HOPE FOR HASHIMOTO'S

HASHIMOTO'S INTERNATIONAL INFORMATION PACKET & QUESTIONNAIRE

Greetings…

This packet is designed to explain the services we offer for those living outside the United States. It also includes our intake questionnaire.

Introduction 1

Long Distance Consultations Outside the United States 4

Consultations 4

Lab Testing 5

Pharmacy 7

Intake Questionnaire 7

Our Coordinates 14

Introduction

Our approach to effectively treat Hashimoto's takes into consideration other factors besides simply the lowering of thyroid antibodies.

What does this mean?

Most people we consult with have one thing in common. They believe that their elevated thyroid antibodies are the cause of their symptoms.

Yet if thyroid antibodies were the sole cause then most people with Hashimoto's would have the same symptoms, which they don't.

Why is this?

Most of the time, Hashimoto's develops on top of other problems. As you know from watching the videos, the first imbalance that eventually leads to Hashimoto's is the inadequate intake of iodide, leading to increased TSH and thyroid inflammation, which eventually involves the immune system.

During this time, before thyroid antibodies are checked, your physician has done other lab tests which often come back 'normal.' You are told that everything is normal even though you don't feel well.

2188 SO. HIGHLAND DR. STE. 207
SALT LAKE CITY, UT 84106
866-293-1975
FAX 866-293-1975
ADVANCINGCARE@GMAIL.COM

In addition, during this time, other systems besides the thyroid are not functioning optimally either. Yet as far as your physician is concerned there is nothing wrong.

This is really frustrating because we turn to our health care system yet it offers little help or guidance.

Ill health may go on for years and decades UNTIL one day your physician orders thyroid antibody labs. When the results reveal Hashimoto's there is some relief to finally having a diagnosis, a reason for your symptoms. Yet this is an illusion.

Some symptoms are due to Hashimoto's but not all of them. There are always other issues to consider.

Many people with Hashimoto's had thyroid hormone and other issues long before developing Hashimoto's. When low thyroid hormones decline other systems must compensate, what we call collateral compensation. This means that other systems, and especially the endocrine, had to take up the slack, to compensate for low or fluctuating thyroid hormone levels.

Here is a partial list of other common problems we've seen with Hashimoto's clients which were undetected by their physician. Any of these will certainly cause symptoms unrelated to Hashimoto's.

- Intestinal parasites
- Hepatitis
- Vitamin D deficiency leading to apathy and the poor utilization of thyroid hormones
- Infections such as chronic sinusitis and tonsillitis with lowered resistance to infections
- Chronic fatigue due to environmental molds and chemicals
- Food allergies in addition to gluten intolerance
- Heavy metals from dental amalgams and various other sources
- Low progesterone levels
- Candida and pathogenic bacteria in the gut
- Adrenal fatigue leading to sub-optimal cortisol levels

- Silent, chronic bacterial infections
- Tooth abscesses
- Helicobacter pylori infection in the stomach
- Poor digestion and assimilation of food due to inadequate digestive enzymes

The point is that most of the above are seldom considered by physicians. And unless they are addressed, even when a person's thyroid antibodies are reduced to normal, their health and vitality will only partially be recovered.

We know how to effectively help a person to reduce thyroid inflammation and thus thyroid antibodies as long as they are willing and able to follow their personal program.

It's the other underlying or accompanying problems just mentioned that are a bit more challenging with success being determined in part by the clinical experience of the physician with whom you are working.

In summary, all of your symptoms will not be resolved by simply lowering thyroid antibody levels. The restoration of your health requires the simultaneous improvement of any system of the body that is functioning sub-optimally.

You have several things going for you. One is that you know you have Hashimoto's. Many do not and are still searching for answers.

Second is that you've found this site and have become much more informed by watching our video series. You have taken a very important step which is to become educated.

Third, you have probably realized that in order for you to regain your health you must become more self-reliant and to take the responsibility of your health into your own hands.

This now becomes a personal journey with a huge learning curve and the need to live a life with greater self-awareness. You know where you want to go and now it's simply a matter of taking the first step…and then the next.

