

PRESS RELEASE

For immediate release



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THYROID AWARENESS WEEK

16th – 22nd October 2010

Many women believe they are healthy enough to have a baby whereas the truth is that their thyroid blood tests may not be at the right level.

Melanie's TSH level was 5.27 and she wasn't ovulating. She was found to have an underactive thyroid which was treated until her levels came "within range". A year later, still not having conceived, she started a form of IVF at Barts Hospital but weeks later, miscarried.

Melanie tells us, *"I discovered that the normal range that the NHS recommend is far too high to support a pregnancy and that your TSH levels need to be under 2."*

Once on a higher dose of levothyroxine, one of the treatments for hypothyroidism, her TSH levels reduced to 2.49 and she started ovulating. Barts then put her on a natural cycle of frozen embryo transfer and she fell pregnant. Her TSH was down to 1.9. Her baby is due in December.

Most ranges for TSH blood tests are 0.5 – 5.0, which means that 95% of people tested will be within this range. In America patients are treated if their TSH is more than 3.0. In the UK Guidelines state that patients do not need treatment if their TSH is less than 10. This means that many women could have undetected thyroid disease causing infertility.

Even if women's TSH is within range, many may not ovulate or miscarry. Miscarriage rates are higher in women with thyroid autoimmunity, often a hidden thyroid problem.

Lyn Mynott, Chair/Chief Executive of Thyroid UK states, *"Thyroid UK would encourage women who want to become pregnant to check their thyroid levels first by asking their GP for thyroid blood tests, especially checking their thyroid antibody levels."*

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For further information contact:

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Note to the Editor:

Thyroid UK will be launching their newly designed website soon with new Patient Information.

www.fertilityfriends.co.uk is a forum where thyroid levels, among other things, are discussed.

Thyroid Disorders Associated With Infertility and Pregnancy - http://cme.medscape.com/viewarticle/574861_4

Reproductive-Age Women May Benefit From TPO Screening - <http://www.medscape.com/viewarticle/481368?src=sideseach>

Thyroid Disease and Female Reproduction: Thyroid Disorders and Infertility - http://www.medscape.com/viewarticle/553887_3