

## PE1463/CCCC

Anonymous Submission of 20 February 2016

Dear Convener & members of the Committee,

Just a brief email in which I have to say after watching the live footage at the parliament building, I am very disheartened. Some of the evidence given shows how we retain closed minds.

I have been taking T4 Levothyroxine for 13 years, however fully symptomatic. As the years have progressed I have deteriorated. I recently joined a couple of relevant forums, have taken a keen interest in how people suffer worldwide. It is clear there are answers for people who wish to take their health seriously, and GP's in the UK generally are not able to step outside the box. Regardless of whether a patient's life could be transformed.

I work in a scientific field, and I am now at the point where I am almost unable to work. I have struggled to write this email as my brain no longer works, I can barely walk any distance, and I fear for my professional future. Meanwhile my blood results say 'acceptable'. I have 20 years service to complete before retirement, and I want to continue working. However I now know that on my inferior T4 'treatment' this will not be possible. And ill health early retirement seems to loom.

I'm sorry this is not acceptable. And this is the story of most people with thyroid problems who are still being treated with Levothyroxine T4

- Many people with Thyroid problems do not convert the T4 drug to the essential T3, even though their TSH levels say they're OK. These people are still symptomatic.
- Some also have a genetic defect which prevents them from converting the T4.
- T4 Levothyroxine, in the patient leaflet, states people with adrenal issues cannot take T4. It turns out many people with thyroid issues also have adrenal problems. However it is dosed to everyone without consideration for this serious issue.
- Safety data does not exist for T4 Levothyroxine
- Patients worldwide do very well on natural desiccated thyroid. Patients worldwide generally do not do well on T4 Levothyroxine
- If T3 treatment is introduced, the basic TSH test is not sufficient. B12, Iron, Cortisol and others MUST be in line.
- we must listen to what THE PATIENTS are saying

Many thanks for taking the time to read this. Can this please be treated as a submission?