

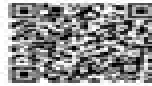


Yash M. Patel

Age : 21 Years

Sex : Male

PID : 555



Sample Collected At:

125, Shivam Bungalow, S G Road,
Mumbai

Ref. By: **Dr. Hiren Shah**



Registered on: 02:31 PM 02 Dec, 20

Collected on: 03:11 PM 02 Dec, 20

Reported on: 04:35 PM 02 Dec, 20

THYROID STIMULATING HORMON (TSH)

Investigation	Result	Reference Value	Unit
TSH, SERUM CUSA	10.10 High	0.40 - 4.00	mIU/L

Note :

TSH levels are subject to circadian variation, reaching peak levels between 2 - 4 a.m. and at a minimum between 6-10 pm . The variation is of the order of 50%, hence time of the day has influence on the measured serum TSH concentrations.

Clinical Use :

- Diagnose Hypothyroidism and Hyperthyroidism
- Monitor T4 replacement or T4 suppressive therapy
- Quantify TSH levels in the subnormal range

Increased Levels:

Primary hypothyroidism, Subclinical hypothyroidism, TSH dependent Hyperthyroidism, Thyroid hormone resistance

Decreased Levels:

Graves disease, Autonomous thyroid hormone secretion, TSH deficiency

Thanks for Reference

****End of Report****

Medical Lab Technician

(DMLT, BMLT)

Dr. Payal Shah

(MD, Pathologist)

Dr. Vimal Shah

(MD, Pathologist)



Tsh Lab Report What Is Normal

Sarfraz Zaidi, MD



Tsh Lab Report What Is Normal:

The Everything Health Guide To Thyroid Disease Theodore C Friedman, Winnie Yu, 2006-10-30 The Everything Health Guide to Thyroid Disease cowritten by acclaimed thyroid specialist Theodore C Friedman is the authoritative handbook you need to help you live with this disease You ll learn about How the thyroid functions and dysfunctions Who is at risk for thyroid disease Well known thyroid disorders hyper hypo and Grave s disease Far reaching effects weight loss and gain anxiety depression Treatments and living with the disease Complete with a glossary additional resources and even a section on thyroid disease in children The Everything Health Guide to Thyroid Disease is the complete guide for everyday healthy living

Your Cycle, Your Signals Dr. Elian Cordwyn, 2025-07-23 Are your hormones working with you or against you Your cycle isn t random It s a rhythm a series of hormonal signals that affect your mood sleep weight fertility energy and brain function When those signals go off track your body speaks up through symptoms like fatigue anxiety painful periods and hormonal imbalances that many women silently struggle with for years Your Cycle Your Signals is the clear practical guide to understanding how female hormones work how to read your body s patterns and how to restore balance Designed for real life readers not just doctors this book breaks down what s happening across each phase of your cycle and how stress diet sleep and aging change the conversation Inside you ll learn how to Understand estrogen progesterone and other key hormones without jargon Identify the hormonal imbalances behind common issues like PMS PCOS irregular periods and perimenopause Know when and how to test your hormones and what your results really mean Track your symptoms in sync with your cycle Support your hormones with simple lifestyle strategies and optional medical tools Whether you re trying to get pregnant ease PMS recover from burnout or just feel like yourself again this book gives you the knowledge to respond to your body with clarity and confidence

The Natural Hormone Makeover Phuli Cohan, 2008-04-11 A female doctor who has spent more than two decades studying the relationship between hormones and menopause presents a safe effective program for using natural and bioidentical hormones to combat hot flashes insomnia mood swings and many other symptoms linked to menopause related hormone imbalances Combining traditions of Chinese medicine with the latest Western developments and discoveries this easy to follow ten step program helps you create a personalized course of treatment using supplements herbs natural and bio identical hormones and diet to enhance both safety and hormone effectiveness

[Fischbach's A Manual of Laboratory and Diagnostic Tests](#) Frances Fischbach, Margaret Fischbach, Kate Stout, 2021-09-01 Up to date and easy to navigate Fischbach s A Manual of Laboratory and Diagnostic Tests 11th Edition details an extensive array of laboratory and diagnostic tests to prepare nurses and health professionals to deliver safe effective informed patient care This proven manual is organized the way nurses think by specimen function and test type and provides current comprehensive step by step guidance on correct procedures tips for accurate interpretation and expert information on patient preparation and aftercare

