

Patient information from BMJ

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Underactive thyroid: questions to ask your doctor

If you've been told you have an underactive thyroid, you may want to talk to your doctor to find out more about your condition. Here are some questions you might want to ask.

- Why did I get an underactive thyroid?
- Will I get better?
- Do I need treatment?
- What's the best treatment for me?
- Will I need to have treatment for the rest of my life?
- What are the side effects of treatment? How can I cope with them?
- Should I change what I eat?
- What are the chances that someone else in my family will get an underactive thyroid? Does it run in families?
- How will my treatment be managed if I wish to get pregnant (women)?

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