

TREATMENT:

Not everyone with Hashimoto's disease has hypothyroidism. Thyroid functions are normal in 10% of patients. If you have positive TPO antibodies but thyroid hormone levels are normal, follow-up is done without medication. If thyroid hormone levels are low, replacement therapy with thyroid hormone is given. The most effective treatment is a drug called levothyroxine.

Levothyroxine is the same T4 produced by your body. A daily pill can return thyroid hormone and TSH levels in your bloodstream to normal. You will probably need to take this medicine daily for life, but your dose may need to be adjusted from time to time for many reasons, especially your weight. In order for the drug to be effective, it is necessary to pay attention to the following simple rules that will prevent it from spoiling.

LEVOTHYROXINE USAGE PRINCIPLES:

- 1- Must not be exposed to light
- 2- Must not be exposed to humidity
- 3- It should be kept room temperature, should not be placed in the refrigerator.
- 4- It should be taken on an empty stomach with 1-2 sips of water
- 5- No other medication should be taken at the same time; If a medication (iron, calcium, stomach medications, etc.) is to be taken on an empty stomach in the morning, it should be taken at least 1 hour after levothyroxine
- 6- Meal can be eaten at least 30 minutes after levothyroxine.
- 7- Must use the same brand regularly