



Member Information Kit

Telephone Support Contacts

Children & Thyroid Disorders

Beverly (Sydney) Mob: 0416 269 982

Congenital Hypothyroidism

Kate (Sydney) Mob: 0415 998 510

Graves' Disease

Sylvia (Coffs Harbour) Ph: (02) 6652 3656

Ros (Melbourne) Ph: (03) 9326 4363

Hashimoto's Disease

Beverly (Sydney) Mob: 0416 269 982

Carmel (Central Coast) Mob: 0414 522 232

Madeleine (Melbourne) Ph: 0408 125 980

Hypothyroidism

Rosetta (Sydney) Mob: 0419 471 951

Therese (Central Coast) Mob: 0419 997 683

Carmel (Central Coast) Mob: 0414 522 232

Men & Thyroid Disease:

Victor (Sydney) Mob: 0409 842 342

Orbital Decompression & TED

New Telephone Support Needed

Parathyroid Disease:

Victor (Sydney) Mob: 0409 842 342

Radioactive Iodine

Madeleine (Melbourne) Ph: 0408 125 980

Thyroid Cancer

Cheryl (Campbelltown) Mob: 0416 100 284

Victor (Sydney) Mob: 0409 842 342

Madeleine (Melbourne) Ph: 0408 125 980

Hemin (Adelaide) Mob: 0499 247 499

Thyroid Surgery

Beverly (Sydney) Mob: 0416 269 982

Would you like to become a Telephone Support Contact?

The ATF would like to ask all members to consider becoming a Telephone Support Contact. If you would like to support other members with the same thyroid disorder as yourself by telephone, please contact: Cheryl Weller on 0416 100 284 or email: Cheryl@thyroidfoundation.org.au

Telephone Support Contact Disclaimer

Information provided by Telephone Support Contacts comes from personal experience.

Telephone Support Contacts will support members in their efforts to seek a second opinion, gain reassurance that conventional treatment often takes some time to take effect and give support during that time.

Telephone Support Contacts do not give medical opinion.

Our Telephone Support Contacts have generously indicated their willingness to talk to fellow thyroid patients, to share their personal experience of their thyroid condition and to give support to other members in a similar condition.

If a telephone Support Contact is not available when you call, please do not give up. Some may have answering machines, so please leave your name and number and they will return your call as soon as they can.

Telephone Support Contacts do not offer a crisis or medical help line service. The ATF also ask that members only phone the Telephone Support Contacts during reasonable hours.

Telephone Support Contacts are required to follow The ATF's Telephone Support Guidelines. Telephone Support Contacts will advise the ATF Executive Committee of members' requests for information which will be addressed via the ATF newsletter 'Thyroid News', ATF Member Meetings and ATF Website.

ATF Member

The ATF values your membership of the organisation and wants you to have the best information, education and one on one support available to achieve Good Thyroid Health.

Please refer to the Member Information Kit to check on information when needed to manage your thyroid health with the care of your thyroid treating doctor.

The Member Information Kit holds relevant and essential information you need to know! Included is information regarding; thyroid medications, correct procedures for thyroid pathology testing, essential information about medicines, vitamins and supplements etc. and much more!

Remember the ATF is here to support you through your thyroid journey and if you need help, please let us know.

The ATF Membership Team – membership@thyroidfoundation.org.au

Choose Your ATF Membership Level

You can change or upgrade your Membership Level when your membership is due to renew, so consider a longer term.

Discounted prices are available for longer timeframes. Please consider an upgrade, so your membership will continue to provide you with one-on-one support when needed and keep you well informed on the latest research, treatments, medications and Thyroid News!

(Concession – Pensioners, Health Card Holders, School, TAFE and University Students, see Terms & Conditions on website)

MEMBERSHIP LEVELS

General Membership:

1 Year Membership - \$40.00 (AUD)

2 Year Membership - \$70.00 (AUD)

5 Year Membership - \$175.00 (AUD)

Concession Membership:

1 Year Membership - \$35.00 (AUD)

2 Year Membership - \$60.00 (AUD)

5 Year Membership - \$150.00 (AUD)

No recurring payments will be processed. You will receive an emailed/mailed Membership Renewal when your current membership level is due.

