



## The Concorde Comprehensive Thyroid Profile

*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

### **COMPREHENSIVE THYROID PROFILE**

Dr Concorde considers this test the 'gold standard' for the initial investigation of thyroid gland function.

It checks how the gland is working (total thyroid hormones), whether the brain is stimulating the thyroid gland properly (TSH), and whether the hormones are in the 'right format' in and around the body (T3 or T4).

We also check levels of 'reverse T3' (rT3). This is an inactive thyroid hormone which is synthesised from active thyroid hormones during stress – thereby reducing levels of active thyroid hormone. This test is an unusual facility.

This profile also checks on whether there is an 'autoimmune' basis for any thyroid problems (TPO and TgAB). This is where the immune system starts inadvertently attacking – and damaging - the thyroid gland.

Almost all of these aspects of thyroid function can be influenced by stress – be that physical, mental or environmental stress: current stress or previous unresolved stress.

### **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 requires a blood test and so you will need the help of your doctor or a nurse, or a phlebotomist at a local hospital. A kit will be sent to you and you take this to your practitioner.

Once this has been done, you simply post the blood tests 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.

The Concorde Initiative, 38 Gay Street, Bath, UK BA1 2NT  
Tel: 0870-345-2255

[labtests@the-concorde-initiative.com](mailto:labtests@the-concorde-initiative.com)

[www.the-concorde-initiative.com](http://www.the-concorde-initiative.com)

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with I W D L