The Hormone Makeover Donna White, 2010-08-20 Makeovers of all kinds are very popular everything from our bodies

our finances and careers Many women need a hormone makeover Since every single cell in a woman s body is influenced by hormones if there is an excess or deficiency most likely the results will be symptoms such as Hot Flashes PMS Menopausal Symptoms Depression Anxiety Weight Gain Insomnia Bone Loss Headaches Low Sex Drive and Fatigue These symptoms affect women physically mentally emotionally and even spiritually In The Hormone Makeover The 7 Steps to Transform Your Life with Bioidentical Hormones Donna White makes sense of the options available to women and presents precise action steps to address hormonal imbalance Women will learn If their symptoms are related to hormone imbalance Differences between synthetic bioidentical hormones and herbal therapies What each hormone does in the body Symptoms of each hormone deficiency How to find and work with a physician How to use bioidentical hormones and supplements to address hormone imbalance Specific protocols for bone loss PMS hot flashes depression and insomnia Donna is one of the most knowledgeable and personable experts I know in the area of bioidentical hormones Julius Torelli MD FACC She has been able to effectively apply her vast knowledge in a way that is adaptable to each individual reflecting the true art of medicine at its finest Larry Webster MD Through Christian voice research personal experience and extensive clinical experience Donna White triumphs K Andre Sloan RPh MBA the message and education she delivers has changed the lives of many through her passion for helping women achieve natural hormone balance Matt Monroe President Peoplesway Donna White BHRT Clinical Education Consultant conference speaker and author has trained dozens of physicians in BHRT and assisted in the care of thousands of women

50 Studies Every Endocrinologist Should Know John Interlandi,2025-10-31 This book consists of fifty chapters each summarizing a single valuable research study that has had significant impact on advancing the science of Endocrinology It is constructed specifically to assist Endocrine Practitioners in making the more difficult decisions they encounter in practice We see patients who fail the easy treatments or those who have contraindications to or side effects from standard treatments Examples of such challenges would be When is the optimal time to refer to surgery for a parathyroid pituitary or thyroid tumor or When should I change osteoporosis medications or Is there some way to mitigate drug side effects so I can prescribe a certain treatment This book unearths nitty gritty scientific facts hidden in the world literature that underlie good decision making for the tough cases Many of these studies are from other countries since for various reasons they could not be performed in the USA Each Chapter starts with a difficult case has a concise summary of the relevant research report and concludes with key take home messages and major practice points Ten Basic Endocrinology Care Principles are mentioned throughout the books which conceptually link all the Chapters together This is an essential resource for Endocrine professionals who prefer to bypass algorithms dig deep into the science to understand it and to explain the details to their patients Provided by publisher

Hypothyroidism And Hashimoto's Thyroiditis Sarfraz Zaidi, MD,2013-09-04

Normal 0 false false false MicrosoftInternetExplorer4 st1 behavior url ieooui Style Definitions table MsoNormalTable mso style name Table Normal mso tstyle rowband size 0 mso tstyle colband size 0 mso style noshow yes

