



THYROID AUSTRALIA LTD

SUPPORT FOR THOSE WITH THYROID CONDITIONS,
THEIR FAMILIES AND FRIENDS

HYPOTHYROID TIPS

ALUN STEVENS

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We have worked over the last few years on developing a broad base of Australian focused information on the various thyroid conditions. A number of readers have suggested that we should go back to the basics and restate some of the simple things. Here they are:

... THIS LIST OF SIMPLE DO'S AND DON'TS IS ONE OF OUR MOST POPULAR DOWNLOADS...

- When to take the tablets.
- How to adjust doses.
- Tips for pregnant women.
- What tests to have.
- How to monitor your condition and treatment

Alun Stevens is Vice President of Thyroid Australia.

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