

# Questions for Your Doctor

Hypothyroidism occurs because of an underproduction of thyroid hormones, often leaving you lethargic, achy and susceptible to weight gain.

Before you see your doctor, print this page and add any other questions you may have. Don't forget to bring a pen so you can write down the answers while you're talking with your doctor.

What are the first signs that I may have hypothyroidism?

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How will you diagnose my hypothyroidism?

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How should I prepare for blood tests?

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What is the likely source of my hypothyroidism?

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Do I have any of the complications related to hypothyroidism?

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What are my treatment options? What are the pros and cons of these treatments?

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How often will I need to be monitored to ensure that I am receiving the right dose of medication?

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Will I need to change my diet while on this medication?

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What is my long-term prognosis?

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Are there any other diseases or conditions associated with the type of hypothyroidism I have?

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How can I tell if my infant also has hypothyroidism?

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## My Questions

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