mso style parent mso padding alt 0in 5 4pt 0in 5 4pt mso para margin 0in mso para margin bottom 0001pt mso pagination widow orphan font size 10 0pt font family Times New Roman mso ansi language 0400 mso fareast language 0400 mso bidi language 0400 The current treatment of Hypothyroidism is superficial and unsatisfactory Patients continue to suffer from the symptoms of Hypothyroidism despite taking thyroid pills Even worse there is no treatment for Hashimoto s Thyroiditis the root cause of hypothyroidism in a large number of patients Dr Sarfraz Zaidi MD a former Assistant Clinical Professor of Medicine at UCLA and a leading endocrinologist in U S A has made a breakthrough discovery about the real cause of Hashimoto s Thyroiditis and how to effectively treat it He has also made new insights into the causes of Hypothyroidism Based on these ground breaking discoveries he has developed a revolutionary approach to treat Hypothyroidism and cure Hashimoto s Thyroiditis In Hypothyroidism And Hashimoto s Thyroiditis A Breakthrough Approach to Effective Treatment you will find out Why you continue to suffer from symptoms of Hypothyroidism despite taking thyroid pills What really is Hypothyroidism What are the symptoms of Hypothyroidism Why the diagnosis of Hypothyroidism is often missed Why the current treatment approach of hypothyroidism is unscientific Why the usual tests for thyroid function are inaccurate and misleading What actually causes Hypothyroidism What is the root cause of Hashimoto s Thyroiditis besides genetics What other conditions are commonly associated with Hashimoto s Thyroiditis How to effectively treat Hypothyroidism How to cure Hashimoto s Thyroiditis And a detailed thyroid diet that works The Hormone Survival Guide for Perimenopause Nisha Jackson,2004-05-01 Explaining why women between the ages of 35 and 50 often experience significant changes in mood weight sex drive and general well being due to hormonal imbalances this guide shows women how to regain control of their hormones and their lives and feel good again through natural means Women who have had long standing physical and emotional complaints written off by doctors as normal or genetic are provided with step by step solutions to such hormone related problems as weight gain fibroids sex drive doldrums adult acne depression anxiety irritability chronic fatigue and facial hair Perimenopausal women will be able to regain control of their health by putting together a game plan for renewal including hormone balancing and weight management plans that will help them feel better with dramatic life changing results **The Thyroid Paradox** James K. Rone,2007-06-01 Readers who suffere from low thyroid or think they might can find the missing answers For the person who s been told it s not your thyroid without then being told convincingly what the problem is This book provides readers with the knowledge needed to communicate and work with their docteoers to get the treatment they deserve **Bioidentical Hormones 101** Jeffrey Dach,2011-09-09 American medicine has lost its way In Bioidentical Hormones 101 author Dr Jeffrey Dach uncovers the ills in today s health care system and suggests ways to get it back on track Through a series of articles that originally appeared on his Internet blog Dach provides evidence that bioidentical hormones are safer and more effective than synthetic hormones He describes how to win the information war and take control of your health Questioning the prevailing medical dogma he covers a wide range of topics related to health

and health care Natural thyroid Iodine supplementation Selenium Dangers of GMO food Avoiding bad drugs Limitations of cancer screening with mammograms PSA testing Thyroid ultrasound Low dose naltrexone Future of medicine Health insurance companies Dispensing the truth about drugs health care and medicine Bioidentical Hormones 101 uses information to empower America to embrace a more holistic approach to health care **What You Must Know About Thyroid**

Disorders Pamela Wartian Smith, 2024-03-18 It is estimated that one in twenty people has a thyroid problem with the majority of sufferers being women To make matters worse many who are affected by thyroid dysfunction are unaware that they have a problem and typically go undiagnosed for years In the meantime they experience a variety of symptoms including fatigue weight gain or loss forgetfulness sleepless nights irritability and more But it doesn't have to be this way Written by best selling author Dr Pamela Wartian Smith **What You Must Know About Thyroid Disorders What to Do About Them Second Edition** enables readers to identify common thyroid problems and seek the treatment they need Written in easy to understand language this updated edition begins by explaining how important the thyroid is in regulating the body's metabolism which in turn plays a vital role in controlling the functions of the heart brain liver lungs kidneys and intestines The book then goes on to discuss the most common thyroid related disorders and symptoms including hypothyroidism hyperthyroidism autoimmune dysfunction celiac disease thyroid cancer mood swings and excess weight gain Each discussion features an overview of the disorder that can help readers to determine if they may be suffering from the problem It then explains the disorder's cause common symptoms and diagnostic tests as well as both conventional and alternative treatment approaches A handy resource section is also included to point the way to further support So many health problems are related to thyroid dysfunction and so many individuals suffer needlessly even though help is available **What You Must Know About Thyroid Disorders What to Do About Them Second Edition** allows readers to take the first important step on the road to diagnosis effective treatment and wellness

