heart rate and increased warmth.
- **Hypothyroidism** – the thyroid does not produce enough thyroid hormone. Patients may gain weight unexpectedly, feel tired and lethargic, and experience a slower heart rate and feel colder than usual.

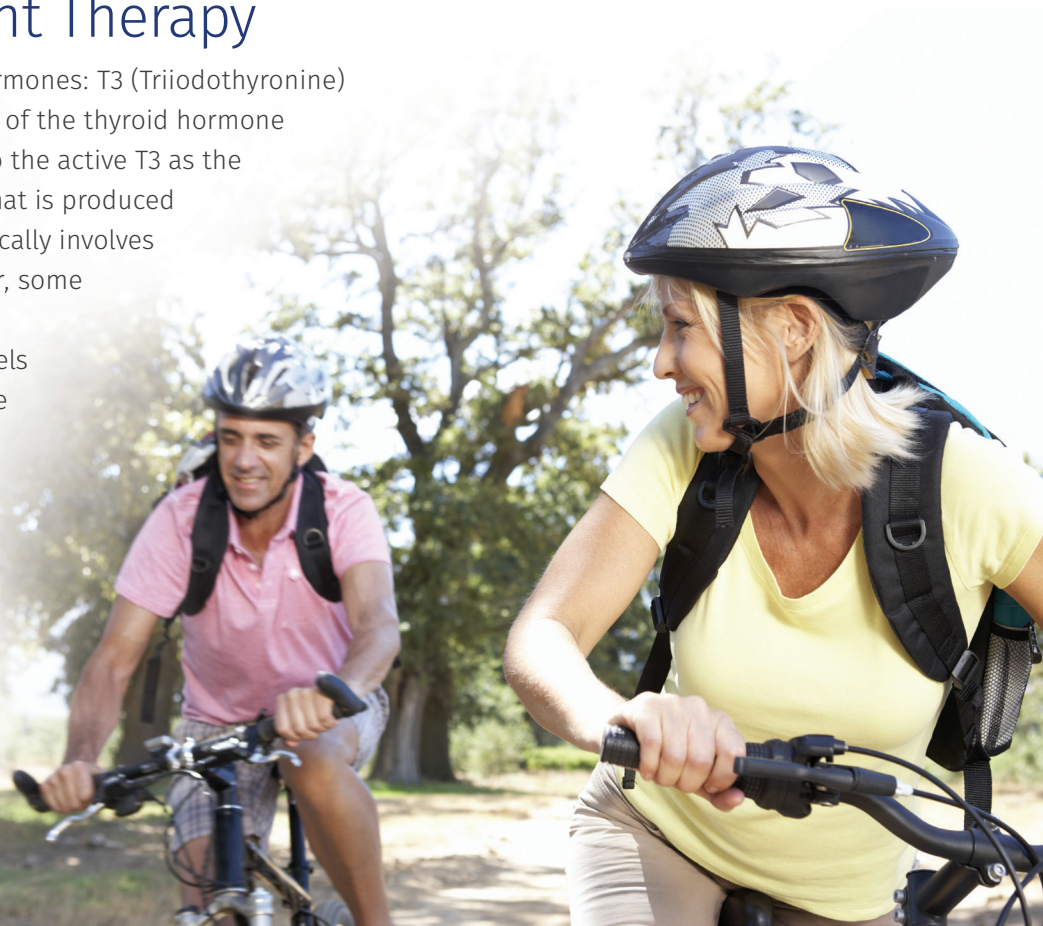
There are hormone therapies that can support optimal thyroid function and lead to patients feeling more energetic and being able to better manage their weight. Once their thyroid hormone levels are properly balanced and under control, they have a noticeable improvement in how they feel.

Thyroid Replacement Therapy

There are two components to thyroid hormones: T3 (Triiodothyronine) and T4 (Thyroxine). T4 is an inactive form of the thyroid hormone that is produced and then converted into the active T3 as the body needs it. T3 is an active hormone that is produced by the thyroid. Traditional treatment typically involves providing patients with more T4. However, some patients remain symptomatic because T4 alone may not ensure normal thyroid levels throughout their body. Their body may be unable to effectively convert T4 to T3.

Therefore, a combination of T4 and T3 can be a more beneficial solution. Currently commercial forms of T3 are only available in an immediate release formulation. This may cause negative side effects due to high concentrations

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Thyroid Replacement Therapy (continued)

of T3. Wells Pharmacy Network can prepare sustained-release T3 preparations which provide more stable levels of T3 and support balanced hormone levels throughout the body. In addition, Wells Pharmacy can compound these medications in varying strengths as well as forms. Current medications include:

- T3 or T3/T4 (slow release) plain
- T3 slow release
- Nature Thyroid
- Armour Thyroid

Looking and Feeling Better

For patients who want to look and feel their best, thyroid replacement therapy can be a beneficial solution. When thyroid hormones are at optimal levels, patients can improve their weight loss efforts and feel more energized and active. Contact your physician for more information.