



HYPOTHYROIDISM – IT’S A DAILY TRIP

DEB’S STORY

When asked to write about my Thyroid journey, at first I thought it was to be about how I got where I am today, but as I think about my journey, I realize it is a daily trip.

Up until about 12 years ago, I worked a full time job, taught night classes and sat on several boards. I was socially active and had a great memory. Then I was first diagnosed with hypothyroidism. At the time my symptoms were not that disruptive so I decided to control my hypothyroidism naturally. I used some natural products for a few years as they seemed to manage things.

However, my weight continued to creep up and lethargy started to happen more frequently. Soon I was finding I had to take afternoon naps to get through the work day. I’m so grateful that by then I had started a home-based business and was able to take these two hour naps. As a result I decided it was time to start prescription meds and that is when the frustrating part of the journey began.

Finding the right dose was not easy. As usual my doctors only tested TSH. After plenty of hours researching I learned that not only did I need to request T3 and T4 tests but that more importantly, it was well within my rights to demand these tests. I tried to find an endocrinologist and was happy to hear when one arrived in my city. He promised he would have me up and running in no time. Sadly that hasn’t happened yet and I changed doctors....again.

As my business thrived my dad took sick. My mom and I spent many hours taking him to appointments, many two hours away.

I pushed through, keeping up with work and trying to be a supportive daughter, but I was feeling worse. Although not officially diagnosed, I feel it brought on adrenal fatigue. I realized it was time I take my health seriously and am trying every day to live better. I will admit I have not got this all figured out, but I do my best to do the right things. I know what steps I need to take to be healthier, yet some days I still have no energy or motivation to eat whole foods instead of all the processed foods I was used. I do handle stress better and have returned to daily Reiki self-treatments. I have a doctor that is willing to work with me to find the correct dose for my synthroid and find I am feeling better most days. Although I am still frustrated with the brain fog and am learning to write down more things. That could just be a symptom of menopause - oh yeah, I have that going on too!

While trying to figure out my health issues, I regularly discuss things with my mom. It was interesting to find out my mom was diagnosed hypothyroid years ago. I was surprised to find out her father and one, possibly two of his sisters were also hypothyroid. Grandpa had a goiter so part of his thyroid was removed. Until this news, I had no idea thyroid problems are hereditary.

In being open about my hypothyroidism, I have also discovered several of my friends are hypo. I think I was most surprised because they are active, fit women so I am hopeful that I too will get to that stage and lose the extra weight. This is why I joined the Thyroid Foundation - to find support and to help raise awareness so hopefully others will have an easier time on their journey.

Deb Walker, National Treasurer

THYROID MONTHS – A Year of Thyroid Topics
Every month we will feature a topic on Thyroid Disease on the website thyroid.ca

October 2018	Hypothyroidism	April 2019	Thyroid Cancer
November 2018	Thyroid Disease in Children	May 2019	Thyroiditis
December 2018	Hyperthyroidism	June 2019	Surgical Treatment of Thyroid Disease
January 2019	Thyroid Nodules	July 2019	Thyroid Disease and Seniors
February 2019	Thyroid Disease, Pregnancy & Fertility	August 2019	Thyroid disease and Mental Health
March 2019	Graves’ Eye Disease (Ophthalmopathy)	September 2019	Thyroid Disease... Overview of Thyroid Function