The Thyroid Debacle Dr. Eric Balcavage, Dr. Kelly Halderman, 2022-06-07 NO YOU'RE NOT CRAZY Despite seeing dozens of doctors and thyroid specialists being treated with thyroid medication and having normal thyroid labs you still don't feel well Maybe you're still exhausted gaining weight losing hair and feeling depressed foggy or anxious You're not crazy You're not alone And it is not your fault You're simply stuck in the middle of a Thyroid Debacle For decades modern medicine has misunderstood key points about thyroid physiology that has led to the prolonged suffering of millions of Americans most importantly that thyroid disorders are primarily caused by a dysfunctional thyroid gland As a result doctors are taught to rely on an outdated model of testing TSH and T4 and simply replacing thyroid hormone with medication never once asking the question of what's causing the dysfunction in the first place In **The Thyroid Debacle** Dr Eric Balcavage and Dr Kelly Halderman explore thyroid disorders from a new perspective looking to create a paradigm shift in how doctors and patients understand and approach thyroid physiology They argue that hypothyroidism is more commonly an issue with the functioning of cells not a problem with the thyroid gland itself and that the key is to look at root causes rather than attempt

to mask symptoms with pills You can feel like yourself again This revolutionary new approach will help you understand the real cause of your thyroid symptoms so you can make informed decisions with your doctor and take back control of your health This is not your usual thyroid book thank goodness Dig into this book Learn how your thyroid works what dirties it and how you can clean it up In time you ll feel better than ever DR BEN LYNCH Author of the best selling book Dirty Genes This book goes deep but also offers hope with practical suggestions on how to course correct when typical thyroid interventions have failed I recommend it to everyone who struggles with thyroid dysfunction or who is in medicine and wants to truly learn more about the thyroid beyond Synthroid and selenium CARRIE JONES ND FABNE MPH Head of Medical Education Rupa Health

Practical Biochemistry Mr. Rohit Manglik, 2024-05-24 Presents detailed protocols and interpretations of biochemical experiments to strengthen conceptual understanding and technical skills

Johns Hopkins Internal Medicine Board Review E-Book The Johns Hopkins Hospital, Redonda Miller, Stephen Sisson, 2015-09-16 Don t gamble on the most important exam of your career ace the boards with The Johns Hopkins Internal Medicine Board Review Brought to you from the birthplace of Internal Medicine and regarded as the most effective review tool in the specialty it will ensure you re as equipped as possible on your way to certification or recertification From internists to primary care physicians this no nonsense book is a must have companion for everyone in the field Respected experts summarize just the imperative information you need to know for certification or recertification Comprehensive review text bolded key information and helpful tables and algorithms equip you with all the core knowledge you need Exam taking tips and tricks allow you to go into the exam with confidence Expert Consult eBook version included with purchase This enhanced eBook experience allows you to test your skills and simulate the exam experience with over 1 000 additional exam questions in study and test modes Features full color clinical images covering all the image types you ll see on the boards including x rays common skin findings peripheral blood smears ophthalmology findings and CT and MR images

Adult-gerontology Nurse Practitioner Certification Intensive Review Maria T. Codina Leik, 2014 Praise for the First Edition This is a well written comprehensive review aimed at preparing readers for successfully completing a board certification exam This is a wonderful comprehensive review in a concise study guide format Doody s Medical Reviews The second edition of this acclaimed ANP review continues to promote efficient time saving study by synthesizing the key content needed to pass the NP Certification Exam into a concise well organized format Using test taking strategies meticulously developed by the author the Review provides unique question dissection techniques

Healthy Past 100 Steven M. Teagarden DC, 2023-08-10 Healthy Past 100 was written explicitly for those longing to be extraordinarily healthy even past their 100th birthday This breakthrough book is based on thousands of cutting edge science articles identifying the causes of optimal health vs sickness and disease Healthy Past 100 puts a wealth of cutting edge science based healthcare information at your fingertips empowering you to make the healthiest choices for you and your family Healthy Past 100 is several books in one and it also contains a

