



THYROID PATIENT ADVOCACY - UK CHRISTMAS AND NEW YEAR NEWSLETTER 2009/2010

We would like to wish all our members, moderators, and medical advisers a very Happy Christmas and an even healthier, wealthier and happier New Year!

It's been a long time since our last Newsletter and quite a lot of changes have taken place since then, and hopefully, there will be more changes to come – but for the better. First, we thought it would be a good idea to dedicate a whole page to contributions from our members - to promote membership happenings, job listings, express viewpoints, tell a joke, write poetry, and, if you are artistic, draw a cartoon or two, or even three. You can also use the opportunity to ask a particular question for our medical advisers, particular questions that may be too complicated for our moderators or other members to answer....



We would also like to promote a TPA-UK 'Showcase' that members can use to get

some free advertising (rare these days) for hobbies such as jewellery making, greetings cards, paintings, body painting, body piercing, photography, making garden ornaments, sewing/knitting, woodwork - etc. If you have a web site, let us know so we can add it to the LINKS in our Chat Forum, or you can use the FILES section of that forum to advertise also. If you have anything you would like to sell - let Lee lee.appleyard@blueyonder.co.uk or Sheila sheila@tpauk.com know so we can include it in the next publication -remember - we have almost 1400 members, so there might be somebody interested. Let's get a dialogue started and make our Newsletter really worth reading.

Don't forget to send for a copy of our brand new TPA-UK Christmas and New Year Quiz and see if you are the lucky one who will win £75 - £50 or £25...(see towards end of Newsletter)

To kick this off, here's a little 'Ode to TPA-UK' written by Stepinie Trolle:

ODE TO TPA-UK

Doctor, I'm in trouble, I feel so tired and sore,
I feel like I'm on fire, yet my skin's cold in every pore,
I'm sure I'm hypothyroid, but you say the tests are fine,
and that's why you can't help me at the current time.
You didn't try to help me, or care I was unwell,
You just left me to suffer in my wicked hypo hell.
You ignored all of my symptoms, and didn't give a fig,
You told me to lose weight as I was rather big.
My pulse was running wild and my breath was running short,
hair was falling out; I turned to others for support.
I learned to treat myself and I've now come back to say.
At last I'm getting better so you did not get your way.
This story is not over, till Justice has been done,
with treatment based on symptoms for each and every one.
The warriors are increasing, funding's under way
This group is moving forward and is called TPA-UK

**...and, the above ode is a great introduction into letting you know
the latest news regarding our CHARITY STATUS**

We are over the moon – because through the generous donations from our wonderful members and other sources, we are at last in the wonderful position to be able to go ahead and register TPA-UK as a Charity because the necessary £5000 has finally, been raised, thanks to the many wonderful people who have donated so generously, and thanks in particular to Marie Holloway, who has worked so tirelessly to bring this to fruition. The Charities Commission needed assurance that we are willing and able to raise funding before they allowed us to go ahead with registration. You will be pleased to learn that Marie has agreed to take up the post of TPA-UK Official Fundraising Administrator once we have become fully registered.

Many of you who made a donation by a direct Bank transfer or set up a standing

order/direct debit must be wondering why we have not sent our thanks, or an official receipt – and I do apologise for this, but the reason why this has not been done is that we don't have your home or email address. If you have made a donation this way and would like a receipt, do let me know your home address. Please send to sheila@tpauk.com. Meanwhile, thank you very much – without you, we would be struggling.



I would also like to thank especially the following Internet companies who have raised £2500 towards the £5000 required to achieve registered charity status. Some of them have also given us generous discounts on either supplements or tests:

| | |
|---|-----------------|
| • In House Pharmacy (Lisa Perko) | £1000.00 |
| • Genova Diagnostics (Dr Nigel Abraham) | £500.00 |
| generous discounts on Thyroid/Adrenal tests | |
| • Lab 21 (Maddie Kennedy) | £400.00 |
| • Cytoplan (Amanda Williams) | £300.00 |
| • Nutri West (Tony Billings) | £100.00 |
| • Bio Nutri (Robert Joy) | £100.00 |
| • One Pharmacy who wishes to remain anonymous donated | £100.00 |
| | <hr/> |
| | £2500.00 |
| • Plus generous donations from members/individuals by way of Standing order/direct debit/one off donations etc. | £4821.00 |
| • PLUS Nutri Ltd - (Tracy Oldham) Generous discounts on supplements etc | |
| | <hr/> |
| Grand Total to date: | £7321.00 |

We hope to have more information for you about the stage we have reached (hopefully completed) in our Spring Newsletter.

TPA-UK official Fundraising Administrator announced



We are delighted to let you know that Marie Holloway has agreed to become TPA-UK's official Fundraising Administrator. Marie has done a sterling job in managing to raise the required £5,000 so the Charities Commission can see that we are serious about our registration for charity status and are capable of raising the funding required to help us in our future campaigns. We welcome you aboard, Marie!

If you would like to become involved in helping to raise the funding required to help TPA-UK campaigns, Marie would be very pleased to hear from you, so please contact her on holloway.marie@googlemail.com

Devon and Somerset TPA-UK Support Group

I am thinking of starting up a local TPA-UK support group for members from both Devon and Somerset if anyone is interested. The idea would be to meet once a month initially at a suitable venue and just get to know each other and possibly run some ideas past each other with regard to local fundraising ideas and ways to promote TPA's objectives to other sufferers in our locality, hence spreading the word as much as possible. Nothing too heavy, hopefully having a bit of fun along the way.

If any member based in either Devon or Somerset is interested in joining this proposed group, please email me at: holloway.marie@googlemail.com and I will start putting together a list of interested parties and will be back in touch as things progress.

