

# **Hypothyroid Patient Survey**

Conducted by Thyroid Patient Advocacy UK  
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# HYPOTHYROID PATIENT SURVEY

Type

Base: All respondents

<b>Total</b>	<b>1500</b>	
Postal	608	40.5%
Downloaded	260	17.3%
Online	632	42.1%

Q1. Area

Base: All respondents

Total	North	South East	Midlands	South West	Wales	Scotland	E Anglia	Gr. London	N Ireland	Elsewhere /Overseas	No Answer
1500	442	406	228	144	74	63	58	48	17	0	20
	29%	27%	15%	10%	5%	4%	4%	3%	1%	0%	1%

Q2. Place of birth

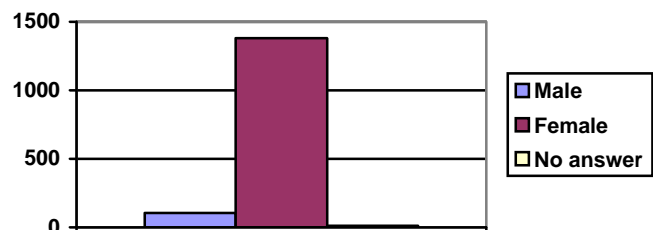
Base: All respondents

<b>Total 1500 – number for each county shown in brackets</b>		
Greater London (145)		10%
West Yorkshire (79) West Midlands (77) All Counties In Scotland (77)		Each 5%
Greater Manchester (66) All counties In Wales (65)		Each 4%
Surrey (48) All other overseas (47) Hampshire (43) Kent (40) Merseyside (39) Lancashire (38)		Each 3%
Tyne And Wear (33) Nottinghamshire (32) Derbyshire (29) Essex (28) South Yorkshire (28) Hertfordshire (27) Staffordshire (26) Lincolnshire (25) Northamptonshire (25) North Yorkshire (24)		Each 2%
Devon (21) Cheshire (20) Middlesex (20) Yorkshire (Unspec) (19) Berkshire (18) Durham (18) Leicestershire (17) Oxfordshire (17) All Counties In N Ireland (17) Avon (14) Cumbria (14) Humberside (14) Isle Of Wight (14) Norfolk (14) Cambridgeshire (13) Hereford & Worcester (12) Warwickshire (11) Dorset (10) Somerset (10) West Sussex (10) Suffolk (9) Wiltshire (9) Southern Ireland (9) Buckinghamshire (8)		Each 1%
Bedfordshire (7) East Sussex (7) Gloucestershire (7) Cleveland (5) Northumberland (5) Shropshire (5) Ireland (Unspec) (5) Cornwall (4) Sussex (Unspec) (1) Isle Of Man (1) No Answer (74)		Each 0%

Q3. Gender

Base: All respondents

Total	1500	
Male	106	7.07%
Female	1382	92.13%
No answer	12	0.80%



Q4. Blood Group

Base: All respondents

Total	O Neg	O Positive	O	A Neg	A Positive	A	B	B Positive	B Neg	AB	AB Positive	AB Neg	Positive (unspec)	Don't know	No Answer
1500	111	207	165	74	192	53	19	49	14	8	25	7	1	187	388
	7%	14%	11%	5%	13%	4%	1%	3%	1%	1%	2%	0%	0%	12%	26%

# HYPOTHYROID PATIENT SURVEY

## Q5. Age last birthday

Base: All respondents

Total	1500	
<35 years	99	6.60%
35-44 years	228	15.20%
45-54 years	430	28.67%
55-64 years	504	33.60%
65+ years	226	15.07%
No answer	13	0.87%

## Q6. What was your age when you first had symptoms of hypothyroidism?

Base: All respondents

Total	<25 Years	25-29 Years	30-34 Years	35-39 Years	40-44 Years	45-49 Years	50-54 Years	55-59 Years	60+ Years	NO ANSWER
1500	155	97	176	158	217	205	179	121	92	100
	10.3%	6.5%	11.7%	10.5%	14.5%	13.7%	11.9%	8.1%	6.1%	6.7%

## Q7. How did you find out you had a thyroid disorder?

Base: All respondents

Total	1500	
I suffered with typical symptoms, and as a result, was diagnosed with the disorder	743	49.5%
I was diagnosed with the disorder after having tests for something else	479	31.9%
Not officially diagnosed despite having symptoms	176	11.7%
Family history	114	7.6%
No answer	52	3.5%

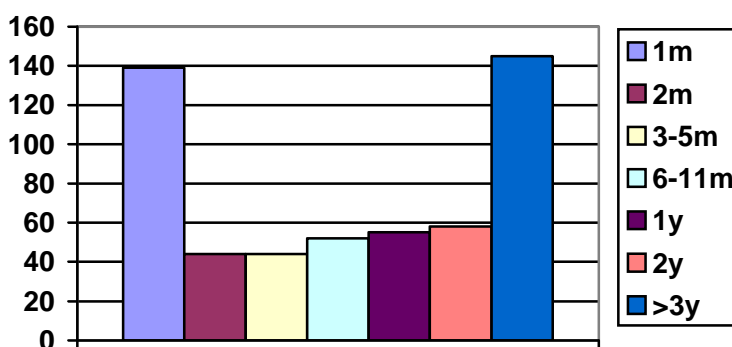
## Q8. How long was the period between the first time you visited your GP with symptoms of hypothyroidism and your diagnosis? (mean in months)

Base: All respondents

Total	1500	
1 month (1.0)	139	9.3%
2 months (2.0)	44	2.9%
3-5 months (4.0)	44	2.9%
6-11 months (8.5)	52	3.5%
1 year (12.0)	55	3.7%
2 years (24.0)	58	3.9%
3+ years (48.0)	145	9.7%
No answer	963	64.2%

Mean score	18.36
Standard deviation	19.28
Standard error	0.83

**Q8. Hong long before diagnosis?**



# HYPOTHYROID PATIENT SURVEY

Q9. What were the results of your first Thyroid Stimulating Hormone (TSH) test?

Result \_\_\_\_\_ Reference Range \_\_\_\_\_ Don't know  44

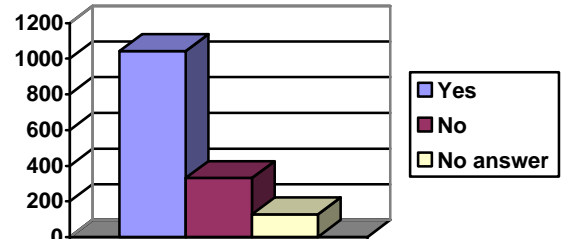
The results could not be analysed.

Q10. Were you given treatment on the basis of this?

Base: All respondents

Total	1500	
Yes	1042	69.5%
No	331	22.1%
No answer	127	8.5%

**Q10. Treated after TSH test?**



Q11. Were you offered a free t3 or free t4 test initially?

Base: All respondents

Total	1500	
Yes	269	17.9%
No	519	34.6%
Don't know	646	43.1%
No answer	66	4.4%

Q13. What were the results of your blood tests after your visit to your GP/ endocrinologist when you were first diagnosed?

	Result	Reference Range	Don.t know	Not Done
TSH	_____	_____	<input type="checkbox"/> 44	<input type="checkbox"/> 45
FT4	_____	_____	<input type="checkbox"/> 44	<input type="checkbox"/> 45
FT3	_____	_____	<input type="checkbox"/> 44	<input type="checkbox"/> 45

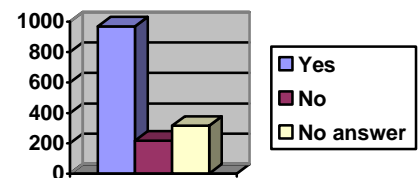
The results could not be analysed.

**Q14. Treated after blood tests?**

Q14. Were you given treatment on the basis of this?

Base: All respondents

Total	1500	
Yes	969	64.6%
No	216	14.4%
No answer	315	21.0%



Q15. If not, why not?

Base: those who were not given treatment on the basis of this

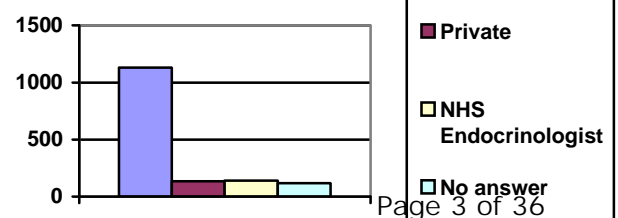
Total	216	
Within normal range	77	35.7%
Results ignored/ not believed	11	5.1%
Blood test repeated	10	4.6%
Thyroid up & down	6	2.8%
Local lab refused to do tests	2	0.9%
Don't know/ never told/ never asked	2	0.9%
A/O answers	17	7.9%
No answer	45	20.8%

Q16. Was the diagnosis of hypothyroidism made by an NHS or private medical practitioner?