mouthwatering keto cookbook that's exclusively based on the most nourishing ingredients you can consume This life changing book is based on the Short List i.e. a distillation of the core factors involved in being healthy past 100 The Short List includes The Metabolic Masterplan Diet the Metabolic Masterplan Diet may be the world's most advanced ketogenic diet Nothing improves your health as much as following this research based anti inflammatory gut healing ketogenic diet Nutrition and Supplements providing your cells with all the nutrients they require to function optimally is key to a long healthy life Healthy Past 100 shows you exactly which nutrients you need and which ones to supplement with Metabolism carbohydrates and sugar damage your metabolism the process of creating energy in your cells causing serious health issues Healthy Past 100 teaches you to heal and optimize your metabolism and which tests to rely on to know not guess that your metabolism is as healthy as can be Chronic Inflammation this widespread health issue underlies all diseases and must be healed to experience optimal health Healthy Past 100 rids you of chronic inflammation now and forever paving the way to lasting health Gut Health most humans deal with significant gut issues Fortunately Healthy Past 100's innovative gut healing method leads to lifelong optimized gut health Psychology psychology is how you think feel act behave and respond to life's circumstances Healthy Past 100 provides the tools to heal and optimize your psychology which is foundational to a healthy fulfilling life Thyroid Physiology inefficient thyroid physiology impairs your body and mind zaps your energy and causes many diseases Healthy Past 100 explains how thyroid physiology works how to heal it and the tests determining if it's in tip top shape Exercise crucial to your health and well being exercise must be performed regularly Healthy Past 100 teaches you which exercises help you become healthy past 100 Detoxification humans are routinely exposed to dangerous heavy metal toxins Healthy Past 100 shows you how to rid these harmful metals from your body and minimize your exposure to them in the future Oxidative Stress oxidative stress is a primary cause of aging sickness disease and death It has many causes including carbohydrates sugar poor nutrition and impaired gut health Healthy Past 100 helps you optimize oxidative stress where it matters most within the mitochondria in your cells Spiritual Religious Life extraordinary health stems from optimal physical psychological and spiritual well being It's just as important to focus on your spiritual fitness as it is to heal your physical body and Healthy Past 100 helps you do both This pioneering book has been written to help you experience extraordinary health past your 100th birthday If you're ready to be healthy past 100 this is the book you've been waiting for

A Spectrum Approach to Mood Disorders James Phelps, 2016-06-21 How to understand your clients true illnesses not just their DSM checklists Though the DSM discusses the criteria for mood disorders in absolute terms either present or absent professionals are aware that while such dichotomies are useful for teaching they are not always true in practice Recent genetic data support clinicians longstanding recognition that a continuum of mood disorders between unipolar and bipolar better matches reality than a yes no bipolar or not approach If we acknowledge that continuum how does this affect our approach to diagnosis and treatment In *A Spectrum Approach to Mood Disorders* nationally recognized expert James Phelps

provides an in depth exploration of the signs symptoms and nuanced presentations of the mood disorder spectrum focusing on the broad gray area between Major Depression and Bipolar I Combining theoretical understanding and real world scenarios Phelps offers practical treatment guidelines for clinicians to better understand the subtle ways mood disorders can show up and how to find the most beneficial path for treatment based on the patient s individual pattern of symptoms Is it trauma or is it bipolar Borderline Both Phelps s expertise and wealth of personal experience provides readers with unparalleled insight into a subject that is by nature challenging to define His emphasis on non medication approaches as well as chapters on all the major pill based treatments from fish oil to lithium to the avoidance of atypical antipsychotics and antidepressants creates a comprehensive resource for any clinician working with patients on the mood spectrum Appendices on the relationship between bipolar diagnosis politics and religion and a plain English approach to the statistical perils of bipolar screening offer further value Phelps has written an invaluable guide of the critical information professionals need to treat patients on the mood disorder spectrum as well as a useful tool for highly motivated families and patients to better understand the mood disorder that effects their lives This book seeks to alter the black and white language surrounding these mood disorders to influence a shift in how patients are diagnosed to insure that treatment matches their specific needs