Many thanks,

Marie Holloway

Discount on supplements for members of TPA-UK from Internet pharmacies

Marie and I have been working behind the scenes to see if we could get discounts for you from some of the great Internet pharmacies we use when we are buying the necessary supplements we need in order to help us get back our normal health. We have been successful with the following companies who have been extremely generous:

Your Nutrition Shop: www.yournutritionshop.co.uk

They run a discount voucher scheme on their website. Entry of a valid code will apply a 10% discount off the total order value for orders of any size. They are happy for me to advise all our members of the following code which will apply this discount to any order:

Discount code: DSC1210

This code should be entered into the box specified at the bottom of the page on their web site where address details are

entered while ordering. The 10% discount will be confirmed upon clicking 'Continue'.

If any of you experience difficulties with the website, or prefer to order by telephone, you can also do this and simply quote the above code. Their customer services number is Tel: +44 (0)1494 637806 (Tel Hours: Mon-Fri - 9:00am-5:00pm (GMT) and online www.yournutritionshop.co.uk or sales@yournutritionshop.co.uk

VEGAVITAMINS www.vegavitamins.co.uk

Vega Nutritional has also very kindly agreed to allow all members a 10% discount on any of the supplements at their website. Their telephone number to be used for ordering is 0845 226 7300.

All goods must be paid at point of order. The quality of their products is excellent. As Vega generally supply to the 'trade;' only and not the general public, you may not have heard about them, but when the nutritional needs of the members of TPA-UK was explained to them by Mandy, they have agreed to discount any product to help 'our cause'.

The code to be quoted on every order by TPA-UK members is **"9TPA08"** - so please keep this code safe.

If you have any questions, please direct them to Mandy who I am sure will be happy to try to answer.

I had a look at their web site and they appear to do some good supplements. However, I see they only do CoEnzymeQ10 at 10mg and 30mgs and I cannot find Vitamin B3 (Niacin) which I think are essential for a lot of our members. It is a bit tricky to find the price for each item, but go to 'Downloads' for the prices, or telephone the company direct if you get frustrated. The difficulty in locating the prices etc will be because it is not designed for individuals but for the trade.

Nutri Ltd

James from Nutri Ltd has set up a special account for members of TPA-UK only, and this will allow you to be given 33% off the products below. They will not give discounts on any other products, so please do not ask.

As their web site is set up for practitioners only, you cannot access the prices for the supplements so I have typed these out below. When ordering, do not use the 0800 telephone number given on their web site, instead, phone James on the following number ONLY - otherwise, you will not get

any discount. His number is 01663 718 831. James will be there Monday through to Friday - 8.30am to 5.30pm, but if you can only order in the evenings or weekends, you can leave your order on James's answer phone, with your credit card details and he will send off your order the next working day, giving you the 33% discount. If you also leave your telephone number, James will be happy to call you back if you have any queries. When ordering (and please keep all these details safe) always quote the TPA-UK account reference number 3057428

TPA-UK DISCOUNT PRICES FOR THYROID AND ADRENAL PRODUCTS FROM NUTRI LTD

| Product Code | Size | Product name Description | Retail £ | Discount price £ |
|--------------|------|--|----------|------------------|
| 3201 | 90 | Nutri Thyroid (thyroid gland concentrate) | 9.74 | 6.52 |
| 3201-A | 180 | Nutri Thyroid (thyroid gland concentrate) | 17.12 | 11.48 |
| 3320 | 60 | Thyro Complex (vits.mins.herbs) | 20.70 | 13.87 |
| 3320-A | 120 | Thyro Complex (vits.mins.herbs) | 39.10 | 26.20 |
| 3206 | 100 | Nutri Adrenal (adrenal gland concentrate) | 10.18 | 6.82 |
| 3205 | 60 | Nutri Adrenal Extra (high potency concentrate) | 12.67 | 8.49 |
| 3205-A | 120 | Nutri Adrenal Extra (high potency concentrate) | 22.46 | 15.05 |
| 3360 | 90 | AdrenoMax (vits,mins,herbs) | 23.00 | 15.41 |

Please note the VAT rate will change to 17.5% on 01.01.10

GENOVA DIAGNOSTICS DISCOUNTS FOR TESTS

Genova Diagnostics have been kind enough to arrange a discount for members of Thyroid Patient Advocacy- UK for the following Thyroid and Adrenal Tests:

In order to receive your discount, please **DO NOT** order direct from their web site. Instead, contact Christina christina@ickep.fsnet.co.uk and let her

know which test(s) you wish to order. She will then forward details to you of how to place your order.

When you complete your order, please remember to quote '**Thyroid Patient Advocacy UK as 'PRACTITIONER'**', or you will not be given the discount.

GENOVA DISCOUNTS on the following tests

| <u>Test</u> | <u>RRP</u> | <u>Members Price</u> |
|----------------------------|------------|----------------------|
| Thyroid Screen | £80.00 | £60.00 |
| Thyroid Hormones - T3 & T4 | £100.00 | £85.00 |
| Adrenal Stress Profile | £70.00 | £60.00 |
| Candida Antibody Profile | £70.00 | £60.00 |
| Reverse T3 | £60.00 | £50.00 |

Buy Anything from Amazon from our web site and TPA-UK receives 5% to help with our funding. <http://www.tpa-uk.org.uk/books.php>



TPA-UK has joined Amazon.co.uk Associate's Programme. Basically, by clicking on the image each time you shop with Amazon, 5% of the cost of your purchase will automatically be transferred to the TPA-UK Bank Account.

Please help support TPA-UK by purchasing **ANY goods** from a new bedroom suite to a second hand book (some are VERY cheap) from Amazon UK! Simply click on the

Amazon image below. Alternatively, click on this address or copy and paste it into your web browser:

http://www.amazon.co.uk/exec/obidos/re-direct-home?tag=thypatadvuk-21&placement=home_multi.gif&site=amazon

This will take you directly to Amazon UK where you can purchase anything as you would normally.