Base: All respondents

Total	1500	
NHS GP	1131	75.4%
Private	133	8.9%

**NHS or Private?**



## HYPOTHYROID PATIENT SURVEY

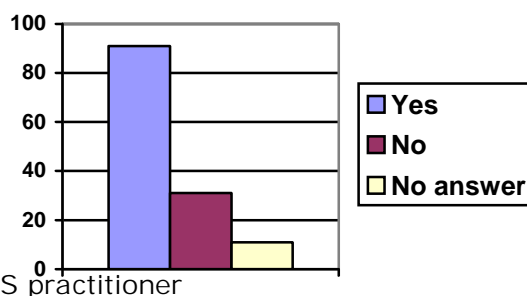
NHS Endocrinologist	141	9.4%
No answer	117	7.8%

Q17. If by a private doctor, was this diagnosis accepted by your NHS practitioner?

Base: those whose diagnosis was made by a private medical practitioner

Total	133	
Yes	91	68.4%
No	31	23.3%
No Answer	11	8.3%

**Q17. If private was diagnosis accepted by NHS?**



Q18a. If not, why?

Base: those whose diagnosis was not accepted by their NHS practitioner

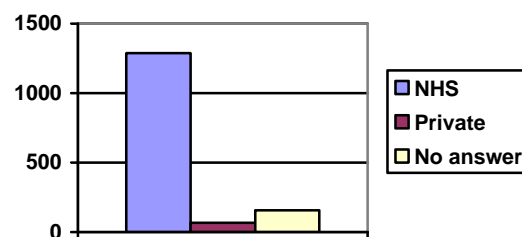
Total	31	
GP disagreed with results	2	6.5%
A/O answers	7	22.6%
No answer	22	71.0%

Q18b.1. Where are you now being treated?

Base: All respondents

Total	1500	
NHS	1287	85.8%
Private	67	4.5%
No answer	156	10.4%

**Q18b.1 Where treated now?**



Q18b.2. At whose cost are you now being treated?

Base: All respondents

Total	1500	
NHS	1177	78.5%
Mine	74	4.9%
No answer	261	17.4%

Q19. Is your hypothyroidism caused by Graves' disease/ hyperthyroidism?

Base: All respondents

Total	1500	
Yes	155	10.3%
No	1026	68.4%
Had/ have Graves but not yet hypothyroid	6	0.4%
No answer	313	20.9%

Q20. Have you been tested for thyroid antibodies (Hashimoto's disease)?

Base: All respondents

Total	1500	
Yes TGAB	138	9.2%
Yes TPO	67	4.5%
No	482	32.1%
Don't know	793	52.9%
No answer	62	4.1%

Q21. Do you have thyroid cancer or nodules?

Base: All respondents

Total	1500	
Yes	59	3.9%
No	1320	88.0%
No answer	121	8.1%

## HYPOTHYROID PATIENT SURVEY

### Q22.1. Tests prior to or after diagnosis

Base: All respondents

Total	1500	
Iron (91)		6%
B12 (53)		3.5%
Blood (41) Adrenal (38) Hormonal (30)		2%-3%
Cholesterol (28), Diabetes (26), Sex Hormones (21), Scan (All Refs) (19), FBC (18), Anaemia (17), Cortisol (15)		1%-2%
Blood Sugar (11) Menopause (10) FSH (10)		0.7%
Urine (8) The (8) Feritin (8) Liver (7) Dhea (7)		0.5%
T4 (6) Needle Biopsy (6) Arthritis (6)		0.4%
T3 (5) LFT (5) LH (5) Glandular Fever (5) Blood Pressure (4) Kidneys (4) Allergens (4) U&E (4) ECG (4) Heart Function (4) Candida (4)		0.3%
Coeliac (3) Autoimmune (3) Hair Toxic (3) Me (3) PCO Syndrome (3) ESR (3)		0.2%
Sodium (2) Folate (2) TFT (2) Neurologist (2) Gut Fermentation (2) ACTH (2) Thyroxine Level (2) Multiple Sclerosis (2) Serum (2) Lithium (2) Fibromyalgia (2) Gastrosophy (2) Magnesium (2) Ultrasound (2) Addisons (2) X-ray (2) Lupus (2) Pituitary (2) Salivary (1) Atnal Fibrillation (1) Reflex (1) Stool (1) HB (1) Lipids (1) EEG (1) TIBC (1) Depot Synacthen (1) Glutathin Peroxidase (1) Overian Function (1) Valproicacid (1) Iodine (1) Nutrient Deficiencies (1) Isotop (1) Heavy Bleeding (1) Throat Check (1) Barium Enema (1) Barium Meal (1) Bone (1) B Compound (1) Pregnancy (1) Cancer Of Thyroid (1) Collection Of Fluid (1) Dizziness (1) Dna (1) Saroi Dosis (1) Anglogram (1) Vma (1) Cea (1) Prolactin (1) B6 (1) Bilirubin (1)		0.1%
A/O Answers (14)		0.9%
No answer (1159)		77.3%

### Q22a. How many tests prior to or after diagnosis?

Base: All respondents

Total	1500	
1	259	17.3%
2	77	5.1%
3+	65	4.3%
Few	5	0.3%
Several/ many	58	3.9%
Total tests	1696	

No answer	1232	82.1%
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### Q22.3. NHS/ Private tests prior to or after diagnosis?

Base: All respondents

Total	1500	
NHS	462	30.8%
Private	111	7.4%
Ticked	4	0.3%
No Answer	1194	79.6%

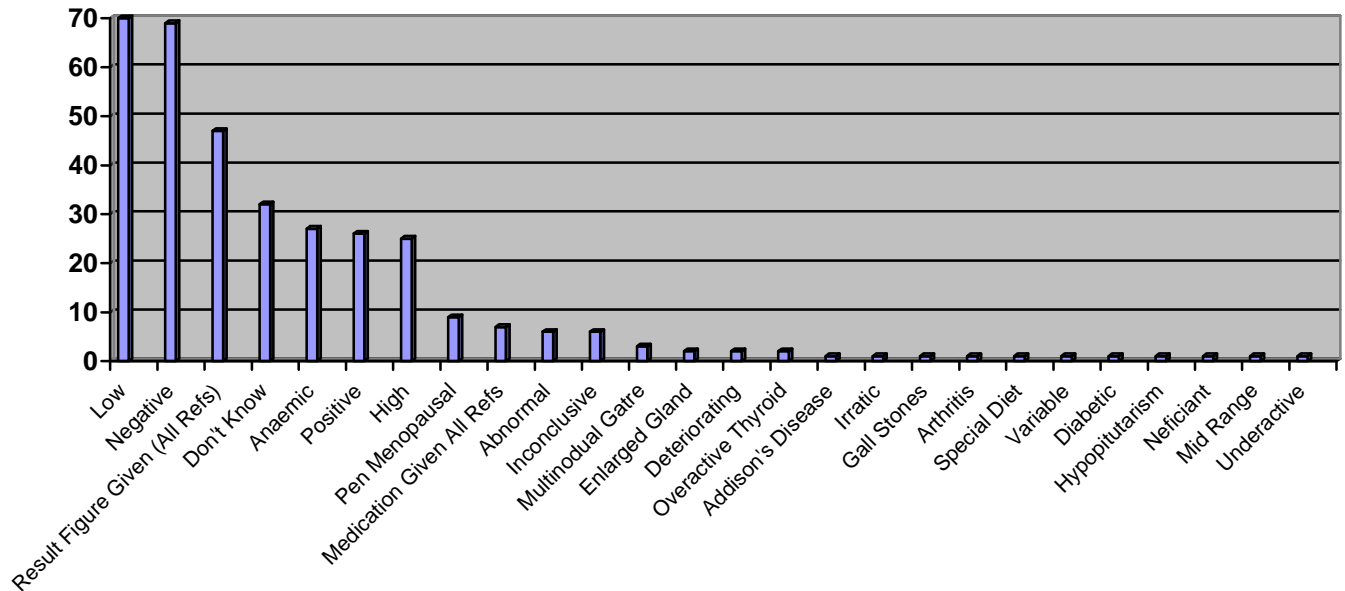
# HYPOTHYROID PATIENT SURVEY

Q22.4. Result of tests prior to or after diagnosis?