Real Cause, Real Cure Jacob Teitelbaum M.D., Bill Gottlieb, 2012-08-07 An eye opening guide that boils down common health problems to nine simple causes and offers the relief readers have been searching for An expert in combining both traditional and alternative medicine Dr Teitelbaum explains that tackling nine wholly preventable causes is the key to long term real relief from nagging health concerns Real Cause Real Cure unearths the underlying causes of more than 50 health problems steering readers toward cost effective safe and easy remedies to combat woes ranging from acne and food allergies to diabetes and cancer Readers will discover how getting a full night s rest can combat heart disease diabetes depression heartburn weight gain and chronic pain how adding exercise to one s daily routine not only prevents an expanding waistline but also wards off Alzheimer s fibromyalgia insomnia and stroke and how drugs taken to improve our health are a major culprit in why we keep getting sick This user friendly guide takes the confusion out of personal health care so readers can enjoy a life free of needless prescriptions doctors offices and irritating health issues

Understanding Your Medical Laboratory Tests and Surgical Biopsy Reports Robert W. Christie, 2005-08-04 This user friendly book is written to help consumers understand medical clinical laboratory tests and surgical pathology reports The orientation is toward patients with a medical problem the worried well who probably dont have a problem and the medical professionals and allied health providers who do not realize that a huge information gap exist between themselves and their patients The chapter describing the shortcomings of laboratory test report forms is aimed directly at doctors laboratorians and other health care providers with examples of laboratory test report formats that can improve communication between the consumer the clinical laboratory and the health care provider ADVANCE PRAISE FOR Understanding Your Medical Laboratory Tests and Surgical

Biopsy Reports A great resource for the lay population and everyone who works at our Clinic should have a copy of this humorous incisive look into the mysterious world of lab tests Penny Durgin A D N P Nurse Practitioner Great idea for a book Im sure it will be a great help to patients trying to interpret their lab test results and it will surely be an aid to medial caretakers in discussing test reports with their patients and it will be on my bookshelf Elwin Falkenham M D Family Practitioner the explanations of the lab tests make for fast easy reading I hope many doctors and nurse practitioners will read it and learn a few things they really need to know in dealing with apprehensive patients Annette McMahon High School teacher The reach of the subject of laboratory testing is really comprehensive A reader can go to whatever depth he or she chooses many will find satisfaction in the informal style and avoidance of medical language that is incomprehensible to patients John L Meyer II M D FASCP Community hospital Pathologist Using this book patients will be able to understand the significance of their laboratory tests results So often explanations from doctors in their offices are too hurried too technical and too upsetting for patients to comprehend what their tests really mean April Whithed MT ASCP Laboratory Manager

Clinical Biochemistry Allan Gaw, 2008-01-01 2014 BMA Medical Book Awards Highly Commended in Basic and Clinical Sciences category This fully revised edition of Clinical Biochemistry offers essential reading for today s medical student and all those who require a concise practical introduction to this subject Topics are clearly presented in a series of double page learning units each covering a particular aspect of clinical biochemistry Four sections provide a core grounding in the subject Introducing clinical biochemistry gives a basic insight in to the workings of a modern hospital laboratory and the interpretation of test results Core biochemistry covers the bulk of routine analyses undertaken and their relevance in a clinical setting Endocrinology covers the thyroid adrenal pituitary and gonadal function testing Specialised investigation provides an overview of less requested yet important analyses Every learning unit has been thoroughly checked and updated to reflect the latest field developments and clinical best practice and all new material is included on Myocardial infarction Gastrointestinal disorders Osteoporosis Proteinuria The diagnosis of diabetes Trace metals Screening tests Paediatrics Covers clinical biochemistry from the point of view of the clinician using the diagnostic service Presents topics in easily accessible two page spreads Includes mini case histories key point boxes flowcharts and summary points Well illustrated with four color drawings and clinical photographs New appendix added of annotated web resources for students to take further many of the topics covered in the book To reflect the difficulties people have sometimes in analyzing hyper and hypo kalaemia the existing spread is split into two one spread on hyperkalaemia and another on hypokalaemia The spread on hypertension will be revised and updated to reflect the fact that biochemistry is used as much or more in guiding treatment as it is in screening for secondary hypertension Spreads on Myocardial Infarction Cancer and Tumour Markers will all substantially revised and updated

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