For more information email: membership@thyroidfoundation.org.au or phone 0416 100 284

Share Your Thyroid Journey...

ATF Members benefit so much from hearing how others have managed their thyroid disorder and treatment choices which they decided with their treating doctor. Living with a thyroid disorder can make life difficult, so understanding your own thyroid disorder, by reading other member's thyroid journey gives members who feel isolated or misinformed the encouragement to talk to their treating doctor about treatment choices and make the right decisions for themselves.

Identifying names do not need to be included, or doctors, associated medical practitioners or institutions. But, sharing information is vital to how others feel and cope with their disorder.

Please send your Thyroid Journey to be published on the ATF website and/or Thyroid News by email: Membership@thyroidfoundation.org.au or post: **The Australian Thyroid Foundation, Suite 2, 8 Melville Street, Parramatta NSW 2150**

Have you changed your contacts?

Please let us know if you have changed your mailing address, telephone contacts or email address. To ensure you continue to receive 'Thyroid News' and all other ATF information.

Email: Membership@thyroidfoundation.org.au

Mobile: 0416 100 284





MAY

Thyroid Awareness Month

Mother's Day

Pregnancy and Thyroid

What does this mean to you and your baby?

25th May

World Thyroid Day

21st to 27th May

International Thyroid Awareness Week

The ATF is a member of Thyroid Federation International, check the international messaging www.thyroid-fed.org/tfi-wp/meetings



SEPTEMBER

Gold Bow Day

1st September

**Know Your Neck
Check Your Thyroid**

OCTOBER

Big Breakfast Brunch

Member Meetings

Member Meetings give members an opportunity to gain support, share information and education and listen to invited Guest Speakers. Attending meetings and making friends can help others when they feel isolated with a thyroid disorder.

Convenors are needed to host Member Meetings in local areas.

Contact Beverley Garside for more information.

Email: Beverley@thyroidfoundation.org.au Mob: 0416 269 982

All ATF Member Meeting Convenors are provided with all the skills and information needed to hold a meeting. Convenors are also asked to provide Telephone Support for local members.

ATF Member Meetings are currently held at the following locations:

Albury – NSW/VIC

Convenor: Helen Peake

Phone: (02) 6040 7494 / 0406 970 096

Email: hpeake67@hotmail.com

Central Coast – NSW

Convenor: Barbara Young

Phone: (02) 4369 4461 / 0409 033 916

Email: barb3spirit@gmail.com



The Thyroid Jigsaw

To ensure you receive a proper diagnosis, it is essential for your doctor to order all of the following pathology tests and a thyroid ultrasound. Without all of these tests, you may not be given a proper diagnosis. Therefore The Thyroid Jigsaw may be missing one of the important pieces!

PATHOLOGY	Usual Normal Range	Best Result
TSH - Thyroid Stimulating Hormone	0.5 - 4.00	Around 1.00
T4 - Thyroxine Level	10 - 20	High End of Normal Range
T3 - Triiodothyronine	4 - 8	Exactly in the middle of the range
Thyroid Antibodies - TPO & TGO		Diagnosis of Thyroid Autoimmune Disease, either Graves' and/or Hashimoto's Diseases

REMEMBER

It is Not the Fact Your Thyroid Function Pathology Results Sit in the Normal Range

BUT

The Importance of Where in the Normal Range Your Results Sit

PLEASE NOTE: Reference ranges for children and pregnant women may vary from the normal adult reference range. Laboratory reference ranges can vary. Use the reference range as your guide and consult your thyroid treating doctor.

THYROID ULTRASOUND - A thyroid ultrasound shows the size, shape and texture of the thyroid gland. It also shows if any nodules are present. Nodules need to be monitored regularly or treated. A Thyroid Pathology Test cannot show any physical change to the thyroid gland and therefore a thyroid ultrasound is an important diagnostic test.