Base: All respondents

	Total	
	1500	
Normal	196	13.1
Low	70	4.7%
Negative	69	4.6%
Result Figure Given (All Refs)	47	3.1%
Don't Know	32	2.1%
Anaemic	27	1.8%
Positive	26	1.7%
High	25	1.7%
Pen Menopausal	9	0.6%
Medication Given All Refs	7	0.5%
Abnormal	6	0.4%
Inconclusive	6	0.4%
Multinodular Gatre	3	0.2%
Enlarged Gland	2	0.1%
Deteriorating	2	0.1%
Overactive Thyroid	2	0.1%
Addison's Disease	1	0.1%
Irratic	1	0.1%
Gall Stones	1	0.1%
Arthritis	1	0.1%
Special Diet	1	0.1%
Variable	1	0.1%
Diabetic	1	0.1%
Hypopituitarism	1	0.1%
Neficiant	1	0.1%
Mid Range	1	0.1%
Underactive	1	0.1%
No Answer	1207	80.5

**Q22.4 Result of tests prior/after diagnosis (excluding no answer)**



## HYPOTHYROID PATIENT SURVEY

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Q23. Have you had any operations/ procedures prior to or after diagnosis to explain symptoms or are waiting for any? (e.g. Carpal tunnel syndrome, IVF, heart operation, hysterectomy)

Base: All respondents

Total	1500	
Yes, prior to diagnosis	279	18.6%
Yes, after diagnosis	168	11.2%
No	933	62.2%
No answer	120	8.0%

Q24. If yes, please specify

Base: those who have any operations/ procedures to explain symptoms or are waiting for any

Total (number each in brackets)	447	Each
Hysterectomy (196)		43.9%
Carpal Tunnel (91)		20.4%
Thyroidectomy (19)		4.3%
A/O Heart Related (16)		3.6%
A/O Gynaecological Operations/ Procedures (15)		3.4%
Angiogram (9)		2.0%
Caesarean (7) Gall Bladder Removal (7)		1.6%
D&C (6) Laparoscopy (6) IVF (6) Eye Surgery (6)		1.3%
Breast Cancer (4) A/O Cancers (4) Ovarian Cysts (4) Tonsils Removed (4) Nerve Conduction Test (4) Mastectomy/ Breast Surgery/ Procedure (4)		0.9%
Infertility Tests (3) Colysys Rectomy (3) Radio Iodine (3) Bladder Problems (3) Endoscopy (3) Hernia (3) All Refs Gland Removal/ Tests (3)		0.7%
Colonoscopy (2) Wrist/ Thumb Pain (2) Hip Replacement (2) Trigger Thumb (2) Enemas (2) Frozen Shoulder (2) Radiotherapy (2) A/O Scans (2) Ibis (2) PCOS Treatment (2) Kidney Investigations (2) Spinal Fusion (2) Brain Scan (2) Ultra Sound (2) Benign Growth (2) A/O Biopsy (2) Giving Birth/ Pregnancy (2) All Refs Liver (2) Ulna Nerve (2) Gallstones (2) All Refs Lung (2)		0.5%
A/O Answers (40)		9.0%
No Answer (27)		6.0%

Q25. Do you have any long-term damage that may be as a result of hypothyroidism (e.g. Heart disease, neurological damage)?

Base: All respondents

Total	1500	
Yes	225	15.0%
No	1019	67.9%
No answer	256	17.1%



## HYPOTHYROID PATIENT SURVEY

Q26. If yes, please specify

Base: those who have any long-term damage that maybe as a result of hypothyroidism

Total (number each in brackets)	225	Each
Heart Related (A/O Refs) (39)		17.3%
Nervous System/ Neurological (19) High Blood Pressure (19)		8.4%
Obesity (17)		7.6%
Depression (16) Angina (16)		7.1%
Cholesterol (11)		4.9%
Memory Loss (9) Joint Problems (9)		4.0%
Intestine Problems (All Refs) (6) Fibromyalgia (6) A/O Eye Problems (6)		2.7%
Osteoporosis (5) ME (5) Loss Of Hand Function (5) Diabetes (5) Carpal Tunnel Syndrome (5) A/O Gynaecological (5) Muscle Pain (All Refs) (5)		2.2%
Hair Loss (4) Dizzy/ Fainting (4) Arthritis (4) Exhaustion/Tiredness (4) All Refs Hearing (4)		1.8%
Atherosclerosis (3) Lack of Libido (3) Back Pain (3) Migraines (3) Arms & Hands All Refs (3) Breathlessness (3)		1.3%
Goitre (2) Thrush (2) Damaged Muscles (2) Eye Sensitivity (2) Low Immune System (2) Eye Disease (2) Stroke (2) All Refs Cancer (2) A/O Skin (2) A/O Hair (2) All Refs Kidney (2)		0.9%
Lack Of Concentration (1) Claudication (1) Epilepsy (1) Dystania (1) Panic Attack (1) Vitiligo (1) Bown Marrow Disease (1) Hayfever (1) Weakened Diaphragm (1) Cognitive Thinking (1) Idiopathic Anaphylactic Shock (1) Pins & Needles (1) Pernicious Anaemia (1) LV Hypertrophy (1)		0.4%
No Answer (35)		15.6%

Q27. Do you smoke?

Base: All respondents

Total	1500	
Yes	132	8.8%
No, but used to	573	38.2%
No, have never smoked	769	51.3%
No answer	26	1.7%

Q28. Have you had any exposure to heavy metals or radiation (including a large amount of x-rays and mercury fillings)?

Base: All respondents

Total	1500	
Yes, Prior To Diagnosis	530	35.3%
Yes, After Diagnosis	94	6.3%
No	855	57.0%
No Answer	67	4.5%

Q29. If yes, please specify

Base: those who have had exposure to heavy metals or radiation

Total	580	
Mercury Fillings	421	72.6%
X-ray	122	21.0%
Work Next To/ With X-ray Equipment	22	3.8%
Radioactive Scan	13	2.2%
A/O Answers	91	15.7%
No Answer	58	10.0%

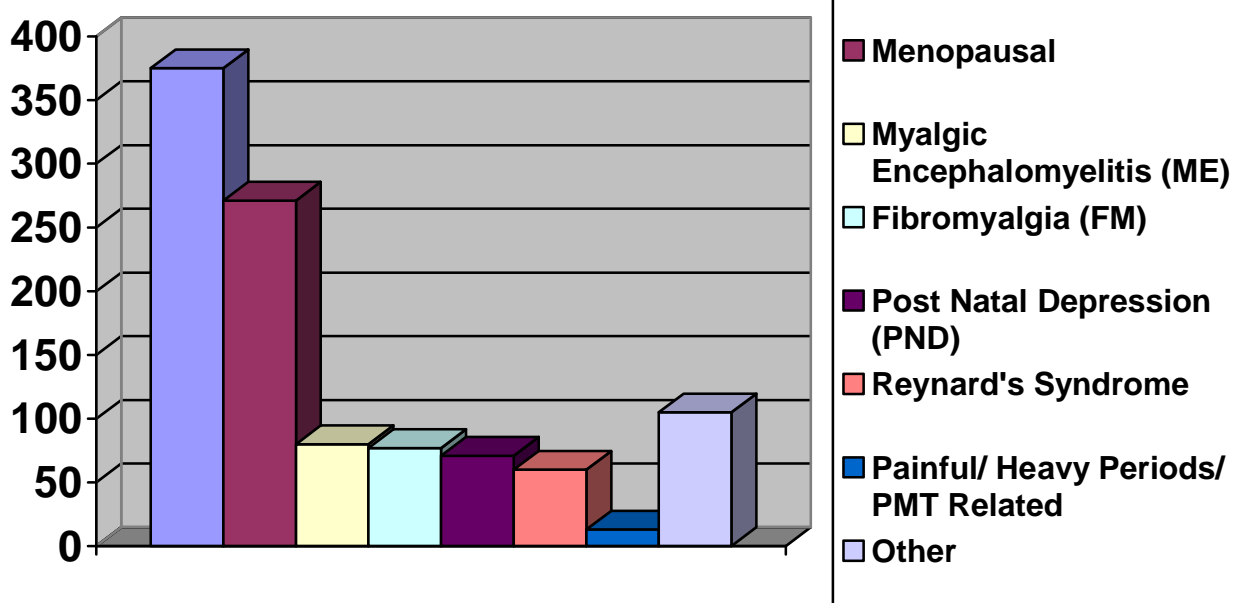
## HYPOTHYROID PATIENT SURVEY

Q30. Were you diagnosed/treated for any of the following because of your symptoms?

Base: All respondents (some responded more than once)

Total (number each in brackets)	1500	Each
Depression (375)		25.0%
Menopausal (271)		18.1%
Myalgic Encephalomyelitis (ME) (80)		5.3%
Fibromyalgia (FM) (77)		5.1%
Post Natal Depression (PND) (71)		4.7%
Reynard's Syndrome (60)		4.0%
Painful/ Heavy Periods/ PMT Related (13)		0.9%
Ibis (7) Weight Gain (7)		0.5%
Weight Gain (7)		
Extreme Tiredness (6)		0.4%
Polycystic Ovaries (5) Anaemia (5) Arthritis (5) Cfs (4) Anxiety (4)		0.3%
Heart Related (All Refs) (3) Sjogrens (3) Cholesterol (3)		0.2%
Infection (2) Gynaecological (Unspec) (2) Endometriosis (2) Myasthenia Gravis (2) Allergies (2) Migraine (2) Asthma (2) Shingles (1) RSI (1) Dystonia (1) Low Blood Pressure (1) Skin Disorder (Unspec) (1) Lupus (1) Lyme disease (1) Stress (1) Back Pain (1) Tennis Elbow (1) Polymyalgia (1) Frozen Shoulder (1) Myxedema (1) Tingling in Extremities (1) Excessive Sweating (1) Fainting (1) Dry Mouth (1) Dry Eyes (1) Eating Disorder (1) Diverticula (1) Osteoporosis (1) Circulation Problems (1) Carpal Tunnel (1) MCS (1) Von Willebrands (1) Voice Changes (1) Sarcoidosis (1) Autoimmune (1) Channelopathy (1) Renal Failure (1) MS (1) Neurological (1) Muscle Enzyme (1) Influenza (1) High Blood Pressure (1) Hair Loss (1) Constipation (1) Food Intolerance (1) High Calcium (1)		0.1%
No (712)		47.5%
No Answer (109)		7.3%

### Q30. Previous diagnoses



## HYPOTHYROID PATIENT SURVEY

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Q31. If you were treated for any of the above, did your symptoms improve when treated with thyroid medication?