During 2009-2010, we will be working toward making even greater strides in our campaigning to get a better diagnostic and treatment protocol within the NHS. A great deal of work is going on behind the scenes and we will try to keep you up to date with events.

If you wish to support TPA-UK in this way, please bookmark this page and use it for **ANY future Amazon UK purchases** - books, CDs, electronics, etc. Pass the link also onto your family and friends and ask them to use it.

Do you know that Nature-Throid, Westhroid, and Armour Thyroid are all temporarily on back order - and do you know what are the true facts about what is happening to Armour Thyroid?

You will have noticed that we have not had serious discussions about the cause(s) of the back orders for Armour Thyroid, Nature Throid and Westhroid either on our web site or Internet Thyroid Support Forum. This is because there have been so many conspiracy theories from other web sites and forums giving conflicting information: we wanted to wait for the true facts. There is rumour that the FDA requires all natural thyroid extract to be licensed, and there have been as many confirmations to this as there have been denials - so we will not add to the ongoing speculation. Once we get the facts, we will let you all know what is happening.

However, the following information should be of interest to those of you who take NDT. The first is a statement from Mary Shomon (Thyroid Patient Advocate) after a conversation she had (2nd December 2009) with Chief Science Officer and Chief Pharmacist at RLC Labs, maker of Nature-Throid and Westhroid:

<http://thyroid.about.com/b/2009/12/02/nature-throid-natural-thyroid.htm>

Nature-Throid Natural Thyroid: A New Update on Production Status

Wednesday December 2, 2009



Today, I had an opportunity to speak with Dai Jinn, the Chief Science Officer and Chief Pharmacist at RLC Labs, maker of Nature-Throid and Westhroid.

When I'd spoken with RLC and reported in my update on Monday, November 23 [Nature-Throid Natural Desiccated Thyroid: A Status Report](#), Dai had said that they would begin shipping 1 grain Nature-Throid this week.

As some thyroid patients have found, however, after calling the company, or checking with their pharmacies, this is not happening.

So I checked in with Dai to find out what the situation is and what thyroid patients can expect, and how thyroid patients taking natural desiccated thyroid can plan for the next several months.

First, according to Dai, the issue for RLC at present is that production levels are in flux. Production capacity depends on the supply of raw materials, and RLC is getting raw material – natural desiccated thyroid powder / Thyroid USP – from what appears to be several suppliers. While RLC will not share the names of the companies supplying their raw material, they have said that the incoming product is not necessarily consistent in terms of quality, and availability has been fluctuating.

Dai said, however, that wherever he is sourcing his natural desiccated thyroid powder, the critical issue for him and RLC is quality control. This means that not all the raw material he gets is being used to produce the RLC natural desiccated thyroid products.

But that also means that even if raw material is coming in, not all of it is being made into Nature-Throid or Westhroid.

So, when can you expect to get Nature-Throid? At this point, Nature-throid (and Westhroid) are still in a backorder situation, and RLC hopes to begin shipping 1 grain (65 mg) Nature-Throid later this week -- but next week is more realistic and likely. But keep in mind that means that it's likely that the Nature-Throid that begins shipping in the next two weeks would be available in pharmacies late December or early January.

Based on the raw material supply issue, RLC will be trying to get out of the backorder situation as soon as possible, and they expect to be shipping more 1 grain Nature-Throid over the next month. Dai also said that ½ grain and ¼ grain size pills will be next to come out of backorder, but that will depend on the availability and quality of the raw material supply.

In the meantime, Armour Thyroid (the natural desiccated thyroid drug made by Forest Laboratories), is also almost entirely unavailable. A small amount of 1 grain (60 mg) tablets have been released by the manufacturer in the last month, but Forest is adamantly refusing to discuss Armour Thyroid's availability, and when (or if) Armour will be back in production. (There's reason to speculate that Forest may in fact be planning to take both Armour and Thyrolar off the market. See my current story about [Forest Labs' Credibility and Thyrolar Status in Question.](#))

Implications for Patients

What does this mean for thyroid patients taking natural desiccated thyroid?

My advice is, don't plan on being able to get Nature-Throid or Westthroid (or Armour, for that matter) anytime in December.

That means, even if you're planning to start or return to Nature-Throid when it comes back on the market, you should make sure that you have a supply of your current thyroid medication that will last you through at least February 2010.

If you need a prescription from your doctor for a refill, contact the doctor/book your appointment now. And if you need to order from Canada or elsewhere and wait for delivery, place your orders accordingly so you are not left without medication.

The following links give more information:

[The Armour Thyroid and Nature-Throid Shortage Information Center](#)
[Save Natural Thyroid Coalition Website](#)

Here is an **Updated Statement from Forest Laboratories Re: Availability of Armour Thyroid:**
<http://www.armourthyroid.com/>

“Forest Laboratories understands how frustrating the back order situation of Armour Thyroid has been for patients, and we apologize for the supply interruption.

A supply of powdered Thyroid gland, the active ingredient of Armour Thyroid, has been made available to Forest by its supplier. Forest has produced and shipped a limited supply of 1 grain, also known as 60 mg.

We understand that this limited distribution will not meet the current anticipated demand for the product, and we continue to work diligently to meet demand.

Although Forest is addressing the backlog of Armour Thyroid as quickly as possible, we are not prepared at this time to give a definitive date by which the product will be fully restocked. Please check for future updates on the availability of Armour Thyroid through the Forest product availability toll-free hotline at (866) 927-3260.

In the meantime, we encourage patients to speak with their physician regarding appropriate treatment for their condition.”

What are the available options if you cannot get Armour, Nature Throid or Westthroid?