It requires courage, determination and a helping hand.

Long Distance Consultations Outside the United States

Though we encourage people to develop a relationship with a local physician this is not always possible.

Therefore we offer long distance consultations. We understand that the traditional in-patient doctor's visit is deeply ingrained in the psyche of most people yet there are many benefits when consulting with a knowledgeable physician such as Dr. Haskell.

A consultation covers the following:

- A review of symptoms in light of Hashimoto's as well as considering other causes.
- A review and personalized interpretation of lab results focusing on the optimization of health and hormone levels through nutrients, nutrition, lifestyle changes and possibly pharmacy.
- Review of personal and family medical history which often reveals predispositions and causal factors.
- Investigation of workplace and environmental insults.
- Investigation of nutritional habits and ways to tweak and improve the quality and nutrient base content. Recommendations are made according to symptoms, lab results, family history and lifestyle considerations.
- A consultation summary reviews the highlights of the conversation along with nutritional, supplement, pharmacy and lifestyle recommendations.

We prefer these consultations to take place over Skype, making the experience more personal while adding important visual information.

We feel that distance should not be a limitation for receiving quality health care.

Consultations

To properly evaluate a person's condition takes time. Most people with Hashimoto's have a complex of symptoms which usually requires about

an hour to review their symptoms, lab results, medical history, medications they are taking, their family history, etc. and to design a personalized program of recovery.

In preparation for this consultation each client's lab results and questionnaire are reviewed. This usually requires about 15 minutes pre-consultation.

A summary of each consultation is also prepared to ensure that your evaluation and any recommendations are very clear. This requires another 15-20 minutes post-consultation.

The charge for the above (1½ hours) is $200.

After this the follow up consults are usually about 2 weeks and 1 month later. Each of these consults average between 15 to 30 minutes. Charges for these are based upon an hourly rate of $200.

None of these consults include the cost of supplements or any lab testing.

Charges do include any prescriptions submitted to a compounding pharmacy in either Utah or Arizona.

If you are interested in scheduling an appointment simple complete the intake form below and we'll contact you personally by phone to answer any questions you may have.

Lab Testing

As you may be aware, the treatment of Hashimoto's is not just about treating the thyroid. It is about improving your overall health which requires a comprehensive, holistic approach. If you believe that treating Hashimoto's is as simple as taking a thyroid medication or using some special Hashimoto's supplement then you've been deceived.

The treatment plan for each person with Hashimoto's must be personal and individualized. There are some similarities in the approach to treatment but each person has their own unique set of symptoms. This is because of biochemical variabilities. This is why we request a number of lab tests in order to design or tailor a program to the needs of each client.

Hope For Hashimoto's

Hashimoto's International Information Packet & Questionnaire

Here's a list of lab tests which Dr. Haskell feels are important for a comprehensive assessment. You may already have some of these results.

- **Thyroid:**
  TSH (Thyroid Stimulating Hormone), T4, Free T4, Free T3, Reverse T3
- **Thyroid Antibodies:**
  TPO (Thyroperoxidase) and TGA (Thyroglobulin) antibodies
- Fasting Glucose to assess low and high blood sugar
- Hemoglobin A1c is another means of assessing blood sugar imbalances.
- Liver or Hepatic Panel includes the enzymes AST, ALT, GGT
- Lipids including Cholesterol, Triglycerides, LDL, VLDL, HDL
- Ferritin (Body Stores of Iron) with iron required by the thyroid to make its hormones
- Vitamin D for many reasons including thyroid hormone utilization.
- CBC (Complete Blood Count) with a Differential including red and white blood cells, Hemoglobin, Hematocrit, MCV, MCH and platelets.
- Progesterone & Estradiol for women. (saliva testing)
- Testosterone & DHEA for men. (saliva testing)
- Morning and evening cortisol, a hormone produced by the adrenal glands. (saliva testing)

We understand that some of these tests may not be available in your country.