Base: those who were diagnosed/ treated because of any of their symptoms

Total	663	
Yes, totally	48	7.2%
Yes, significantly	139	21.0%
Yes, slightly	174	26.2%
No	192	29.0%
Not taking thyroid medication	69	10.4%
No Answer	41	6.2%

Q32. Did your medical practitioner explain the workings of the thyroid and describe the effects and risks of being hypothyroid? (e.g. High cholesterol, which foods to avoid)

Base: All respondents

Total	1500	
Yes	162	10.8%
No	1222	81.5%
Not been diagnosed	79	5.3%
No answer	37	2.5%

Q33. If yes, please specify

Base: those whose medical practitioner explained the workings of the thyroid and described the effects and risks of being hypothyroid

Total	162	
Explained about workings of thyroid only (not about effects & risks)	24	14.8%
Foods to avoid	17	10.5%
Risk of cholesterol	15	9.3%
How thyroid works	10	6.2%
Given a leaflet	7	4.3%
General explanation	5	3.1%
How thyroid affects working gland	4	2.5%
Risk of blood pressure	3	1.9%
Watching weight	3	1.9%
Risk of depression	2	1.2%
Risk of heart problems	2	1.2%
A/o answers	28	17.3%
No answer	66	40.7%

Q34. Does your medical practitioner check cholesterol regularly?

Base: All respondents

Total	1500	
Yes	445	29.7%
No	1001	66.7%
No Answer	54	3.6%

Q35. If yes, please specify

Base: those whose medical practitioner checks their cholesterol regularly

Total	445	
Yearly	128	28.8%
Every 6 Months	65	14.6%
3 Times A Year	3	0.7%
Ad hoc/ Every Now And Then	2	0.5%
Recently	4	0.9%
Up To Me To Get It Checked/ Book A Test	25	5.6%
Results Of Test (All Refs)	24	5.4%

## HYPOTHYROID PATIENT SURVEY

A/O Answers	88	19.8%
No Answer	118	26.5%

Q36. Are you on any medication for any of the conditions listed in the table on page 3, i.e. Statins, high blood pressure medicine?

Base: All respondents

Total	1500	
Yes	519	34.6%
No	844	56.3%
No Answer	137	9.1%

Q37. If yes, please specify conditions listed in the table on page 3, i.e. Statins, high blood pressure medicine?

Base: those who are on medication for any of the conditions listed in the table

Total	519	
High Blood Pressure	125	24.1%
Statins	89	17.2%
Bendroflumethiazide	30	5.8%
Atenolol	29	5.6%
Simvastatin	27	5.2%
Cholesterol	19	3.7%
Depression	18	3.5%
Hrt	17	3.3%
Ramipril	16	3.1%
Aspirin	13	2.5%
Atorvastatin	10	1.9%
Iron	10	1.9%
Ibis	9	1.7%
Losartan	9	1.7%
Thyroxine	9	1.7%
Joint Pain	8	1.5%
Amolodipine	8	1.5%
Lisinopril	8	1.5%
Beta Bockers	8	1.5%
Citalipram	8	1.5%
Metaform	7	1.4%
Diabetes	6	1.2%
Levothyroxine	6	1.2%
Felodopine	6	1.2%
Painkillers (Unspec)	6	1.2%
Calcium	6	1.2%
Allergies	5	1.0%
Lipitor	5	1.0%
Flurosemide	5	1.0%
Water Tablets	5	1.0%
Amitriptyline	5	1.0%
Olmesartan	4	0.8%

Enalapril	4	0.8%
Dilofenac	4	0.8%
Lanzapazole	4	0.8%
Fosamax	4	0.8%
Insulin	4	0.8%
Propanaloc	4	0.8%
Sotalol	3	0.6%
Hydroxychloroquine	3	0.6%
Perindopril	3	0.6%
Calcium Inhibitor	3	0.6%
Co-Dhydroamol	3	0.6%
Arthritis	3	0.6%
Warfarin	3	0.6%
Vitamin D	3	0.6%
Ventolin	3	0.6%
Angina	2	0.4%
Hypertension	2	0.4%
Narproxin	2	0.4%
Asthma	2	0.4%
Prozac	2	0.4%
Paracetamol	2	0.4%
Prozononal	2	0.4%
Indapaminde	2	0.4%
Fluroxatine	2	0.4%
Epi Pen	2	0.4%
Dothiepin	2	0.4%
Behahistine	2	0.4%
Cocodamol	2	0.4%
Cetirizine	2	0.4%
A/O Medication	129	24.9%
A/O Specific Conditions	32	6.2%
No answer	41	7.9%

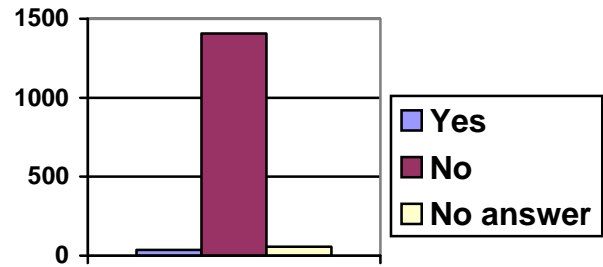
## HYPOTHYROID PATIENT SURVEY

Q38. Have you ever been told by your endocrinologist or GP about any alternative medication to thyroxine (t4)?

Base: All respondents

Total	1500	
Yes	36	2.4%
No	1407	93.8%
No Answer	57	3.8%

Q.38 Other treatment suggested?



Q39. If yes, please specify

Base: those who have been told by their endocrinologist or GP about any alternative medication to thyroxine

Total	36	
Armour	13	36.1%
T3	9	25.0%
Natural Thyroxine	5	13.9%
Liothyronine	2	5.6%

Exetimibe	1	2.8%
Porcine	1	2.8%
Tertroxine	1	2.8%
No Answer	10	27.8%

Q40. Have you ever been told by anyone else about any alternative medication to thyroxine (t4)?

Base: All respondents

Total	1500	
Yes	258	17.2%
No	1187	79.1%
No answer	55	3.7%

Q41a. If yes, who?

Base: those who have been told by anyone else about any alternative medication to thyroxine

Total	258	
Internet	50	19.4%
Thyroid UK/ TPA UK	41	15.9%
Friend	28	10.9%
Doctors (all refs spec)	28	10.9%
Books	19	7.4%
Private Doctor	15	5.8%

Relative (all refs)	13	5.0%
Mail On Sunday	11	4.3%
Support Groups	9	3.5%
Consultant/ Specialist	6	2.3%
British Thyroid Foundation	3	1.2%
A/O Answers	61	23.6%

Q41b. If yes, what medication?

Base: those who have been told by anyone else about any alternative medication to thyroxine

Total	258	
Armour Thyroid/ Armour	128	49.6%
T3	49	19.0%
Natural Thyroxine	20	7.8%
Tertroxin	6	2.3%
Homeopaths	3	1.2%

Westhyroid	1	0.4%
Various	1	0.4%
A/O Answers	51	19.8%
No Answer	38	14.7%

## HYPOTHYROID PATIENT SURVEY

Q42. Do you take any of the following supplements to help with your symptoms?

Base: All respondents

No answer = 783

<b>Total answers</b>	Iron Tablets	B12	Folic Acid	MSM	Multi Tablets	Omegas	Selenium	Vitamin C	Calcium	Magnesium	Other
1500	134	130	70	33	290	219	152	191	153	121	208
<6 Months	36	18	12	6	30	26	30	20	17	21	15
6-11 Months	15	11	7	3	14	17	18	12	12	11	11
1-2 Years	22	41	17	9	50	51	34	34	32	22	31
3+ Years	27	27	17	7	86	55	28	55	52	32	54
Recently	0	1	1	0	0	1	0	0	1	1	1
Months	2	0	0	0	0	1	0	0	0	0	1
Occasionally	8	7	3	2	8	4	5	4	0	2	1
Several	1	0	1	0	0	1	0	0	0	0	0
Daily	1	2	0	0	5	4	2	3	0	0	2
Always/years	5	4	1	1	19	7	5	16	6	4	8
No answer	17	19	11	5	78	52	30	47	33	28	84
Mean score	38.2	45.9	67.9	23.1	65.1	44.5	30.8	56.1	56.6	45.9	54.0
Std deviation	107.9	110.3	191.9	19.6	102.5	59.1	47.9	66.8	107.7	112.8	63.4
Std error	10.8	11.2	26.4	3.9	7.6	4.8	4.6	6.1	10.1	12.2	6.0

