

# SIMPLIFIED T3 PROTOCOL (PATIENT HANDOUT)

Recent research suggests that many people with normal thyroid tests may benefit from T3 therapy.\* This simplified T3 protocol will help about 80% of patients with low body temperatures. Adjustments can be made in more difficult cases.

## Before starting the T3

- Take your temperature three times a day for a couple of days. Average your daily temperatures by adding up the temperatures for each day and dividing by 3. Are your temps averaging < 98.6?
- Discuss with your doctors the benefits and risks of T3 treatment
- Can you run around the block? Do you feel ok when your pulse goes up?
- Some people with low adrenal function benefit from adrenal support

## Taking the T3

- Set a timer to go off every 12 hours, at the same times each day
- Take your T3 exactly on time!
- Write your pulse down every day you are on T3.
- Increase your dose each day according to the schedule (on the right) but stop increasing your dose and call your doctor if your pulse rate goes above 100 or if you feel palpitations.
- If you're a few hours late with a dose, go ahead and take the dose and keep following the directions

Day	_____ AM	_____ PM
1	7.5 mcg	7.5 mcg
2	15 mcg	15 mcg
3	22.5 mcg	22.5 mcg
4	30 mcg	30 mcg
5	37.5 mcg	37.5 mcg
6	45 mcg	45 mcg
7	52.5 mcg	52.5 mcg
8	60 mcg	60 mcg
9	67.5 mcg	67.5 mcg
10	75 mcg	75 mcg

## Weaning off the T3

- Once on 75 mcg BID, stay on that for 2-3 days and then start cycling down through the above T3 doses, one dosage level every 2-3 days (per your doctor).
- Once off the T3, get your daily average temperature for 2-3 days and report to your doctor

DAY	DOSE	PULSE
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
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\*Gereben B, Zavacki A, Cellular and molecular basis of deiodinase-regulated thyroid hormone signaling, Endocrine Reviews Dec 1, 2008, vol. 29, no. 7 898-938

Bianco A, Kim B, Diodinases; implications of the local control of thyroid hormone action, J Clin Invest, 2006 October 2; 116(10): 2571-2579)

Gullo D, Latina A, Levothyroxine monotherapy cannot guarantee euthyroidism in all athyreotic patients, PLoS One, 2011; 6(8): e22552 doi: 10.1371/journal.pone.0022552)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Wilson's Temperature Syndrome

# SYMPTOM CHECKLIST

You can use this sheet to track your progress with your symptoms by rating them before, during and after treatment (marking the dates at the top of each column). You can rate each symptom on a scale of 1 to 10 on how you feel; 10 being how you imagine a normal person to feel, 1 being terrible.

PUT DATES HERE:			before	during	after				before	during	after
Fatigue	( )	( )	( )	( )	( )	Abnormal throat sensations	( )	( )	( )	( )	( )
Headaches	( )	( )	( )	( )	( )	Sweating abnormalities	( )	( )	( )	( )	( )
Migraines	( )	( )	( )	( )	( )	Heat and/or cold intolerance	( )	( )	( )	( )	( )
PMS	( )	( )	( )	( )	( )	Low self esteem	( )	( )	( )	( )	( )
Irritability	( )	( )	( )	( )	( )	Irregular periods	( )	( )	( )	( )	( )
Fluid retention	( )	( )	( )	( )	( )	Sever menstrual cramps	( )	( )	( )	( )	( )
Anxiety	( )	( )	( )	( )	( )	Low blood pressure	( )	( )	( )	( )	( )
Panic attacks	( )	( )	( )	( )	( )	Frequent colds and sore throats	( )	( )	( )	( )	( )
Hair loss	( )	( )	( )	( )	( )	Frequent urinary infections	( )	( )	( )	( )	( )
Depression	( )	( )	( )	( )	( )	Light-headedness	( )	( )	( )	( )	( )
Decreased Memory	( )	( )	( )	( )	( )	Ringling in the ears	( )	( )	( )	( )	( )
Decreased concentration	( )	( )	( )	( )	( )	Slow wound healing	( )	( )	( )	( )	( )
Decreased sex drive	( )	( )	( )	( )	( )	Easy bruising	( )	( )	( )	( )	( )
Unhealthy nails	( )	( )	( )	( )	( )	Acid indigestion	( )	( )	( )	( )	( )
Low motivation	( )	( )	( )	( )	( )	Flushing	( )	( )	( )	( )	( )
Constipation	( )	( )	( )	( )	( )	Frequent yeast infections	( )	( )	( )	( )	( )
Irritable Bowel Syndrome	( )	( )	( )	( )	( )	Cold hands/feet, turn blue?	( )	( )	( )	( )	( )
Inappropriate weight gain	( )	( )	( )	( )	( )	Poor coordination	( )	( )	( )	( )	( )
Dry skin	( )	( )	( )	( )	( )	Increased nicotine/caffeine use	( )	( )	( )	( )	( )
Dry hair	( )	( )	( )	( )	( )	Infertility	( )	( )	( )	( )	( )
Insomnia	( )	( )	( )	( )	( )	Hypoglycemia	( )	( )	( )	( )	( )
Needing sleep during the day	( )	( )	( )	( )	( )	Increased skin infections/Acne	( )	( )	( )	( )	( )
Arthritis and joint aches	( )	( )	( )	( )	( )	Abnormal swallowing sensations	( )	( )	( )	( )	( )
Allergies	( )	( )	( )	( )	( )	Changes in skin pigmentation	( )	( )	( )	( )	( )
Asthma	( )	( )	( )	( )	( )	Prematurely grey/white hair	( )	( )	( )	( )	( )
Muscular Aches	( )	( )	( )	( )	( )	Excessively tired after eating	( )	( )	( )	( )	( )
Itchiness of skin	( )	( )	( )	( )	( )	Carpal Tunnel Syndrome	( )	( )	( )	( )	( )
Elevated cholesterol	( )	( )	( )	( )	( )	Dry eyes/blurred vision	( )	( )	( )	( )	( )
Ulcers	( )	( )	( )	( )	( )	Hives	( )	( )	( )	( )	( )
						Bad breath	( )	( )	( )	( )	( )
TOTAL FOR BOTH SIDES (out of 600) ( ) ( ) ( ) ( )											

Referred by: \_\_\_\_\_

Comments: \_\_\_\_\_

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