The TPA-UK Internet forum is receiving many messages and phone calls from extremely worried and frustrated members who are very

concerned they are still unable to find any available supplies of either Armour, Nature Throid or Westthroid - they are frightened that

they may be forced into having to revert to the synthetic levothyroxine (T4) or liothyronine (T3) (if they can find a doctor within the NHS who will prescribe the latter for them after the terrible Royal College of Physicians (London), the British Thyroid Association et al. latest guidance on the diagnosis and management of primary hypothyroidism)

Many of our members have already changed from the new formulae Armour to Nature Throid and Westhroid produced by the USA RLC Laboratories. These brands are similar to Armour Thyroid. Also, some are changing to 'Thyroid' (almost exactly the same as the 'old' Armour, which is manufactured in Belgium but is distributed by 'Erfa' Canada Inc. RLC Labs say Nature Throid and Westhroid are not likely to be available in the pharmacies until the beginning January 2010, but as recommended above, make sure you have some natural thyroid extract in stock to last you through to next February. Erfa 'Thyroid' is available now. They have 'Thyroid' 30mgs, 60mgs and 125 mgs. Erfa 'Thyroid' smells similar to the 'old' formulae of Armour Thyroid and is almost identical.

I have written to the Medicines and Healthcare products Regulatory Agency (MHRA) asking if NHS doctors can prescribe the Canadian Erfa 'Thyroid' in the same way they can prescribe Armour Thyroid, Westhroid and Nature Throid and their answer is yes. Details of the MHRA recommendations are in the FILES section of our Forum web site in the 'Armour' Folder. Please remember that NHS doctors do not have to prescribe any of these products as they remain unlicensed within the UK (Erfa 'Thyroid' is licensed in Canada), but we know some doctors are willing to take the responsibility for prescribing these products for you. Both Idis World Medicines and Pharmarama can source any of these products. You can order Erfa 'Thyroid' direct from <http://thyroid.erfa.net> or from the Internet Pharmacy <http://www.valuepharmaceuticals.com/Armour-Thyroid.php>. You can buy Erfa from Value Pharmaceuticals without a prescription. On the on-line form just tick 'no prescription required' and nothing more. They will accept payment by credit card. Please note, that although Value Pharmaceuticals state they are selling Armour Thyroid, this is not the case; they are selling the Erfa 'Thyroid' only. I have asked them to rectify this mistake, but they have not yet done so.

You can also buy generic Armour (Thyroid-s) from <http://www.1drugstore-online.com/showprice.asp?name=thyroid&bysearch=ok&Go.x=0&Go.y=0> The "Thiroyd" (note

foreign spelling) works out at less than 10p per grain if you buy the large tub of 1000 tablets. Some say the potency wears off quicker than Armour so try spreading it out in 5 doses daily. Other's say it is a little more potent than Armour, so you will have to experiment to find the particular dose that suits you. Also, check out the following Internet Pharmacy <http://www.edrugnet.co.uk/showprice.asp?name=Thyroid-s&bysearch=ok&Go.x=12&Go.y=8> where you can buy generic desiccated thyroid (Thyroid-s) from Bangkok

In order to obtain a prescription for 'Thyroid' you must provide the following:
Get a valid UK or US prescription from your doctor, which should have 'Thyroid' or 'ERFA Thyroid' written on it (dosage is the same as Armour Thyroid)

Ensure that all the required documents are sent to ERFA Canada Inc. by FAX (+1 514 931 7330) or by e-mail to Thyroid@erfa.net
[Place the order](#)
[Make the payment](#)

Your pharmacist can now source this product from the following wholesalers:
Idis World Medicines, IDIS House, Churchfield Road, Weybridge KT13 8DB
Tel: 01932 824100 Fax: 01932-824200
Email: enquiries@idispharma.com
Website: <http://www.idis.co.uk>

Pharmarama International Ltd., Unit 7 Capital Business Park, Manor Way, Borehamwood, Hertfordshire WD6 1GW Tel: 020 8238 6770
Fax: 020 8238 6786
Email: enquiries@pharmarama.com
Website: <http://www.pharmarama.com>

If you usually get Armour Thyroid from your GP, you must be aware that if you change to NatureThroid or Westhroid your prescription must state the 'grains' as 65mg and not 60mg. If your Doctor gives you a prescription for Erfa 'Thyroid' s/he must state the grains as 60mgs. If this is not written correctly, your pharmacist will not dispense the tablets.

You may also find that your doctor will need to write another short letter which you should take to your pharmacist with the prescription, stating that the medicine is for hypothyroidism.

You can see the available Internet Pharmacies where you can buy Armour Thyroid, Nature Throid, Westhroid and Erfa 'Thyroid' and different brands of T3 by going to the FILES section of our Internet Thyroid Forum web site <http://health.groups.yahoo.com/group/thyroid>

[patientadvocacy](#) and scroll down the long list until you see the FILE entitled 'Internet Pharmacies'

- so what did Forest do to our old' sublingual' Armour Thyroid that has made so many folk around the world react badly to it - who made them change the original formulae - was it the

FDA or did they do this themselves - and why was it changed?

Armour Reformulation

The following has been gleaned by one of our members who calls herself 'Lethal Lee' (not to be confused with Lee Appleyard - co-owner of TPA-UK.

Dr Theodora Mantzourani becomes TPA-UK Medical Adviser

Dr Theodora Mantzourani currently practices general practice privately in Harley Street, London, after many years of training in London and Surrey NHS hospitals.

She is a member of the Royal College of General Practitioners (London) and is completing an MSc in Nutritional Medicine in the University of Surrey. Her mission is to improve patient outcomes through prevention, early assessment and comprehensive management of complex, chronic disease. To this end, she employs a combination of conventional and functional approaches to health and disease and constantly updates her knowledge by participating in national and international workshops and congresses (RCGP, WOSAAM, IFM etc).