If you have an enlarged thyroid gland, discomfort or pain in your neck, a stubborn cough, trouble speaking or breathing, please ensure your doctor orders a Thyroid Ultrasound.

THYROID CT SCAN - A Thyroid CT Scan is a Nuclear Medicine Scan. A small amount of radioactive iodine (RAI) contrast solution is injected into the patient's arm before the scan begins. The scan will show the uptake of the RAI Iodine through the Thyroid Gland.

PLEASE NOTE: If your treating doctor has requested a Thyroid CT Scan and you have been diagnosed with Hyperthyroidism and/or a Heart Disorder, please be aware of related consequences from the RAI Contrast Solution used for CT Scans, MRI Scans and other Nuclear or Radiography Testing.

Ref: Professor Jim Stockigt – ATF Thyroid News No 13, Sept 1999 – Iodine Contrast Solutions – Used in CT Scans and Other X-Rays

'O' for Oroxine (Remember 'O' for Original) YOUR CHOICE!

Brand Substitution Not Permitted

To ensure your Pharmacist does not offer you or give you the 'generic brand, cheaper brand or Australian brand' of Levothyroxine, namely 'Eutroxig' when you prefer the original brand 'Oroxine', please note:

Ask your treating doctor to mark the box '**brand substitution not permitted**' with an 'X' on the prescription, (as per the sample below) and also state Oroxine as the medication required.

Pharmacist Stock of Oroxine

If your Pharmacist tells you, they do not stock Oroxine or Oroxine is no longer available, or it is out of stock at the warehouse, try another Pharmacist. Or ask your Pharmacist to ORDER it for you. It should not take any longer than 24 hours for your Pharmacist to receive it.

PBS Schedule

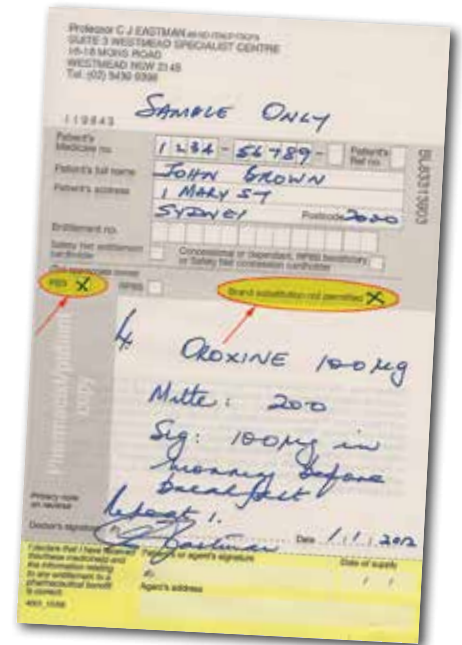
Under the Pharmaceutical Benefits Scheme, (PBS), a maximum of 200 tablets of the prescribed dose is allowed to be purchased at one time with 1 repeat.

Oroxine is priced at a slightly higher premium (\$2.21) than the substitute brand Eutroxig.

Eltroxin is not covered under the PBS. Eltroxin does not need to be refrigerated. Eltroxin is 10% less active ingredient than Oroxine and Eutroxig.

Oroxine, Eutroxig and Eltroxin Consumer Medicine Information (CMI) are all available on the ATF website – Thyroid Facts – Treatments and Medications

Visit www.pbs.gov.au/pbs and type Oroxine, Eutroxig or Eltroxin in the PBS Search Field for more information on Levothyroxine medications.



Member's Thyroid Management Tips

Vitamin, Supplements, Herbal Extracts

Vitamin, supplements and herbal extracts are known to affect the absorption of Levothyroxine.

Celery Seed Tablets are proven to interact with Levothyroxine, which can cause hypothyroid symptoms and/or irregular thyroid pathology results.

(Thyroid Interactions with Celery Seed Tablets, by Geraldine Moses 'Thyroid News' No. 7 Sept/Oct 2001).

