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THYROID AND OTHER PROBLEMS BEING MISSED IN ROUTINE CHECK-UPS

*Hormonal imbalances often hidden culprit in many commonly treated conditions;
Standard blood tests identify only sickest 2.5% of population*

DALLAS (June 9, 2008) – Yearly checkups and blood tests are a first step to good health. The detection and treatment of conditions such as high cholesterol has become common; however, the use of specific tests to diagnose potential underlying causes has not. As a result, the best course of treatment may be overlooked.

“Conditions such as high cholesterol, diminished energy levels, depression and even infertility can sometimes actually be the result of thyroid hormone imbalance,” said Dr. J. Andre Garabedian of the Fibromyalgia and Fatigue Centers, Inc. “Thyroid hormone is a key regulatory hormone for temperature control, metabolism and neurological function. Many patients may have a thyroid gland that is not functioning properly, yet blood work completed by a primary care physician shows nothing out of the ordinary.”

These misleading results are sometimes due to an actual error at the lab, but more likely, it is simply the lack of performing the proper additional tests to check for thyroid conditions.

“Numerous tests need to be performed since many times even if the hormone levels are normal there are other ‘inhibitors’ of thyroid hormone that are not usually checked,” said Dr. Garabedian. “In those cases individuals would experience symptoms of low thyroid, yet they would not be treated by their doctor since the baseline blood work was normal. If more extensive testing is done, results show thyroid levels that are truly low or sub-optimal or results indicative of thyroid resistance.

There are several symptoms of low thyroid including cold intolerance, worsening pain in colder weather, increased cholesterol levels, diminished energy levels, depression, poor hair growth, menstrual abnormalities including infertility, diminished metabolism with weight gain, and swelling in the ankles/feet.

An improperly functioning thyroid is not the only potential cause of health problems. Throughout life, the human body produces a wide variety of hormones, or natural chemicals, produced by various glands. These chemicals must exist in adequate and balanced amounts for the body to maintain proper health and normal functioning.

Most men and women are aware that hormone levels drop as they age. For women, it is particularly reproductive hormones, such as estrogen and progesterone, during the menopausal or perimenopausal stage of life. In men, smaller amounts of hormones, particularly testosterone, are produced as they enter the "midlife" or andropausal stage of life. When levels are extremely low, symptoms can be severe and cause serious health problems.

“Both women and men are often told their hormones such as thyroid, testosterone, estrogen, progesterone and adrenals are fine,” said Dr. Garabedian. “But standard blood tests only pick up the sickest 2.5% of the population.”

Patients can successfully reverse hormone deficiencies with natural hormone replacements, many times allowing them to forgo additionally prescribed medicines. Even when a low thyroid condition is established, it is essential for the correct hormone to be given.

Hormone replacement therapy, or bio-identical hormone therapy, is offered by Fibromyalgia & Fatigue Centers, Inc. to balance the hormones. The center utilizes "bio-identical hormones" - those molecularly identical to the ones produced in the human body.

“We integrate the latest research and treatments available to evaluate and treat hormone imbalances,” said Dr. Garabedian. “We have trained medical doctors who understand the endocrine system, who listen, and who will work with patients to get their bodies to optimal functioning.

“We are experts in this field as a result of our work with Chronic Fatigue Syndrome and Fibromyalgia patients. There is mounting evidence that thyroid imbalances are present in most, if not all, of those patients, so natural hormone replacement is one of the therapies we find to be incredibly successful.”

Dr. Garabedian is hopeful more will be done to educate patients about the true potential causes of common ailments and the most effective treatments.

“I find it interesting that natural hormone management is probably the safest and most beneficial cholesterol reducing agent, yet it is hardly ever used for this purpose. Perhaps someday that will all change.”

Fibromyalgia and Fatigue Centers are located in Atlanta, Cleveland, Dallas, Denver, Detroit, Fort Worth, Las Vegas, Norwalk, Philadelphia, Pittsburgh, Portland, and Seattle with plans for future expansion. For more information on thyroid conditions and hormone replacement therapy, go to www.fibroandfatigue.com or call (866) 443-4276.

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