### Effectiveness (from 1 = not effective to 10 = very effective)

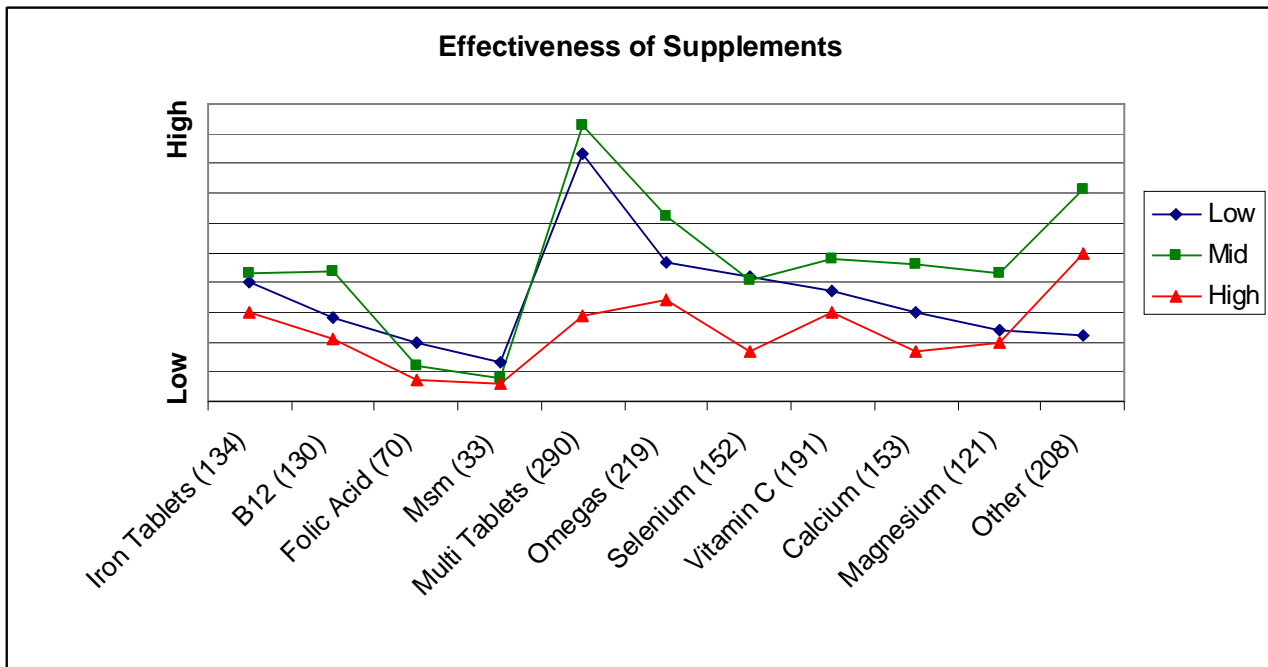
1	12	7	8	5	26	16	16	14	11	11	9
2	10	10	2	1	17	6	7	8	8	2	4
3	13	6	7	3	32	17	11	9	4	8	7
4	5	9	2	2	12	5	6	6	8	6	5
5	18	17	4	4	45	32	21	20	19	17	35
6	7	9	3	0	17	10	7	9	11	8	17
7	11	2	2	2	13	9	6	6	5	9	12
8	11	6	2	0	5	16	4	10	2	8	16
9	5	4	0	0	6	6	6	3	4	3	8
10	10	8	4	2	12	8	4	11	8	8	21
Ok	1	2	1	0	3	1	0	1	0	0	0
Good	4	2	1	3	5	3	3	5	3	1	3
None	5	5	3	4	7	7	8	6	7	3	2
Don't know	5	10	7	1	18	15	21	16	17	8	13
Slight/mild	1	3	0	0	2	3	1	3	2	2	2
Poor	0	0	0	0	1	1	0	0	0	0	0
Ticked	0	2	0	0	1	2	0	3	1	1	0
Helps	0	1	0	1	1	1	0	1	0	0	2
No answer	16	27	24	5	67	61	31	60	43	26	52

Mean Score	5.23	5.10	4.38	4.11	4.52	5.15	4.57	5.15	4.99	5.38	6.19
Std Deviation	2.84	2.72	2.97	2.85	2.53	2.64	2.66	2.87	2.72	2.72	2.58
Std Error	0.28	0.31	0.51	0.65	0.19	0.24	0.28	0.29	0.30	0.30	0.22

# HYPOTHYROID PATIENT SURVEY

## Effectiveness summary

	Iron tablets (134)	B12 (130)	Folic Acid (70)	MSM (33)	Multi Tablets (290)	Omegas (219)	Selenium (152)	Vitamin C (191)	Calcium (153)	Magnesium (121)	Other (208)
<b>Low:</b> 1, 2, 3, None, Poor	40	28	20	13	83	47	42	37	30	24	22
<b>Mid:</b> 4,5,6,7, OK, Slight/mild, Ticked	43	44	12	8	93	62	41	48	46	43	71
<b>High:</b> 8,9,10, Good, Helps	30	21	7	6	29	34	17	30	17	20	50
Don't know, No answer	21	37	31	6	85	76	52	76	60	34	65
Total check	134	130	70	33	290	219	152	191	153	121	208



# HYPOTHYROID PATIENT SURVEY

Q43a. Have you used alternative therapies to help with our symptoms?

Base: All respondents

	Homeopath	Reiki	Allergist	Acupuncture	Reflexology	Indian Head Massage	Other	Not Used	No Answer
							Massage (15) Osteopathy (13) Chiropractic (9) Herbalist (8) Aromatherapy (7) Kinesiology (5) Bowen (4) Pilates (2) Hypnotherapy (2) Lymph Drainage (2) Shiatsu (2) Ayevedic Diet (2) Crystals (2) Fever Fen (1) Ozone (1) Physiotherapy (1) Osteomyologist (1) Facial (1) Oils (1) Medical Qigong (1) Bach Flower Remedies (1) Cranial Sacral (1) Cognitive (1)		
Respondents	117	66	27	102	131	37	99	914	254
Answers	117	66	27	102	131	37	106 (because some chose more than one)		
1 - Not Effective	18	7	2	13	11	4	5		
2	10	8	2	4	8	3	2		
3	12	6	0	5	11	6	5		
4	7	5	3	6	8	2	5		
5	11	9	5	13	14	6	14		
6	10	3	1	12	13	3	4		
7	5	4	2	9	12	3	17		
8	9	8	4	10	14	3	19		
9	3	1	1	5	4	1	4		
10 - Very Effective	2	3	2	5	7	2	5		
Ok	1	0	0	0	1	0	0		
Good	2	2	0	1	7	0	1		
None	6	2	0	1	5	0	0		
Don't Know	1	1	1	1	2	0	1		
Slight/ Mild	2	0	1	2	0	0	0		
Poor	2	0	0	0	0	0	2		
Ticked	1	0	0	1	0	0	0		
Helps	0	0	1	0	1	1	0		
No Answer	15	7	2	14	13	3	15		

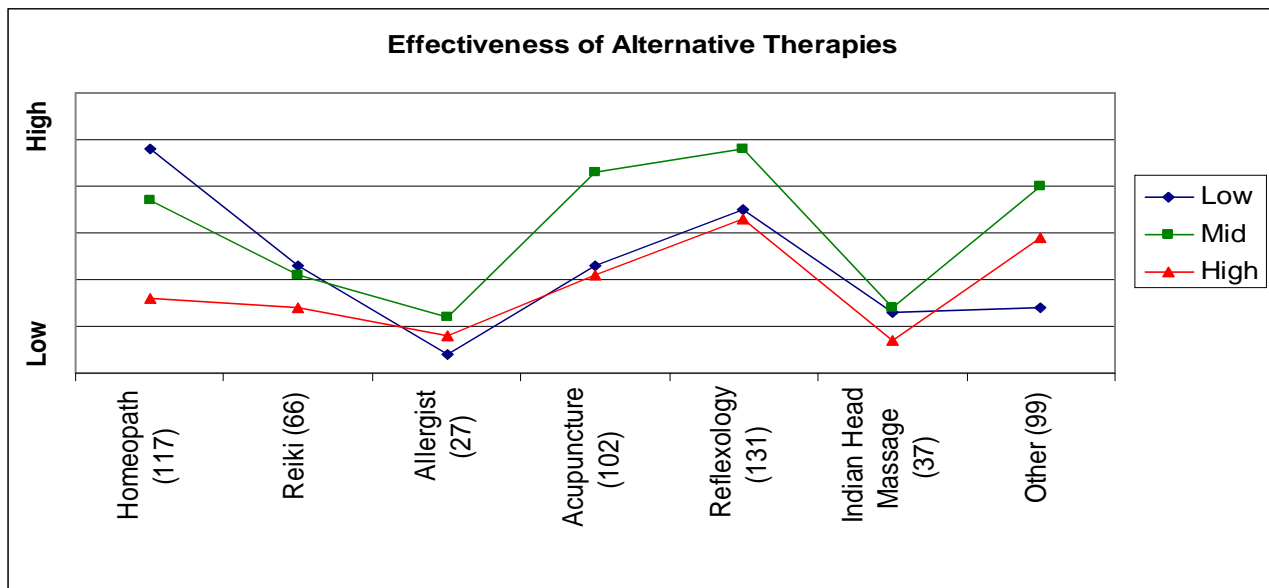
## Effectiveness summary

<b>Low:</b> 1, 2, 3, None, Poor	48	23	4	23	35	13	14
<b>Mid:</b> 4,5,6,7, OK, Slight/Mild, Ticked	37	21	12	43	48	14	40
<b>High:</b> 8,9,10, Good, Helps	16	14	8	21	33	7	29
<b>Don't know, No answer</b>	16	8	3	15	15	3	16
<b>Total check</b>	117	66	27	102	131	37	99

Mean Score	4.26	4.72	5.64	5.30	5.31	4.79	6.19
Std Deviation	2.63	2.72	2.72	2.73	2.66	2.64	2.37
Std Error	0.28	0.37	0.58	0.30	0.26	0.46	0.26



# HYPOTHYROID PATIENT SURVEY



Q44. How would you rate the way the NHS medical practitioners dealt with you whilst you sought diagnosis?