It is recommended to only take Vitamins, Supplements and Herbal Extracts, if you have received a definite diagnosis of a particular vitamin or mineral deficiency, from a pathology test. Increasing a particular food source to try and overcome the deficiency has not been successful and your treating thyroid doctor is monitoring your thyroid hormone levels and your Levothyroxine dose closely, whilst you are taking a vitamin, supplement or herbal extract.

Supplements and Over-the-Counter Medication Recommendations

Supplements and Over-the-Counter Medications should not be taken within 4 hours of taking Levothyroxine.

Iron, Calcium, Zinc, Vitamin D, Aluminium Hydroxide, Calcium Carbonate and Sucralfate used for indigestion, should preferably be taken at the end of the day to avoid a possible interaction occurring with Levothyroxine.

Zinc, iodine, kelp, multi-vitamins and many others can also be a concern to patients diagnosed with a thyroid disorder. Instead of being 'good for your thyroid' symptoms may occur and thyroid pathology results may be affected.

Many other vitamins, minerals over-the-counter medicines may affect absorption of Levothyroxine and thyroid hormone pathology levels. So please be aware of what you are taking and if supplements and over-the-counter medications could

be affecting your thyroid health and pathology results.

Prescribed Medicine Recommendations

Please read the Consumer Medicine Information (CMI) which is included in the packaging of your prescribed Levothyroxine medication. Please read '**Before You Take**' which include information that is essential to know about taking other medicines whilst taking Levothyroxine.

Please discuss any concerns you have with your treating thyroid doctor and pharmacist to make sure you are well aware and so is your doctor.

To check Consumer Medicine Information (CMI) online: www.thyroidfoundation.org.au Thyroid Facts – Treatments and Medications.

Protect Your Thyroid Health by being aware and well informed.

Tell Your Thyroid Treating Doctor!

Please ensure you make all Over-the-Counter Medications, Vitamins, Supplements and Herbal Extracts and Other Medicines known to your Thyroid Treatment Doctor. Even if you think, they have no obvious association with thyroid disorders.

Please ask your Thyroid Treating Doctor to avoid prescribing any medications which may interact with your thyroid medication.



continued... Member's Thyroid Management Tips

Thyroid Pathology Testing

For accurate thyroid function results for patients taking Levothyroxine – Pathology tests should be done after fasting from your evening meal the night before the test. Water can be drunk throughout the night, but nothing to eat.

Have your pathology test as early as possible in the morning, 7.30 -8.00 am and **before you take your Levothyroxine dose.**

Take your Levothyroxine and a bottle of water with you to the Pathologist. If you take Oroxine or Eutroxig, place it in your ATF Medication Travel Pack and take it with you to the pathologist. Take your dose after your test is complete and you will be ready for breakfast ½ - 1 hour later.

Time to Store and Take Levothyroxine

How to Store: Ensure you store all of your Oroxine or Eutroxig medication, in the refrigerator **all of the time.** Eltroxin does not need to be refrigerated.

When to take: Take your Levothyroxine as soon as your eyes are open in the morning with a glass of water. **Never leave your Oroxine or Eutroxig out of the refrigerator overnight, or for any amount of time.**

Wait at least 30 minutes to 1 hour after you take your dose, before you have breakfast.

Never take other medication before Levothyroxine, at the same time or within 4 hours of taking Levothyroxine. If you have special medication needs, please speak to the ATF and your thyroid treating doctor with your concerns about other medications.

Picking Up Thyroxine Prescription From Pharmacist

As Oroxine and Eutroxig needs to be kept at refrigerated temperature, make sure you pick up your prescription on your way home and do not leave it in the car. Ask the pharmacist to place your prescription in a foil bag to protect it, or take an insulated bag with you to carry it home. Remember to place it in the refrigerator, as soon as you arrive home.

Levothyroxine Prescription Choice

If you prefer Oroxine, the original brand of Levothyroxine, over Eutroxig, the generic brand, this is your choice. If your Pharmacist does not have Oroxine in stock, either ask him/her to order it for you or purchase it from another Pharmacist. If Oroxine is ordered, it should not take more than 24 hours to be delivered to your Pharmacist.

