



The Concorde Basic Urinary Thyroid Screen

The thyroid is the body's metabolic thermostat, controlling body temperature, growth rate, food metabolism and energy use. It affects the operation of almost all bodily processes and organs.

Thyroid 'dysfunction' – especially under-function – may start because of a period of stress, especially a period of sudden 'unbuffered' stress on the mind and/or body. It can also happen because of other problems within the system, such as chronic illness. This is a protective response by the body to conserve resources when these are most stretched.

HYPOTHYROIDISM AND SUB-OPTIMAL (LOW) THYROID FUNCTION

An under-functioning of the thyroid gland can result in a condition known as hypothyroidism, which is thought to be one of the most under-diagnosed conditions in the world today, affecting children, adolescents and adults.



This disorder can produce many diverse symptoms including generalized fatigue, 'fuzzy-headedness', weight gain, depression and constipation.

HYPERTHYROIDISM: 'OVER-THE-TOP' THYROID FUNCTION

The thyroid gland can also over-secrete thyroid hormones, resulting in hyperthyroidism with symptoms ranging from weight loss and palpitations, to anxiety and diarrhoea.

SIGNS AND SYMPTOMS OF HYPOTHYROIDISM

- Constipation
- Cold intolerance/ low body temperature
- Depression
- Dry, coarse or thick skin
- Excessive fatigue
- Goitre – enlarged, swollen and lumpy thyroid
- Hair loss
- Headaches (including migraines)
- Infertility and impotence
- Low sex drive
- Menstrual/ menopausal problems
- Unexplained weight gain or difficulty losing weight

THE URINARY THYROID SCREEN

This is a basic test which measures thyroid hormone levels in the URINE over a 24 hour period.

While basic, this is a sensitive alternative to blood testing, especially if used in conjunction with body temperature monitoring and symptoms analysis.

On that basis it may detect some patients whose 'thyroid dysfunction' may go undetected during standard blood tests.

This test measures the levels of T3 and T4 over a 24 hour period.

SIGNS AND SYMPTOMS OF HYPERTHYROIDISM

- Diarrhoea
- Breathlessness
- Dislike of the heat and increased perspiration
- Hyperactivity
- Hair loss
- Palpitations (awareness of heart beats)
- Vitiligo
- Menstrual irregularities
- Protruding eyes
- Weight loss
- Anxiety
- Insomnia

International Test Kit Service

This test involves a simple kit that can be used in your own home. It requires you to measure the total amount of urine that you pass in 24 hours – and send us back a 10ml urine sample.

Once this has been done, you simply post the test kit back to the laboratory. We would encourage you to use guaranteed delivery and not to send kits over the weekend. If you are on thyroxine please note the dosage you were taking at that time.

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In conjunction
with I W D L