Base: All respondents

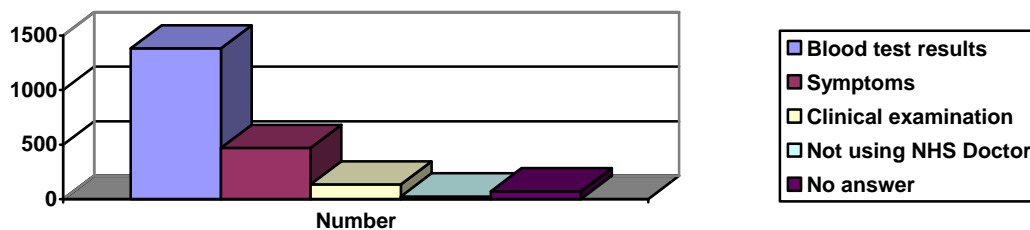
Total	1500	
I was dealt with very well	287	19.1%
I was dealt with quite well	490	32.7%
I was not dealt with very well	278	18.5%
I was not dealt with at all well	305	20.3%
Have not been officially diagnosed	85	5.7%
No answer	55	3.7%
Mean score		2.56
Standard deviation		1.06
Standard error		0.03

Q45. Did/ does your NHS medical practitioner diagnose thyroid problems by blood test results, symptoms, or clinical examination?

Base: All respondents

Total	1500	
Blood test results	1380	92.0%
Symptoms	469	31.3%
Clinical examination	132	8.8%
Not using NHS Doctor	22	1.5%
No answer	68	4.5%

**Q45. How were your thyroid problems diagnosed?**



## HYPOTHYROID PATIENT SURVEY

Q46. Have you had to pay for private tests, treatments, and medicines (which the NHS refused)?

Base: All respondents

Total	1500	
Yes	169	11.3%
No	1223	81.5%
No answer	108	7.2%

Q47. If yes, please specify

Base: those who have had to pay for private tests, treatments and medicines

Total	169	
Blood tests	26	15.4%
Armour	24	14.2%
Adrenals	9	5.3%
Urine tests	8	4.7%
Saliva test	6	3.6%
A/O answers	118	69.8%
No answer	11	6.5%

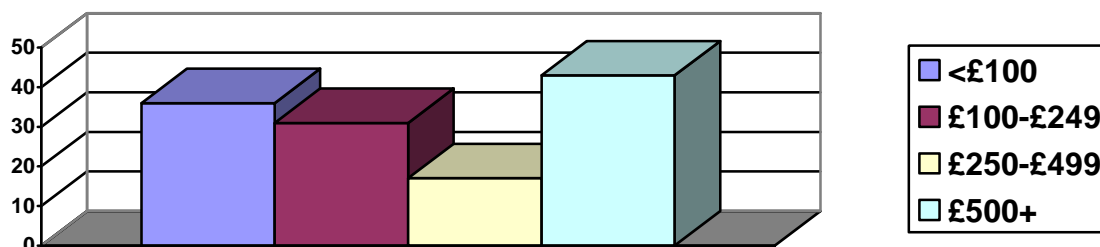
Q48. If yes, what was the cost involved?

Base: those who have had to pay for private tests, treatments and medicines

Total	169	
<£100	36	21.3%
£100-£249	31	18.3%
£250-£499	17	10.1%
£500+	42	24.9%
Lots	2	1.2%
Don't Know	8	4.7%
No Answer	33	19.5%

Mean Score	590.46
Standard Deviation	1030.86
Standard Error	91.84

### Q48. Cost for private treatment?



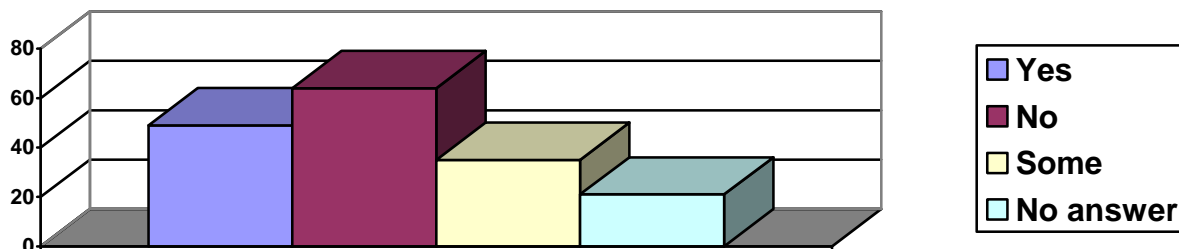
## HYPOTHYROID PATIENT SURVEY

Q49. Did your NHS medical practitioner accept these results and treat accordingly if necessary?

Base: those who have had to pay for private tests, treatments and medicines

Total	169	
Yes	49	29.0%
No	64	37.9%
Some	35	20.7%
No answer	21	12.4%

### Q49. Did NHS recognise results and provide treatment?



Q50. If yes/ some, please specify

Base: those whose NHS practitioner accepted these results

Total	84	
Thyroxine	10	11.9%
Change to dosage (all refs)	5	6.0%
T3	3	3.6%
Retook blood test	3	3.6%
T4	2	2.4%
A/O answers	40	47.6%
No answer	26	31.0%
Total	84	

Q51. Have you been told you are entitled to free prescriptions if you have been diagnosed with thyroid disease?

Base: All respondents

Total	1500	
Yes	1165	77.7%
No	168	11.2%
No Answer	167	11.1%

Q52. If yes, who told you/ how did you find out?

Base: those who have been told that they are entitled to free prescriptions

Total	1165	
Doctor/ GP	635	54.5%
Pharmacist/ chemist	217	18.6%
Friend	53	4.6%
OAP/ exempt anyway	30	2.6%
Consultant/ specialist	22	1.9%
Nurse	10	0.9%
A/O answers	118	10.1%
No answer	124	10.6%

## HYPOTHYROID PATIENT SURVEY

Q53a. Do you, or have you ever self medicated using any of the following?