Dr Mantzourami is particularly interested in weight management and body composition/body sculpting, nutritional medicine, preventative medicine and anti-ageing treatments.

Her motto is "back to basics" – back to the patient's life story, and the processes wherein disease originates, and definitely back to the desire of healthcare practitioners to make people well, not just manage symptoms.

Despite a thorough and rigid medical training in many London hospitals and a conventional GP vocational training culminating in MRCGP (London) diploma and membership, she tells me she feels that complex, chronic disease including endocrine imbalances is best managed with an integrative, functional approach.

Therefore, her practice is a combination of nutritional, functional, hormonal and conventional diagnostic and therapeutic interventions.

She tells me she was happy to come across our website on Dr Thierry Hertoghe's web site.

Dr Mantzourani agrees that patients should be informed on various treatments and be given the option which best suits their individual needs!

She says she is more than happy to join forces with me, make contributions to our web site and provide functional medicine consultations to any interested patients.

She believes that the NHS healthcare providers are quite restricted in both the diagnostic and therapeutic aspects of clinical practice as all resources are controlled by the PCTs and are mainly financially driven. Most GPs and endocrinologists – and she speaks from personal experience – are unaware of the new diagnostics made available, thanks to the vision of

functional labs like Genova for instance, and even more so, of the need to treat to the "optimal" as opposed to "normal" values. Ignorance breeds fear and denial and hence the reluctance to prescribe treatment outside of the guidelines for those who are not "textbook" cases of, say, hypothyroidism, and need a more individualized approach. After all, she says, endocrinology is a very subtle discipline and requires advanced listening skills on the doctor's side as the history of even minor complaints, most often, reveals the true nature of the problem (alongside a thorough physical exam, of course), she adds.

In her NHS days, she tells of how she still recalls many senior GPs dismissing patients who were on Armour (prescribed by an "alternative" doc) or even on thyroxine who felt well and were completely free of their symptoms with a TSH <0.4 – a very "alarming" figure for most GPs who felt compelled to scare the patients and make them stop or reduce the treatment as they were "over treated" – forgetting that we treat the patient, and not the lab test, and that many hypothyroid patients get and stay symptom free when TSH is slightly suppressed with the symptoms returning if they reduce their dosage.

Like Dr Peatfield, Dr Mantzourami also does the 24hr salivary assay for cortisol+/-DHEA levels in hypothyroidism as hormone deficiencies are often multiple and can co-exist. She agrees that hypoadrenalism may sometimes be the real problem behind on-going symptoms after starting thyroid replacement.

In our exchange of correspondence, I asked her to tell me more about the concept of "functional medicine", how she diagnosis and treats hypothyroidism and her thoughts on the latest Royal College of Physicians, British Thyroid Association et al guidance on the diagnosing and management of primary hypothyroidism. So here is a little more about her - copied from her messages to me:

Sheila: A 2003 article in the BMJ led to the following editorial comment: "It is almost a daily occurrence for primary care doctors to encounter patients whose symptoms are probably not due to discernible organic cause."

Dr Mantzourani: *Because no specific disease can unequivocally be attached to their complaints, it is natural to make the following hypotheses: can their underlying "organic cause" be related to altered function in the absence of observed pathology and, also, what physiological processes lead to the expression of their signs and symptoms?*

The authors of the article suggested the term "functional" for those "medically unexplained symptoms".

Historically, the term "functional" has been used pejoratively in medicine implying, in most cases, a manifestation related to aging (geriatric) or, even worse, a psychiatric problem.

Fortunately, a new model of medicine is emerging which takes the term "functional" beyond psychosomatic disease to describe a state of "chronic dysfunction" associated with altered physiological processes that, in turn, create a physiological "alarm" state.

So, functional medicine is a dynamic, 21st century, approach to assessing, preventing, and treating COMPLEX, CHRONIC DISEASE. Our goal, as clinicians, is to return patients to health by reversing, or at the very least improving their dysfunctions. These are specific to each one of us and the result of lifelong interactions among our environment, our lifestyle and our genetic predispositions.

The six principles of this exciting new approach to disease are the following:

1. There is a **BIOCHEMICAL INDIVIDUALITY** of each human being (genetic and environmental uniqueness).
2. Management by physicians should be **PATIENT-CENTERED** rather than disease-centered.
3. We should search for a **DYNAMIC BALANCE** among the internal and external factors in a patient's body, mind and spirit.
4. Physicians should be familiar (through continuing personal education) with the **WEB-LIKE INTER-CONNECTIONS** of internal physiological factors.
5. for functional medicine physicians **HEALTH IS NOT MERELY THE ABSENCE OF DISEASE BUT A STATE OF POSITIVE VITALITY AND WELL-BEING**
6. Our goal is the **PROMOTION OF ORGAN RESERVE** as a means to a **HEALTHIER** lifespan as opposed to just a longer lifespan.

The core clinical imbalances include:

- Hormonal and neurotransmitter imbalances
- Oxidation-reduction imbalances and mitochondriopathy
- Detoxification and biotransformation imbalances
- Immune and inflammatory imbalances
- Digestive, absorptive and microbiological imbalances
- Structural imbalances from cellular membrane function to the musculoskeletal system

All the above are the precursors to the signs and symptoms by which we detect and label (=diagnose) organ system disease.

Let me give you an example: a 56-year-old with severe atherosclerosis and ensuing cardiovascular disease (CVD) after interventions including two angioplasties and a CABG (coronary artery bypass graft), as well as a low fat diet and a lifelong beta-blocker and statin, suffered a stroke. His care was considered to be "optimal" for his diagnosis. However, further functional medical assessment revealed a marked elevation of homocysteine (it is considered to be an independent risk factor for CVD, but it is not routinely checked. I, as a functional GP, include it in my assessment of high risk patients like the above case. Also, homocysteine is a marker of folate metabolism and can be reduced by increased folate intake, eg, through the diet and/or a supplement).