If you are considering the scheduling of an appointment the first thing to do is to ask your physician for your lab results from the last few years.

Some of these tests are considered routine by most physicians.

Yet most do not consider all the labs listed for the thyroid hormones. This is a shame since they are absolutely necessary for a comprehensive analysis and assessment.

2188 So. Highland Dr. Ste. 207
Salt Lake City, UT 84106
866-293-1975
fax 866-293-1975
advancingcare@gmail.com

The saliva tests for hormones and cortisol will likely be unfamiliar to your physician even though they are a proven, sensitive method of analysis.

If you have any results from previous labs include your results when completing the questionnaire. Be sure to include the lab's reference range since values or units vary from one country to another.

When we've received your questionnaire one of our personnel will contact you about your labs and whether any other labs are absolutely necessary.

We certainly appreciate as much lab information as possible in order for Dr. Haskell to do the best he can in helping you to recover your health.

Pharmacy

If a pharmaceutical is prescribed it will usually be related to the thyroid, adrenals and male and female hormones based upon lab results.

If a prescription is recommended you can either approach your physician where you live or we can call it in to a local pharmacy either in Utah or in Arizona. They do ship overseas but much will depend upon the country in which you are living. You can work out the details with the pharmacy. We will provide all the contact details including their email address.

For overseas clients we normally write a 3 month prescription.

Payment of Fees

There are a couple of options for the consultation payment. We can take credit card information over the phone or we can forward a Google or PayPal invoice to your email address which you can pay with your credit card. We have never had anyone have any problems with this form of payment.

Intake Questionnaire

If you would like to schedule an appointment the first step is to complete this questionnaire.

Hope For Hashimoto's

Hashimoto's International Information Packet & Questionnaire

When we receive your completed questionnaire someone from our office will contact you through Skype to answer any questions, to set an appointment and to be sure that you are familiar with every step of the process.

We prefer you to complete this section on your computer and to then save it. Then this saved document is attached to an email to us at AdvancingCare@gmail.com.

When you begin to fill out this questionnaire hit your 'Insert' key on your keyboard which allows the document to expand as you type in your answers.

Name:

Address:

City/ State/ Zip Code:

Time Zone:

Phone Numbers:

Date of Birth (mo/day/year):

Email address:

Skype name:
Please let us know the most convenient time of the day to reach you when we call to set your appointment.

Occupation:

Height: Weight:

Present Symptoms

Hope For Hashimoto's

Hashimoto's International Information Packet & Questionnaire

Please explain the reasons for scheduling an appointment. Please include your symptoms and list them in the order of importance. We understand that the reason is likely because of Hashimoto's but a list of your symptoms is important to us.

If fatigue is a problem please describe when it is that you feel more tired and when you might feel more energetic.

When was the last time you felt well and energetic?

List all the supplements you are presently taking.

List all the prescriptions you are presently taking.

Please describe your medical history in chronological order including surgeries. Please include your childhood.

Please include health problems of parents, grandparents, sisters and brothers. You can use various abbreviations such as FM for father's mother and B for brother.

Approximately how many times in your life, including childhood, have you taken antibiotics? Please note intravenous and injected antibiotics.

List any other medication you've taken more than a few times in your life.

List any illness that you feel you did not completely recover from, along with the year or your age.

Dental history is important. Please list surgeries, root canals (which teeth), number of silver fillings, if you've had fillings replaced, extracted teeth, etc.

Now we'll go through a number of 'systems' with related questions. To the left of each symptom type a number between 1 and 5 with 5 being

strong or intense. The number 1 would be if either it does not apply or you don't have the symptom.

If the question is a 'yes' or 'no' answer, either underline the correct answer or put an 'X' next to it.

Thyroid

Besides the thyroid prescription you may presently be taking, list below any other thyroid medication you've taken in the past, making notes you feel important to mention such as why you switched.

Has a physician examined your thyroid? Yes or No
If yes then please include your physician's remarks.

Have you had an ultrasound or sonogram of your thyroid? Yes or No
If yes include remarks.

