

**Thorleif Sand (1950-04-24) – Vill upplysa mina vårdgivare om en artikel, angående mina mångåriga problem med sköldkörteln – Räcker det att säga "TSH är OK!":**

## **Rethinking the TSH Test and why the TSH test needs to be abandoned!** (M.a.o. TSH bör överges/förkastas!)<sup>1</sup>

**Rethinking the TSH Test: An Interview with David Derry, M.D., Ph.D.**

**The History of Thyroid Testing, Why the TSH Test Needs to Be Abandoned, and the Return to Symptoms-Based Thyroid Diagnosis and Treatment**

by [Mary Shomon](#) Almost every conventional discussion of thyroid disease focuses on the use of the Thyroid Stimulating Hormone (TSH) as the diagnostic "gold standard" for thyroid disease. The TSH is used almost exclusively by most conventional physicians as the means of diagnosing thyroid disease, irrespective of symptoms. Typically, if the TSH level is above the normal range, a patient is diagnosed as hypothyroid, and TSH levels below normal range are interpreted as hyperthyroidism. But is the TSH test and the reference "normal range" accurate? *Should* thyroid disease diagnosis be based primarily on this one test? Some experts say no. Dr. A P Weetman, professor of medicine, wrote in the article "[Fortnightly review: Hypothyroidism: screening and subclinical disease](#)," which appeared in the 19 April 1997 issue of the *British Medical Journal*, the following groundbreaking statement:

"... even within the reference range of around 0.5-4.5 mU/l, a high thyroid stimulating hormone concentration (>2 mU/l) was associated with an increased risk of future hypothyroidism. The simplest explanation is that thyroid disease is so common that many people predisposed to thyroid failure are included in a laboratory's reference population, which raises the question whether thyroxine replacement is adequate in patients with thyroid stimulating hormone levels above 2 mU/l."

In response to Dr. Weetman, David Derry M.D., Ph.D., a thyroid expert and researcher, based in Victoria, British Columbia, responded, saying:

"Why are we following a test which has no correlation with clinical presentation? The thyroidologists by consensus have decided that this test is the most useful for following treatment when in fact it is unrelated to how the patient feels. The consequences of this have been horrendous. Six years after their consensus decision Chronic fatigue and Fibromyalgia appeared. These are both hypothyroid conditions. But because their TSH was normal they have not been treated. The TSH needs to be scrapped and medical students taught again how to clinically recognize low thyroid conditions."

This provocative response was how Dr. Derry came to the attention of many thyroid patients, and interviewer Mary Shomon, About's thyroid guide. In this interview, Dr. Derry shares his fascinating and innovative ideas about why he believes the TSH test needs to be abandoned. This interview was conducted in July of 2000.

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<sup>1</sup> Texten är hämtad från hemsidan för:

**Thyroid Patient Advocacy – Real Solutions for Real Suffering!**

<<https://www.tpauk.com/main/>>

This website is dedicated to the millions of thyroid patients who are being ignored and left to suffer unnecessarily, and to healthcare practitioners, who want to better serve those patients.

<<https://www.tpauk.com/main/article/rethinking-the-tsh-test-and-why-the-tsh-test-needs-to-be-abandoned/>>