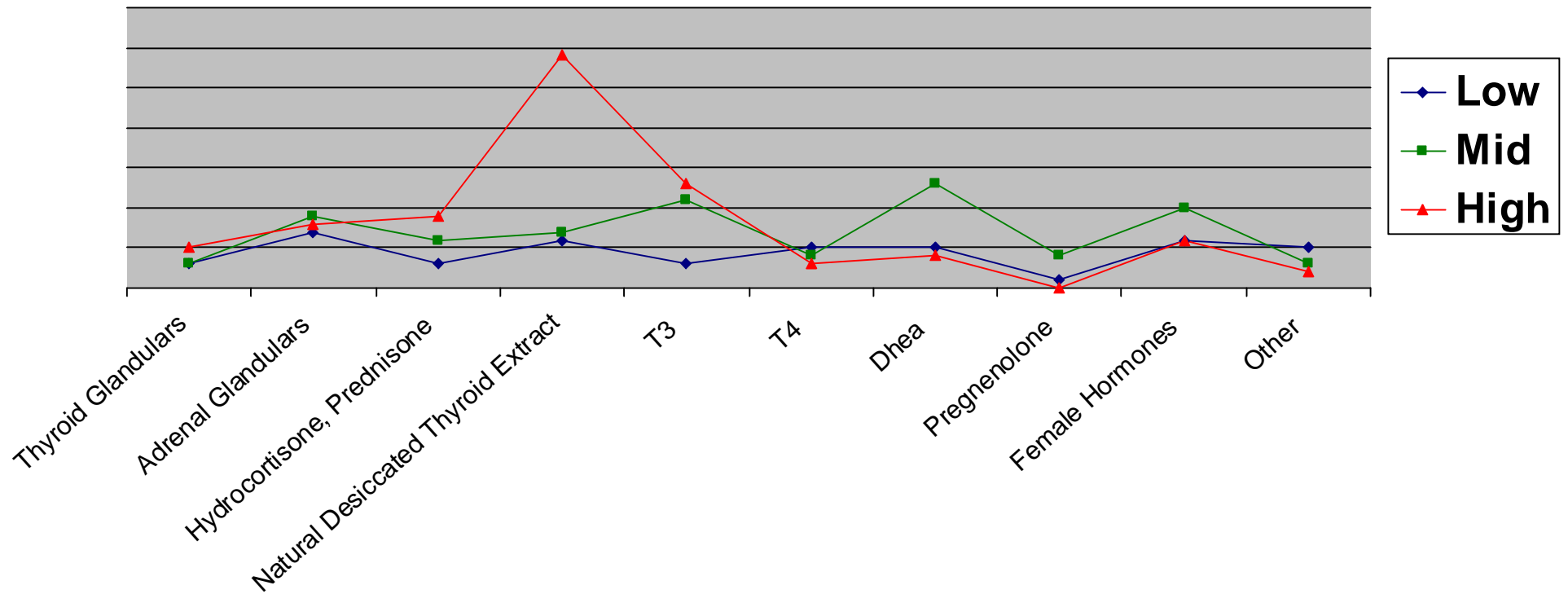
Base: All respondents

Total base respondents 1500	Thyroid Glandulars	Adrenal Glandulars	Hydrocortisone, Prednisone	Natural Desiccated Thyroid Extract	T3	T4	Dhea	Pregnenolone	Female Hormones	Other	Not Used	No Answer
Total responses 1619	14	29	22	51	32	14	26	6	35	15	938	437
<b>Effectiveness</b>												
1 - Not Effective	1	3	2	3	2	1	2	0	2	3		
2	0	1	1	2	0	2	1	0	3	1		
3	2	3	0	1	1	2	2	1	1	1		
4	1	1	0	2	1	1	2	1	3	1		
5	1	5	2	2	4	1	8	2	6	1		
6	0	2	2	1	5	1	2	0	1	0		
7	1	1	2	2	1	1	1	1	0	1		
8	2	3	0	8	2	0	4	0	4	1		
9	2	3	1	1	3	1	0	0	2	0		
10 - Very Effective	1	2	8	20	8	2	0	0	0	1		
No Answer	3	5	4	9	5	2	4	1	13	5		
<b>Effectiveness summary</b>												
<b>Low:</b> 1, 2, 3, None, Poor	3	7	3	6	3	5	5	1	6	5		
<b>Mid:</b> 4,5,6,7, OK, Slight/Mild, Ticked	3	9	6	7	11	4	13	4	10	3		
<b>High:</b> 8,9,10, Good, Helps	5	8	9	29	13	3	4	0	6	2		
<b>No answer</b>	3	5	4	9	5	2	4	1	13	5		
Mean Score	6.09	5.54	7.17	7.64	7.00	5.17	4.95	4.80	4.95	4.20		
Standard Deviation	3.02	2.90	3.28	3.03	2.80	3.21	2.10	1.48	2.54	3.22		
Standard Error	0.91	0.59	0.77	0.47	0.54	0.93	0.45	0.66	0.54	1.02		

# HYPOTHYROID PATIENT SURVEY

Obtained from (base: Those who have ever self medicated)										
Internet	5	14	4	19	5	0	13	3	6	2
Health Shop	0	1	0	2	0	0	1	0	3	3
Private Doctor	3	7	13	17	11	2	5	1	2	3
NHS	0	0	2	3	4	6	0	0	8	0
A/O Answers	2	4	0	2	4	1	2	0	3	1
No Answer	4	3	3	8	8	5	5	2	13	6

## Self-medication Effectiveness Summary



## HYPOTHYROID PATIENT SURVEY

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Q54a. If you were originally only prescribed thyroxine have you asked for liothyronine (t3) to be added to your thyroxine because symptoms have persisted?

Base: All respondents

Total	1500	
Yes, asked and prescribed	31	2.1%
Yes, asked and declined	60	4.0%
No, not asked	1036	69.1%
Not originally prescribed thyroxine	32	2.1%
No answer	341	22.7%

Q54b. If you were originally only prescribed thyroxine have you asked for natural (desiccated) thyroid extract to be added to your thyroxine because symptoms have persisted?

Base: All respondents

Total	1500	
Yes, asked and prescribed	27	1.8%
Yes, asked and declined	50	3.3%
No, not asked	807	53.8%
Not originally prescribed thyroxine	20	1.3%
No answer	596	39.7%

Q55. Have you researched in order to learn about thyroid disease?

Base: All respondents

Total	1500	
Yes	824	54.9%
No	514	34.3%
No answer	162	10.8%

Q56. If yes, please specify where

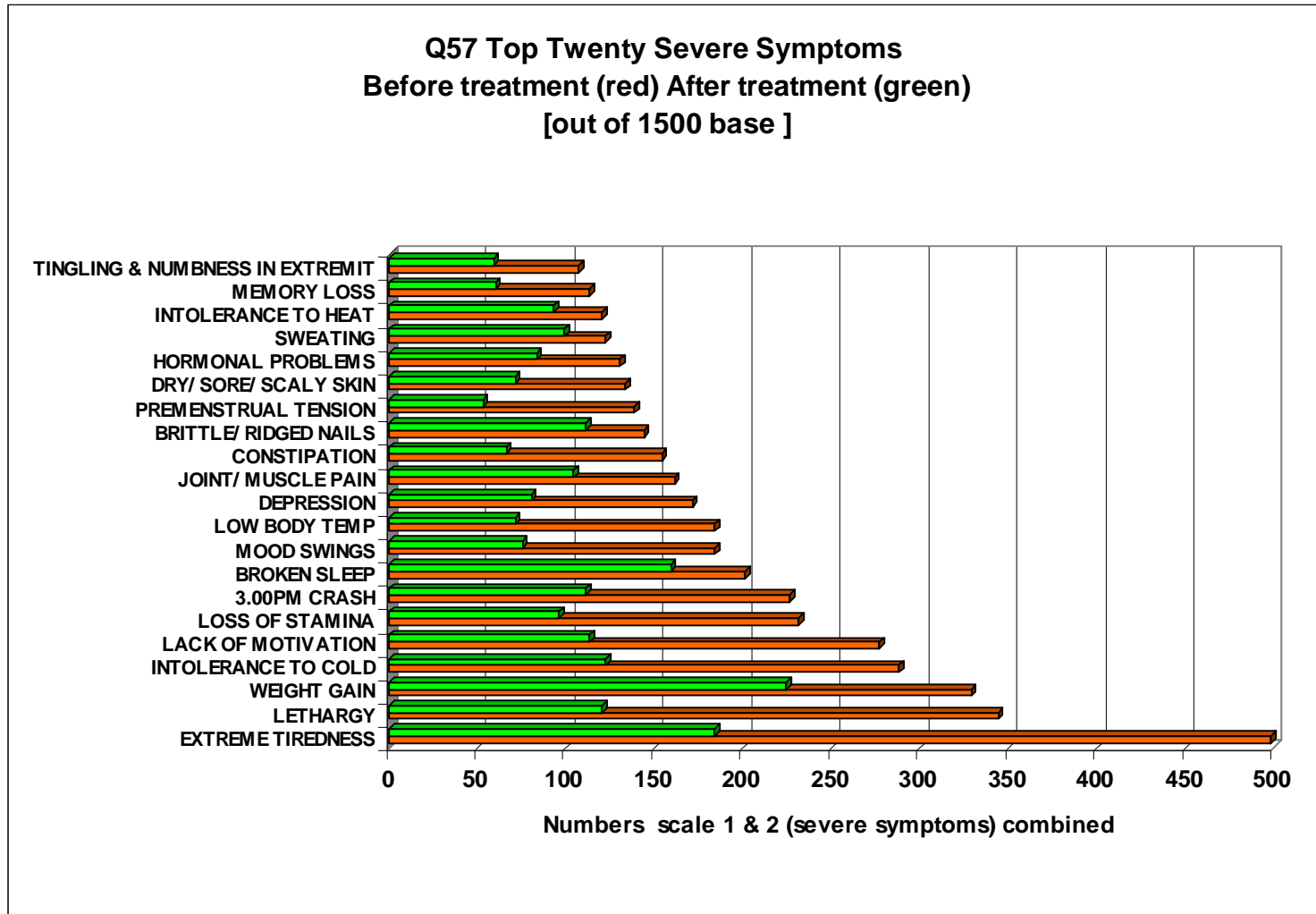
Base: Those who have researched in order to learn about thyroid disease

Total	824	
Internet	546	66.3%
Books	322	39.1%
Periodicals/ magazines	59	7.2%
British thyroid foundation	41	5.0%
Thyroid association	16	1.9%
Library	63	7.7%
Thyroid support groups	11	1.3%
Thyroid auk	27	3.3%
A/O answers	111	13.5%
No answer	34	4.1%

# HYPOTHYROID PATIENT SURVEY

Q57. The following is a list of the most common symptoms of hypothyroidism (including Hashimoto's disease). Which symptoms did you have prior to diagnosis?

Base: All respondents – showing results before and then after treatment



# HYPOTHYROID PATIENT SURVEY

Q58. How quickly did you see this improvement?

Base: All respondents

Total	1500	
<1 Month	71	4.7%
1-3 Months	122	8.1%
4-6 Months	71	4.7%
7+ Months	44	2.9%
No Answer	1192	79.5%

Q59. Have you changed medication since commencing treatment?