Easy weight gain
Can't lose weight even with dieting
Constipation
Head hair loss
Pubic hair loss
Eyebrow hair loss
Chilly
Fatigue in the morning
Fatigue in the afternoon
Depressed or sad

Iron Status

I have a history of iron deficiency. Yes or No or I Don't Know.
Heavy bleeding during periods, for females.
I take an aspirin each day. (Yes or No)
The whites of my eyes appear bluish. (Yes or No)
I like to chew ice. (Yes or No)
I cannot tolerate cold weather.
I have fatigue upon physical exertion.

I've had my blood ferritin checked. Yes or No or I don't know. If you know the result of this test please include the number and the date of the test.

Digestion

I have a poor appetite.
I can't digest certain foods... list these foods...
I really crave certain foods...list these foods...
I have burping.
I have gas.
I have loose stools.
I have pain after eating certain foods. Which foods?
I have pain in my abdomen or stomach which is relieved by eating.
I've visited other countries and my digestive problems started then. Yes or No

Adrenals- Low Function

Dizziness (explain)
Chronic fatigue
Craving for salt
Low blood pressure
Seasonal allergies
Environmental sensitivities or reactions to certain environments
Frequent colds
Colds seem to drag on
Fatigue after exercise

Adrenals- Hyper Function

Blurred vision at times
Anxiety
Irritable

Gall Bladder Issues

Gas
Pain in the back between the shoulder blades

Headaches that settle over either eye
Intolerance of eggs
Light colored stools
Yellowish coating on the tongue

Women

When was your last PAP and were there any remarkable findings?

Have you used birth control in the past, explain types, for how long and if there were any problems:

Premenopausal:

I have problems the week before my period. Note problems...
My periods are irregular
I have heavy bleeding.
I have light bleeding. Spotting?
My periods are shorter than 3 days. If yes the number of days...
My periods last longer than 5 days. If yes the number of days...
I have pain during my menses
I have pain before my menses
I have pain after my menses
I have mood changes during my menses
I have mood changes before my menses
I have mood changes after my menses
Please list any other information that was not included above.

Postmenopausal:

Please list any symptoms

Men

I have been told I have a prostate problem. Yes or No
I must wake at night to urinate. Yes or No...if yes how many times...
Frequent urination during the day
Sexual desire is high, medium, low?

I've had a recent PSA blood test in the last 5 years. Yes or No. If yes was it within the normal range.

Blood Sugar

A blood relative has high blood sugar (you may have already been listed in family medical history)
I am gaining weight primarily around my abdomen
I crave sweets
I must eat on time otherwise I don't feel well or I feel tired
I feel better eating small meals more frequently
I feel better if I don't eat at all
I feel better eating fatty proteins such as lamb or steak or chicken thighs
I feel better eating lean proteins such as fish or white chicken breast
I feel better having an alcoholic drink
I feel worse after alcohol
My moods are affected by eating or not eating

Mental & Emotional

Depression
Anxiety
Mood Swings
Others... please include

Nutrition

Please list the types of foods you eat each day for meals and snacks. Try to include details and specifics. Include drinks as well.

Please enter under the following headings and include the usual times of the day:

Breakfast:

Snack:

Lunch:

Snack:

Dinner:

Dessert:

Additional Comments

Please enter anything you've not mentioned that you feel is important.

Office Policy

Our aim is to provide you with effective services and treatments.

Again, we do not work with insurance companies.

Statement of Patient Awareness & Responsibility

I am aware that any therapy, no matter how well designed and carried out, may fail to alleviate my symptoms and improve my health.

I agree to make every effort to pursue and put into practice the program that is mutually agreed upon.

I am asking for help because I have not been able to find a local physician to help me with my condition.

I am aware that many medical conditions require additional treatment and that follow-up visits are often necessary.

I have read and agree to the above stated policies.

Please type or write your name and the date below.

Our Coordinates

2188 So. Highland Drive, Suite 207
Salt Lake City, UT 84106
866.293.1975 (phone & fax)
AdvancingCare@gmail.com