BODY REJUVENATION

DATE: _____

PATIENT NAME: _____

DATE OF BIRTH: _____

To Whom It May Concern:

This patient is under my care for hypothyroidism with the syndrome of thyroid hormone resistance. This is also called Refetoff Syndrome[1]; a condition characterized by symptoms of hypothyroidism (such as goiter) and elevated serum levels of thyroid hormones without manifestations of thyrotoxicosis, due to target organ unresponsiveness and resistance to thyroid hormones.

This is a condition very similar to the phenomenon "insulin resistance" that is seen in other patients Type 2 Diabetes.[2] There are cases in the literature of patients needing upwards of 1200 mcg of Synthroid or 720 mg (12 grains) of Armour Thyroid per day to achieve the desired effect on end organ tissues.

I am monitoring this patient regularly with periodic physical examinations, EKG's, blood tests, and bone density (DEXA) scans. This patient is aware of the potential symptoms and signs of thyrotoxicosis including palpitations, fast heart rate, nervousness, anxiety, insomnia, etc. This patient is aware of the potential for heart rhythm disturbances including Atrial Fibrillation, and the dangers of it being not recognized in time, complications such as a clot forming within the heart and potentially embolizing, causing a stroke or even death. This patient does know how to measure her own pulse rate and to detect an "irregular, irregular" rhythm. This patient is aware that high doses of thyroid hormone have not been studied long-term and is aware that there could be adverse effects on bone density.

Further information about "resistance to thyroid hormone" can be found at www.pubmed.com.

Sincerely,

PATIENT acknowledgement: _____

[1]Refetoff S. Resistance to thyroid hormone: one of several defects causing reduced sensitivity to thyroid hormone. Nat Clin Pract Endocrinol Metab. 2008 Jan;4(1):1.
[2]Tjørve E, Tjørve KM, Olsen JO, Senum R, Oftebro H. On commonness and rarity of thyroid hormone resistance: a discussion based on mechanisms of reduced sensitivity in peripheral tissues. Med Hypotheses. 2007;69(4):913-21. Epub 2007 Mar 26.