He was tested genetically and was found to have a specific SNP (single nucleotide polymorphism = small change in areas in between genes that interact with the environment and give each one of us our "uniqueness" as opposed to genetic mutations, which are a totally different thing). This SNP produces a variant enzyme that requires extremely high doses of folate to ensure good cardiovascular health (ordinary supplements in this man would be inadequate!!!). As a result of this simple and non invasive approach, with high folate supplementation, his serum homocysteine equilibrated into normal range preventing further events.

Another example: close to your area of expertise is the relationship between selenium and autoimmune thyroid disease such as Hashimoto's. Selenium is a co-factor in one of the deiodinase enzymes and is markedly deficient in diets world wide. It's been demonstrated to decrease the thyroid antibodies and correct many cases, in this way, of sub-clinical hypothyroidism.

To know all of the above, one has to basically change the angle from which one looks at patient care. Therefore, a modern clinician who practices functional medicine needs to read not only standard medical journals but also the nutrition research, genetics, biochemistry

etc, and make complex and individualized clinical decisions by applying solid science into clinical practice.

The Institute of Functional Medicine is an educational organization accredited (USA) by the Accreditation Council for Continuing Medical education (ACCME) to provide continuing medical education for physicians. There are courses, certification and fellowship programs (which I am regularly following to update my expertise) to ensure excellent standards of health care service and patient safety.

As you very well know – unfortunately from personal experience – there is a sense of futility experienced currently by many healthcare providers stemming from a loss of meaning and empowerment in the therapeutic relationship, created as our chaotic healthcare system has shifted focus from quality issues to cost issues.

Now about how I diagnose and treat thyroid disease:

First, I am more interested in hormonal balance rather than isolated hormonal deficiencies, as many as you well know, can co-exist. The goal is to balance out all hormones (sex steroids, cortisol, insulin, etc) and reach an optimal, safe physiologic level of T3 in order to improve mental and physical health (hypothyroidism). I always use bio-identical hormones as a first choice for all hormonal deficiencies. (I am a member of the IHS-International Hormonal Society and follow their recommendations adapted to each case).

I give a multi-page diagnostic questionnaire to check for multiple hormonal deficiencies and I ask for a basal body temperature, followed by a thorough clinical exam. The first appointment lasts approximately one hour. My fee is £140 for the first consultation and then it varies depending on the complexity of each case. A food/supplement questionnaire and detailed lifestyle and exposure to xenobiotics questionnaire is also necessary (very helpful in T4 to T3 conversion disorders)

My basic thyroid profile includes serum TSH, FT4, FT3, rT3, thyroid auto Abs: ATG, ATPO and 24 hr urine FT3 and FT4.

My first treatment option is desiccated thyroid (Armour thyroid) followed by synthetic T3-T4 and as a last option - only if better tolerance, NOT efficacy, is required, thyroxine (T4).

I give dietary advice (Palaeolithic diet, iodine, selenium-rich, etc) and supplements if required to boost thyroid Tx. As I said before, I also correct concomitant hormonal deficiencies (cortisol, testosterone, progesterone, etc).

I am very enthusiastic about the functional medicine model of practice which has rekindled my passion for patient care and I feel confident speaking up about it and sharing my education and clinical experiences with colleagues and patients.

I am also interested in obesity and obesity-related disease such as insulin resistance and metabolic syndrome. I specialise in medically supervised diets for "difficult "cases of overweight or obese patients who tried everything but cannot lose weight. Body sculpting through individualized dietary manipulation and supplementation is also something that I do successfully.

As for the formal guidelines, I firmly believe that the term "guideline" is self-explanatory. They only serve as guides but they are not meant to be a substitute for clinical judgment. Our extensive medical training as physicians as well as our continuing medical education through courses /seminars and journals and, above all, our constant daily clinical challenges only serve

one single purpose: the best possible clinical outcome with maximum patient satisfaction and the least adverse effects!

Sheila: I thank you once more for the opportunity to say all the above and I would definitely be glad to feature on your list of "forward thinking" practitioners.

If you like a regular contribution, eg, small tips / advice / or latest news or even a "question and answer" section for patients I will be happy to do so."

I asked her if she would like to attend our next Thyroid Patient Advocacy-UK Meeting on 24th April 2010 and she has said she would love to meet up with us all and also to give a talk.

I asked also about the possibility of her holding regular clinics in areas throughout the UK as many of our members are unable to get down to London, and she is very open to this idea. We will be discussing the practicalities of this and we will arrange something in the near future.

[Read Dr Mantzourani's Medical Diet to Treat Obesity and Metabolic Syndrome in Primary Care \(Adobe PDF format \(1.27MB\) - Hold down Ctrl key and click on the link](#)

APRIL 2010 - THYROID PATIENT ADVOCACY-UK SPRING JAMBOREE - YORKSHIRE/LANCASHIRE BORDER

Our annual Spring Meetings are proving an extremely popular event in our calendar, bringing more and more members and our Medical Advisers together - plus others, such as Afshin and Nita, the owners of International Pharmacy, all the way from Los Angeles to our event last year. If you would like to know more about our annual Jamboree, here is a link http://www.tpa.uk.org.uk/tpa_april_meeting09.php where you can find what happened at our event last year. We had almost 70 people attending. Alfe's Chinese and Thai Restaurant in Keighley, Yorkshire, was, however, groaning under the strain, we wanted to push the walls down to get everybody seated, but a good time was had by all.



