

**PE1463/YYY**

Caz Woodruff Letter of 25 February 2016

Dear Sir/Madam,

Scottish Parliament Petition number PE 1463 – Effective thyroid and adrenal testing, diagnosis and treatment.

If you suffer from this disease you will know that what is happening to us is disgraceful.

'You're overweight' exercise more and eat sensibly. I do exercise 6 times a week and it's not gentle exercise either spin classes, boxing, weight training etc. I eat properly, I don't diet I eat healthy nutritional food approx 1500 cal per day. I still can't lose weight!

'You're depressed' take some tablets. I'm depressed because despite all my exercise and careful planning of meals I'm still over weight.

There are many other symptoms of this disease which could be treated effectively with the right diagnosis and treatment.

Please listen to people that have this disease, not the big pharmaceutical companies and doctors who don't understand what it is like to live like this.

My GP said he had many patients on his books but 'none of them really feel completely better on Levothyroxine'. I want to feel better and live my life, the testing offered is woefully inadequate. What is 'normal' to one person is not to another.

Please do the right thing by us, we need your help.

Regards

Caz Woodruff