

MEMBER STORY

by  Best Doctors®



NAME:
June
AGE:
80

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REASON FOR CONSULTING BEST DOCTORS:

thyroid medication causing severe side effects

BEST DOCTORS EXPERT SPECIALTY:

endocrinology and metabolism

Expert report leads to important change in treatment

I am an active and fit 80 year old woman who was diagnosed with a severely underactive thyroid eleven years ago. At the time, I didn't have any symptoms yet was told by my doctors to begin thyroid replacement therapy.

Unfortunately, my medication made me feel so unwell, causing severe leg pain, palpitations, sweating, tremors, and anxiety. I found that I could only take it for short periods at a time. Whenever I stopped, I would actually feel better.

“ I've had such a brilliant experience. The effort you've gone to is simply amazing. ”

I tried to explain this to my doctors, but they warned me that I could go into a coma or suffer a fatal complication if my thyroid levels remained low and untreated. My concern that the medication was hurting me more than it was helping me, and my doctors' insistence that I take it got to such a point where the specialist refused to continue treating me. I found another consultant and, over the next ten years, struggled between taking no medication at all and enduring symptoms that seemed to get worse and worse.

Then I heard about Best Doctors. I am one of those people who will try anything once, and so I got in touch. I just wanted to get to the bottom of what was wrong with me.

From the very first contact with Best Doctors, they really took the time to listen. When they got back to me with the expert report, I was so pleased with how well the results were explained: I was apparently on the right medication, but my body was not adjusting to such a high dose. The report recommended that I begin on a lower dose and gradually allow my body to adjust to higher doses. No one had thought of a solution before! I took the report to my G.P: he was absolutely over the moon!

My friends and family said 'I bet this has knocked you back a few hundred', and I really did expect a big bill in the mail. I couldn't believe that they would do all this research as part of my insurance!

“ No one had thought of a solution before ”

Reassured and ready to start treatment again