Because more and more members are attending every year, it has become essential that we have more room, so we have booked our next event at The Alma Inn, Emmott Lane, Laneshawbridge, Colne, Lancashire, BB8 7EG Tel (01282) 863447. We have booked the beautiful 'Garden Room' for this occasion. It is a beautiful pub with extensive views over magnificent countryside. It is just three miles from my home 'Squirrel Cottage, Ickornshaw, Cowling, Nr Keighley, BD22 0DH, Yorkshire' where many of you have visited before, either at our last meetings, or at a consultation with Dr Peatfield at his Yorkshire clinic.

You can find details of 'The Alma' here <http://www.thealmainn.com/Default.aspx> and if you click on 'Weddings and Parties' in the Menu, you can see the room we have booked for our

lunch. They will be drawing up a special menu for our party shortly and I will post details to you all at a later date.

It is essential that you book a place if you wish to attend, and let me know whether you will be bringing your partner or friends with you and how many places you will require. I would suggest that you book as soon as possible because it is likely to get booked up very quickly. I believe the approximate price for lunch will be around £9/10 for the main course, but this has yet to be confirmed. Michelle and I will be creating a menu of approximately four dishes for you to choose from so the chef can have our meals prepared for us at 12.00noon.



We will be having our meeting after lunch, and this will again be attended by Dr Skinner, Dr Peatfield, Dr Achmed, and this year, Dr Mantzourani will also be joining us. Drs Skinner, Peatfield and Mantzourani will each be giving a talk. We have the 'Garden Room' to ourselves until 5.00pm when the staff will need to claim it back for their evening visitors.

This year, we are holding a Grand Prize Raffle, so if you (or you know anybody) who will be happy to donate a prize, please let us know. This will again be in aid of Thyroid Patient Advocacy-UK to help us in raising the funding towards our new 2010 Campaign. Hopefully, we will be able to give you more details on the 24th April.

We have the rest of the pub available to us after our meeting, or as happened in previous years, those of you who wish are welcome to come back to Squirrel Cottage for further chat, wine and nibbles.

For those of you coming from afar, we have plenty of very reasonably priced Bed and Breakfast accommodation in the area, so if any of you are coming from a long way away and planning a little holiday in this lovely Yorkshire/Lancashire border area, you can find details of accommodation in the FILES section which you can find from the Home Page of our Forum <http://health.groups.yahoo.com/group/thyroidpatientadvocacy> . First come, first served, and I can tell you that each year, most of the accommodation around here is completely booked up by TPA-UK members attending this great annual event. The Alma Inn is now fully booked, so "no more room at the Inn".

You really should not miss this event as others, who have attended previously, will tell you. From the Home Page of the forum, click on the PHOTO'S section and you can see pictures taken at both last years meeting and the year before.

Please sign this very important petition:

[Patients' Petition for better diagnosis and treatment choice for hypothyroid patients](#)

We need as many signatures as we can because 2010 is going to be the year when this will be used to help bring justice for all sufferers of the symptoms of hypothyroidism.

Here is the winning design for our new Thyroid Patient Advocacy-UK Logo. This will now go on our letter heading and any correspondence.



Dr Peatfield Clinics



[Dr Peatfield's clinic schedule](#) has been updated on the TPA-UK web site. There are currently many new available dates at his usual locations, but because of the popularity of his clinics, it's advised that you book early.



*Our first Christmas/New Year Quiz - with Great Prizes!
Are YOU our TPA-UK Brain of the Year?*

To help you enjoy the start of the New Year (and probably win some money in the bargain, why not kick it off by entering our New Year Quiz. This is a new idea for TPA-UK and I am sure you will enjoy it. Entry costs £1.50 for each entry form, but as we are hoping to raise funding towards our Charity status. I hope you will ask all the members of your family, friends, work colleagues and neighbours to take part too.

- In order to receive the Entry Form, you must send £1.50 for each Entry Form.
- *Make your payment through Pay Pal to sheilaturner@tpa-uk.org.uk or make a direct transfer of the money to our Bank. **Our Bank: HSBC. Sort Code: 40-26-01. Account No: 31456016. Account name: Thyroid PAUK***
- *For those of you who would rather send a cheque, you should make this payable to Thyroid Patient Advocacy-UK and send it to me, Sheila Turner, Squirrel Cottage, Ickornshaw, Cowling, Nr Keighley, BD22 0DH, Yorkshire as soon as possible.*
- *Once I have been notified that your payment has been received, I will send you a link to the New Year Quiz, which you can either print off to complete, or you can complete and return by email. The Quiz is made up of 100 questions, which includes general knowledge, cryptic clues, anagrams etc. Some are easy, some a bit more difficult - that is why we have given you until the end of January. ENJOY - AND DO YOUR LITTLE BIT TO HELP TPA-UK!*

The First Prize is £75, the Second Prize is £50 and the Third Prize is £25

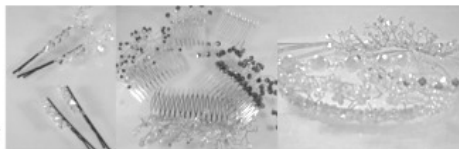
In the case of a tie, all the correct Entry Forms will be allocated a number. These will be put into a bag and shaken up. Dr Peatfield will then pick out the FIRST, SECOND AND THIRD PRIZE WINNERS. I will then be very happy to send the lucky winners a cheque.

THANK YOU, THANK YOU AND THANK YOU AGAIN!

TPA-UK Members' Corner

Lee Appleyard Designs

Bespoke beaded jewellery for bridal, special occasions and every day



Lee Appleyard Designs creates hand-crafted, classic, affordable, artisan jewellery pieces for special occasions, bridal parties and weddings and every day wear. Designed using only quality beads and components, we use genuine Swarovski crystals, freshwater pearls, semi-precious gemstones, fine (99.9%) silver, sterling silver, gold-filled and 9k gold wires and findings. Every piece is a one of a kind because each is not mass-produced, but lovingly created one at a time.

