

## Dr. Cassaro's Recommended Blood Tests For Thyroid Function

There is much more to evaluating thyroid function than measuring TSH and T4. These are screening tests. A screening test is a test measured on an asymptomatic person to detect the presence of occult, or hidden, disease. In plain English, it's a test that you run on someone who thinks they're normal, to see if they really are.

When somebody has symptoms, a screening test is not appropriate. The person is not normal, and the goal is not to discover occult disease. The symptoms are out in the open. The disease is not hidden. The objective is to discover the abnormality, not to see if there might be a hidden abnormality lurking. In plain English, if the person knows he's not normal, find out what is wrong!

For people who have symptoms of thyroid disease, these are my recommendations for initial testing, with the lab order codes:

|                                | CPA       | Lab Corp | Quest |
|--------------------------------|-----------|----------|-------|
| T4 total                       | T4        | 001149   | e867  |
| T4 free                        | FT4       | 001974   | e866  |
| T3 total                       | T3TOTAL   | 002188   | 859   |
| T3 free                        | FT3       | 010389   | 34429 |
| T3 reverse                     | RT3       | 002212   | A967  |
| Antithyroglobulin antibodies   | THYROB    | 006692   | 267   |
| Thyroid peroxidase antibodies  | THYROIDAB | 006684   | 5081  |
| Early morning body temperature |           |          |       |

You can also measure TSH if you want. But TSH is not a thyroid function test. TSH is a pituitary function test.

Plot T4, free T4, T3, and free T3 on their statistical ranges. They should all line up at the same percentage point of their statistical range, for instance, at 75% of the range. If they don't line up at the same point in their range, there's a problem, even if they are all within the normal range.

The ratio of total T3 to reverse T3 should be 10:1 or greater. If the ratio is less than 10:1 there is a problem, even if all the values are within the normal ranges.

If the total T3 to reverse T3 ratio is very low, 4:1 or less, it is likely that there are nutrient deficiencies, toxins or adrenal gland problems. These all need to be evaluated, identified, and treated. The appropriate corrections will have to be made before thyroid metabolism will improve.

Normal thyroid metabolism is important for normal nerve function. Frequently, relieving chronic pain, of any kind, is dependant upon fixing thyroid metabolism.