

PE1463/KKK

Melanie Chilver Letter of 15 February 2016

To the Petitions Committee

PETITION PE01463: Effective Thyroid and Adrenal Testing

I would just like to register my concerns about the recent debate on this subject. I would be grateful if this could be treated as a submission and published accordingly.

I myself have been through a very difficult period which I now realise was due to my being unable to tolerate the standard treatment for hypothyroidism. As a result, I lost my career and my parents needed to care for me. I made the decision to self-treat with T3 and Natural Desiccated Thyroid and thankfully it has been life changing. The Committee debate was a first step in highlighting the issues listed below but it failed to identify any solutions or actions which might begin to address them:

- Failure to recognise the significant minority of patients for whom the standard treatment doesn't relieve symptoms and in some cases is positively detrimental.
- The difficulty such patients have in getting appropriate treatment both from GP and Endocrinologist level.
- The difficulty patients have in obtaining T3 and Natural Desiccated Thyroid even when supported or prescribed by the medical profession.
- The need for guidelines to be further harmonised to reflect best practice.
- The need for formal research to provide an evidence based analysis of the relative effectiveness of alternative thyroid treatments and medications.

Kind regards

Melanie Chilver