

THE INCONVENIENT TRUTH OF INHERITED HYPOTHYROIDISM

By – A Sufferer of Hypothyroidism

My family is blighted by this condition. All females, despite the severity of their health when seeking treatment, have had the greatest difficulty achieving it. With the exception of third generation children, the rest have had the misfortune of having blood tests which fall within the 'normal reference interval', regardless. Under these circumstances one is repeatedly tested, ignored, and made to feel a hypochondriac of the highest order, despite remaining very ill, varying in time between 12-22 years. Misdiagnosis is a nightmare. HOWEVER, **if eventually diagnosed, inadequate medication** has been the second nightmare. Only **appropriate** dosage of Thyroxine has led to a full recovery from HYPOTHYROIDISM in our family. **Moreover, once correctly treated, other diagnosed conditions of long years standing have also MIRACULOUSLY recovered.**

Hereditary Hypothyroidism is ignored. All the misery of ill health in my family is the consequence. Thanks to their arbitrary jurisdiction, the Royal College of Physicians, the British Thyroid Association, the British Thyroid Foundation, the British Thyroid Foundation Patient Support Group, the Society for Endocrinology, the Association of Clinical Biochemists, in particular its Patient and Carer Network and the Joint Specialty Committee for Endocrinology & Diabetes, the British Society of Paediatric Endocrinology and Diabetes and the Royal College of General Practitioners who endorsed the guideline on The Diagnosis and Management of Primary Hypothyroidism - is condemning future generations of my family to a lifetime of similar iniquity. many thousands of families like ours. PLEASE LISTEN TO YOUR PATIENTS AND TREAT THEM WITH THE RESPECT THEY DESERVE.

Maternal grandmother:

- Lifelong severe, uncontrolled Migraine,
- Profound fatigue and multiple food allergies.
- **[Realistically assumed to have been Hypothyroid].**

Maternal grandfather:

- Healthy.

Father:

- Healthy. Died of prostate cancer.

Mother:

- Severe migraine
- **Hyperthyroidism,**
- Polymyalgia Rheumatica,
- Myasthenia Gravis
- **Hypothyroidism.**

Self:

- Osteomyelitis,
- Coxaki Virus,
- Acute migraine,
- Acute ileitis,
- **Hyperthyroidism,**
- Vertigo,

- Central Serous Retinopathy,
- Macular Degeneration [MD],
- Lichen Sclerosis & Atrophicus [LS&A],
- Multiple food sensitivities,
- Multiple adverse drug reactions,
- **late diagnosed and under-treated Hypothyroidism [diagnosed as ME],**
- Breast Cancer,
- Vertical Phoria.

Sister 1:

- Multiple Sclerosis, Breast Cancer.

Brother:

- Healthy.

Sister 3:

- Glandular Fever aged 18,
- Uncontrolled Migraine,
- Sarcoidosis,
- Mild Arthritis,
- Polymyalgia Rheumatica.

Sister 4:

- Glandular fever aged 18,
- Multiple Sclerosis,
- late diagnosed but under-treated **Hypothyroidism** [diagnosed as ME], Bi-Polar Disorder,
- **SUICIDE aged 40 YRS.**

Own Daughter:

- Severe depression from puberty,
- late diagnosed **Hypothyroidism**

Son:

- Healthy.

Niece/daughter sister1:

- Type 1 Diabetes and Bi-polar Disorder diagnosed close together early 30s, followed swiftly by **Hypothyroidism**.

It would be fair to assume that all females, including those not tested, ARE, in fact, **Hypothyroid** and that it is this condition which has been causal in the diverse range of conditions exhibited in our family history.

My mother [87] failed to recover from Polymyalgia Rheumatica [8yrs] and Myasthenia Gravis [1yr] despite elephantine doses of supposedly appropriate drugs. Her thyroid blood tests were within the 'normal range' and it was only under great pressure that her physicians permitted her to 'try' boosting her thyroid with Thyroxine. She recovered from both conditions within 2-3 weeks.

When a locum later reduced her Thyroxine there was a return of all her symptoms within five days.

My youngest sister hanged herself. At her funeral her husband said that she had always improved when they could persuade her GP to increase her pathetically modest levels of Thyroxine. Alas, continually ill since glandular fever aged 18, she took matters into her own hands at the age of 40.