Lee Appleyard Designs not only has individually crafted pieces available online, but accepts commissions so you have just the right piece of jewellery or accessory to go with whatever outfit or occasion.

For the brides and your girls, we have a range of jewellery and tiaras, headbands, hair grips and combs to suit your gowns and your special look.

We can take your old jewellery pieces and give them a new lease on life by designing them into new beauties. We also repair pieces by restringing, adding new clasps, etc.

Come visit our online shop at www.leeappleyarddesigns.com to see our collection and get that something special for yourself, a friend or a loved one. You can contact Lee at lee@leeappleyarddesigns.com.

Looking for ear-pleasing guitar tone, back-saving light weight, and great reliability? Investigate [Pritchard Amps](http://www.pritchardamps.com) for the world's only boutique solid state amps. Your ears will appreciate the great range of tones from acoustic, through blues and rock, right into metal. Each channel has a Voice Knob to select the best basic tonality for your musical expressions. A Watts Knob scales your power from major stage down to small room while keeping your tone resilient, fat, and warm. And plugging the speaker into Practice Jack lets you play screaming leads at acoustic levels — a real blessing to domestic tranquility. Your back pains are eased with the light 1-12 at a mere 35 pounds. Even the pant-breezing 4-12 combo weighs less than some cabs.

[Pritchard Amps](http://www.pritchardamps.com) offers combination amps differently. Your purchase choice is split between the amp and the cabinet. This allows you to pick an amplifier for amp reasons and your cabinet for speaker reasons. The more popular combos are the two-channel amps in a small, light weight cabinet.

You can contact Eric at eric@pritchardamps.com

More information is available www.pritchardamps.com and learn why the sun never sets on Pritchard Amps.

Would you be interested in experiencing the thrill of a lifetime . . . and helping support TPA-UK?

Having watched 'Who wants to be a Celebrity' recently, I was rather taken with the tandem skydiving efforts of contestants when they were dropped in the jungle from planes at 15,000 feet!! I mentioned this to a friend of mine who sees no fear in anything - even bungee jumping off the Bristol Suspension Bridge!! She has now thrown down a challenge to me that she will sky dive for TPA-UK if I do it as well ???!!!

This made me think that there just might be other TPA members in the West Country area or perhaps their friends or relations that might enjoy this exhilarating, breathtaking, adrenalin pumping challenge? It would be brilliant and obviously much more cost-effective to get a plane load of people together., We could all compare notes afterwards over a nice pub lunch and a few drinks of course . . .

If you are interested in finding out more about this exciting challenge and helping boost TPA's coffers at the same time, please email me at: holloway.marie@googlemail.com and I will forward you more details for consideration.

A Special Thank You!

We would like to take this opportunity to thank the wonderful team that has helped to make TPA-UK such a resounding success - our team of moderators (Lilian, Lee, Jenny, Gill, Bob and Dawn) who have never wavered under the strain of moderating and approving the numerous messages that come pouring in every week, thus ensuring the forum runs smoothly and happily. They make it a good place to be. I would also like to thank all those wonderful members who tirelessly give hours of their time helping others to overcome their problems, giving them the benefit of their own experiences and tips to help them regain their health - a massive thank you to you all.

I would like to give a very special thank you to our one and only Eric Pritchard (US researcher) who spends hours and hours of his time gathering all the information that is available to the scientific evidence that is being deliberately ignored by the endocrinology specialty who are needlessly causing so much suffering and harm to those patients with the symptoms and signs of hypothyroidism. Eric, like many of us, is

determined to do whatever is within his power to put all these wrongs right, so that those sufferers will be given a proper diagnosis and the correct thyroid hormone replacement that will give them back their health.



. . . and, of course, what would many of us do without our wonderful Dr Barry Peatfield and Dr Gordon Skinner, who, between them, have given back normal health to thousands of sufferers who have been failed miserably by the endocrinology specialty.

There are too many people to thank individually, but to each and every one of you who tries to help others, however big or however small, a big thank you.

PLEASE, PLEASE, PLEASE carry on - because it is an absolute fact that until the Royal College of Physicians in particular its Patient and Carer Network and the Joint Specialty Committee for Endocrinology & Diabetes, the Association for Clinical

Biochemistry, the Society for Endocrinology, the British Thyroid Association, the British Thyroid Foundation Patient Support Group, the British Society of Paediatric Endocrinology and Diabetes and the Royal College of General Practitioners start to listen to their patients' voices, and more particularly, start to take notice of the scientific and medical evidence that has been available to them for over half a century (but which they choose to ignore) that proves their guidance on the Diagnosis and Management of Primary Hypothyroidism is wrong, wrong, wrong. If these thyroid/endocrine organisations looked after those suffering the symptoms of hypothyroidism, and

stopped leaving them to suffer so unnecessarily, there would be no need for organisations such as Thyroid Patient Advocacy-UK. Until that happens, we need all those of you who are able to help - to help us - and to help your fellow sufferers.

"As often in the history of science, the biggest obstacle in finding the truth is not the difficulty in obtaining data, but the bias of the investigators on what data to chase and how to interpret them."

—Peter H. Duesberg, PhD, *Inventing the AIDS Virus* Washington, DC, Regeneron Publishing, Inc., 1996



We hope every one of you, your family and friends, will have a wonderfully Happy Christmas, and more...that 2010 will be the best year ever, and the year when TPA-UK will start to see the changes so dearly needed that will give all hypothyroid patients the proper diagnosis and treatment choice that will make them well again.

Love and peace,

Sheila and Lee