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## Thyroid hormone supplements

Thyroid is a hormone secreted by the thyroid gland to regulate the body's metabolism. When the thyroid gland is not effectively secreting thyroid hormone, one or more of the following symptoms may occur, such as fatigue, difficulty concentrating, memory loss, often feeling cold, weight gain .(1) If confirmed by a physician to have hypothyroidism (that is not secreting enough thyroid hormone), doctors may prescribe thyroid supplement.

- Thyroid supplement is best taken on empty stomach:

Many food such as fiber, calcium, or nuts will minimize the absorption of thyroid supplement

- drug-drug interactions:

Thyroid supplement may interact with other drugs, such as some blood thinning pills, cardiac drugs (Digoxin), blood sugar drugs, and so on. Dosage adjustment of thyroid supplements may be needed in case of these drug-drug interactions.

- Pharmacodynamic:

The drug onset of thyroid supplements often takes at least two weeks to a month before effects will be noticed. Doctor will decide, base on the disease situation, how often a blood test need to be done to help adjust the dose of thyroid supplement (every two weeks, every three months or every six months).

1. Lochnan H. Thyroid Disorder. Therapeutic Choices 5<sup>th</sup> edition 2007:318-320.
2. CPS 2008: 2206-2210.