Foods That May Affect Levothyroxine Absorption

- Vitamins, supplements and herbal medicines that contain iodine or kelp (Please read Vitamin, Supplement or Herbal Extracts)
- Do not take your Levothyroxine dose with milk or eat foods containing calcium within at least 1 hour of taking your Levothyroxine dose
- Large quantities of **uncooked** brassica vegetables, e.g. cauliflower, cabbage, broccoli and Brussel sprouts
- Dried fruit, due to the sulphur content
- Large quantities of seeds and nuts
- Soy products can be found in many foods i.e. margarine, cereals, emulsifiers, lecithin, salad dressings, sauces etc. Breads other than Soy & Linseed also include soy. Soy flour is used in many breads, so be aware.
- Nutritional supplements used for menopausal symptoms can also contain soy.

Prof Creswell Eastman notes in ATF article "The Joy of Soy"

'How many lady members of a 'certain age' have tried various measures to help alleviate the sometimes difficult symptoms of the menopause? High on the list of recommendations is an increased intake of Phytoestrogens, which are found in soy products, cereals, rice brans, beans, legumes, apples...the list goes on'

Medications, Foods and Other Stimulants to Avoid If You Are Hyperthyroid

If you are hyperthyroid, it is essential you avoid certain foods and medications.

'Avoid taking cough and cold preparations and decongestants containing pseudoephedrine, which can stimulate the thyroid gland and cause hyperthyroidism or worse, thyrotoxicosis.

Use Nasal Sprays, Drops, Inhalations or Antihistamines instead. Phenylephrine is a non-stimulant decongestant, so is safe for thyroid patients.

Dr Geraldine Moses BPharm DCLINPHARM – ATF Medical Advisor

It is a good idea to check with your pharmacist before you use new medications.

Avoid Stimulants, such as caffeine (coffee & chocolate, cola & energy drinks) alcohol and tobacco. These can increase the heart rate.

Avoid anything with excessive iodine, including Betadine antiseptic and iodised salt.

Some over-the-counter medications, vitamins, asthma medications, suntan lotions, and salt substitutes contain iodine. Read all labels carefully.

Be Aware of Antiseptic Preparations Which Include Iodine!

Avoid Kelp in supplements and food and cut down on eating seafood, while you are hyperthyroid. Kelp is a source of iodine and can increase hyperthyroidism by triggering the thyroid gland to produce more thyroid hormone.

Iodine and Thyroid Disorders

The benefit of an iodised enriched diet to prevent iodine deficiency is important for the general population. Particularly pregnancy supplements including iodine for pre-pregnant, pregnant and breastfeeding women, to safeguard the pregnancy and newborn development.

However patients with thyroid disorders should be aware and generally avoid iodine in excess and should avoid the following:

Betadine and Iodosorb Antiseptic or antiseptic powders such as EDP all include iodine and antiseptic mouthwashes can be prepared using iodine.

If you suffer from Graves' Disease or a nodular goitre, these preparations should NOT be used under any circumstances. Ensure you inform your treating doctor of your thyroid disorder beforehand. These preparations can cause hyperthyroidism in thyroid patients which can be harmful.

Prescribed Medications

Your treating doctor may need to increase your Levothyroxine dose if you are prescribed Anticoagulants such as Warfarin, Oestrogen Treatments, Barbiturates, some Antibiotics and some Anti-Depressants. Please ensure you speak to your doctor about regular thyroid function pathology tests, whilst taking any of these medications.

continued... Member's Thyroid Management Tips

Thyroid CT Scan & General MRI Scanning

Your treating doctor may request a Thyroid CT Scan or an MRI Scan for another medical condition. If you have been diagnosed with Graves' Disease, Hyperthyroidism and/or a Nodular Goitre, please speak to your doctor about performing the CT Scan or MRI Scan without the Iodine Contrast Solution. The iodine contrast solution can cause hyperthyroid symptoms which can be harmful. The CT Scan or MRI Scan can be performed without the iodine contrast solution.

Winter Thyroid Testing

If you are feeling a bit sluggish as the weather cools down, ask your doctor to test your thyroid function, TSH, T4 & T3, as you may need to increase your Levothyroxine dose. The body needs more energy during the winter months.

ATF Medication Travel Pack (MTP)

Morning Dose: ATF members report freezing their MTP during the day and placing their Oxroxine or Eutroxsig in the MTP before they go to bed at night. (Cut off the dose from the blister strip, leave in the foil and place in your MTP beside your bed). This is a great idea if you live in a two storey house or would rather not go to the refrigerator early in the morning.

Away From Home: Remember all thyroid patients taking Oxroxine or Eutroxsig need an ATF Medication Travel Pack (MTP). Oxroxine and Eutroxsig should be kept at refrigerated temperature at all times, so it is essential to purchase an ATF MTP for when you are away from home, between one refrigerator and the next. MTP's are available to ATF Members at a reduced rate and are available to all current financial



members. Please read MTP information page on the website Membership – MTP. MTP's can be purchased from the ATF Online Shop www.thyroidfoundation.org.au or phone Membership 0416 100 284.

Travelling With Your Medication Travel Pack

It is a good idea to make sure you book a hotel room with a bar fridge, so you can keep your Oxroxine/Eutroxsig refrigerated, so it will not spoil. If you are staying in a hotel and you do not have access to a freezer, ask reception to freeze your MTP for you. If language is an issue, please insist it is put with the ice cream, so it will be rock hard and not with the milk.

Always ensure you keep your MTP in the drawstring pouch it comes in. Keep the pouch with your hand luggage or handbag as a reminder to take your Oxroxine/Eutroxsig from the refrigerator and retrieve your MTP from reception before you leave your hotel. Read more information about the MTP use on the ATF website – Membership – Medication Travel Pack. ☉

NOTE: Iodine Contrast Solutions – Used in CT Scans & Other X-Rays – Prof. Jim Stockigt – Thyroid News No. 13 Sept. 1999. All patients with hyperthyroidism and heart conditions need to be aware of issues relating to these solutions.

Volunteer Position Vacant

The ATF is always in need of Volunteers!

Without Volunteers, the ATF would not exist.

Everyone has a talent or speciality which could be put to good use to support The ATF such as:

- Marketing – ideas to improve the ATF image, attract members and connect to sponsors
- Telephone Support Liaison – Encourage members to volunteer time to speak to others
- Host an ATF Gold Bow Day Event by raising awareness and selling Gold Bows in your workplace or connecting to friends and family
- Organise a Fundraiser and donate money raised to The ATF to continue the work of the organisation and raise much needed awareness Australia wide

- Promote the ATF to Sponsors and Partners to help grow the ATF
- Become an ATF Member and Organise Member Meetings in your local area
- Become part of the ATF Support Team
- Join the ATF Executive Committee to help manage the ATF
- Host an ATF BiG Breakfast/Brunch as a fundraiser and to raise awareness of the Importance of Good Thyroid Health through iodine enriched foods and supplementation for pregnant women

Please Contact The ATF Office to discuss How You can Help!

Email: info@thyroidfoundation.org.au Tel: (02) 9890 6962

Follow The ATF for News & Updates:



www.facebook.com/austhyroidfdn/



www.twitter.com/austhyroidfdn

The ATF Gold Bow: The symbol of The Australian Thyroid Foundation is a **gold bow**. The two loops of the bow symbolise the two lobes of the thyroid gland, one on either side of the neck. The gold colour symbolises that your thyroid gland is more valuable to you than gold.

The Australian Thyroid Foundation Ltd is a company *limited by guarantee*. The ATF is registered with The Australian Taxation Office (ATO) as a Deductible Gift Recipient and Income Tax Exempt. Donations of \$2.00 or more to The ATF are tax deductible. The ATF is registered as a Not-For-Profit with Charity Status with the Australian Charity & Not-For-Profit Commission (ACNC).

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ABN 28 080 557 642

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Fax: (02) 9890 8533

Email: info@thyroidfoundation.org.au
Website: www.thyroidfoundation.org.au

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