Base: All respondents

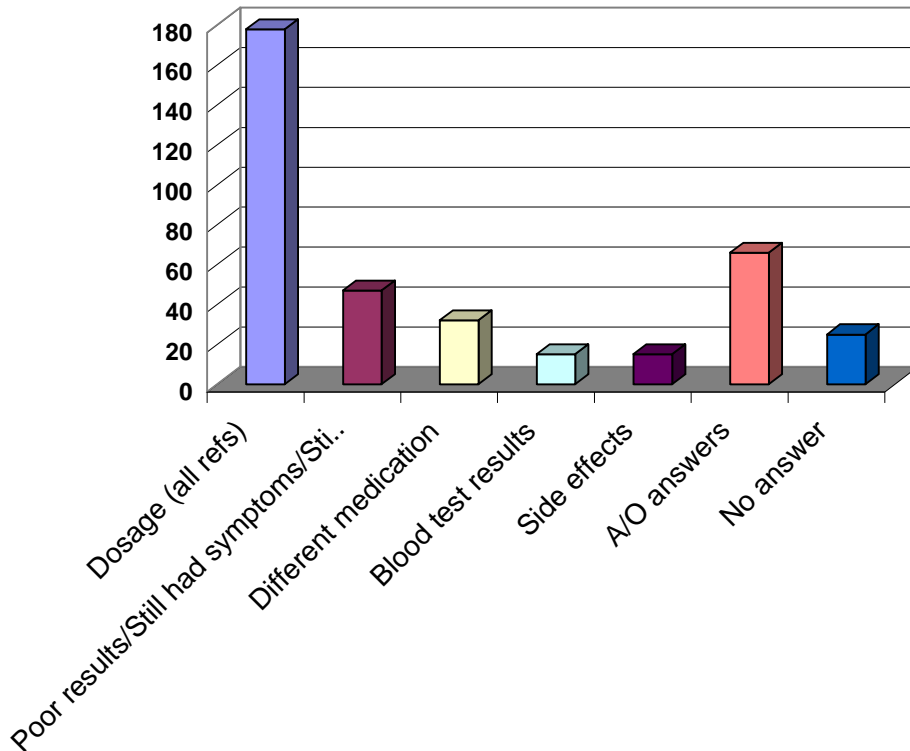
Total	1500	
Yes	365	24.3%
No	944	62.9%
No Answer	191	12.7%

Q60. If yes, why did you change?

Base: those who have changed their medication since commencing treatment

Total	365	
Dosage (All Refs)	178	48.8%
Poor Results/ Still Had Symptoms/ Still Unwell	47	12.9%
Different Medication	32	8.8%
Blood Test Results	15	4.1%
Side Effects	15	4.1%
A/O Answers	66	18.1%
No Answer	25	6.9%

**Q60. Reason for Change?**  
**[out of 365 who changed their medication since treatment ]**





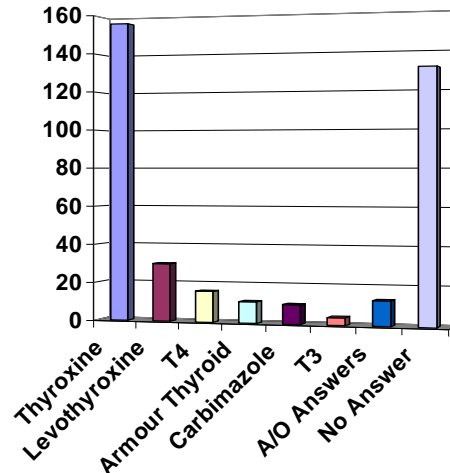
# HYPOTHYROID PATIENT SURVEY

Q61a. If yes, what medication did you use before?

Base: those who have changed their medication since commencing treatment

Total	365	
Thyroxine	156	42.7%
Levothyroxine	30	8.2%
T4	16	4.4%
Armour Thyroid	11	3.0%
Cartimazole	10	2.7%
T3	4	1.1%
A/O Answers	13	3.6%
No Answer	131	35.9%

**Q61a Types of Medication previously used**  
[out of 365 base]



Q61b. Length of time on medication (mean in months)

Base: those who have changed their medication since commencing treatment

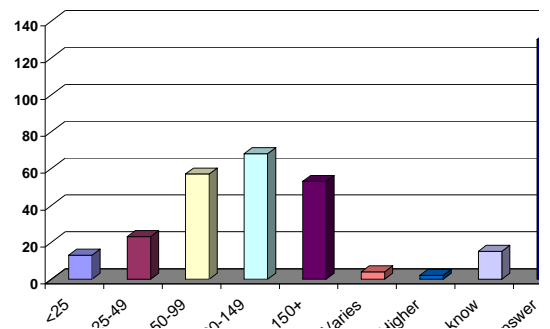
Total	365	
<1 Year	66	18.1%
1 Year	31	8.5%
2 Years	22	6.0%
3+ Years	92	25.2%
Occasionally	0	0.0%
Several	2	0.6%
Don't Know	2	0.6%
Always/ Years	7	1.9%

Q61c. Dosage

Base: those who have changed their medication since commencing treatment

Total	365	
<25	13	3.6%
25-49	23	6.3%
50-99	57	15.6%
100-149	68	18.6%
150+	53	14.5%
Varies	4	1.1%
Higher	2	0.6%
Don't Know	15	4.1%
No Answer	130	35.6%

**Q61 C - Dosage of Medication - Micrograms**  
[out of 365 base]

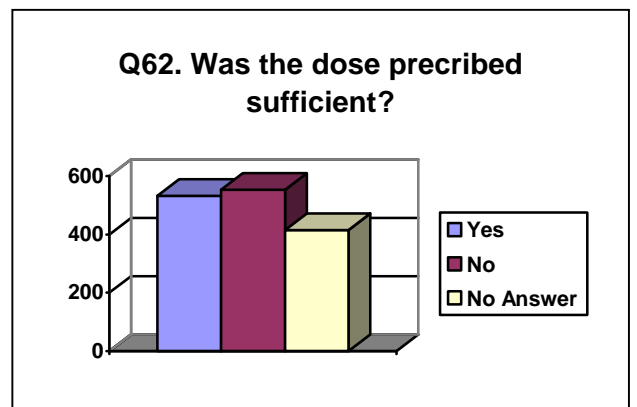


Q62. Do you think the doctor was prescribing a high enough dose for you?

Base: All respondents

Total	1500	
Yes	532	35.5%
No	553	36.9%
No Answer	415	27.7%

**Q62. Was the dose prescribed sufficient?**



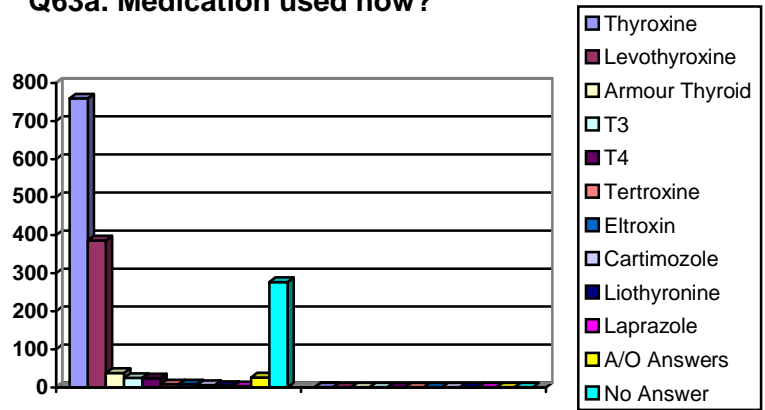
# HYPOTHYROID PATIENT SURVEY

Q63a. What medication do you use now?

Base: All respondents

Total	1500	
Thyroxine	759	50.6%
Levothyroxine	386	25.7%
Armour Thyroid	38	2.5%
T3	25	1.7%
T4	24	1.6%
Tertroxine	8	0.5%
Eltroxin	8	0.5%
Cartimozole	6	0.4%
Liothyronine	4	0.3%
Laprazole	3	0.2%
A/O Answers	26	1.7%
No Answer	277	18.5%

Q63a. Medication used now?



Q63b. Length of time on medication

Base: All respondents

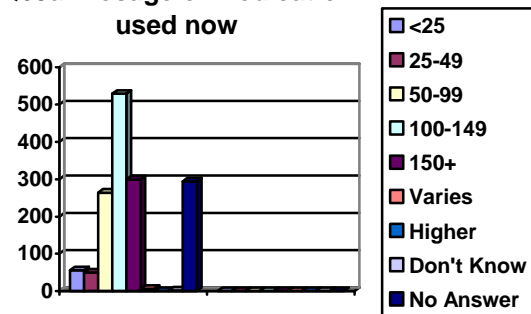
Total	1500	
<6 Months	126	8.4%
6-11 Months	88	5.9%
1-2 Years	247	16.5%
3-4 Years	134	8.9%
5-9 Years	218	14.5%
10-14 Years	161	10.7%
15+ Years	167	11.1%
Occasionally	0	0.0%
Several	0	0.0%
Don't Know	4	0.3%
Always/ Years	10	0.7%
No Answer	345	23.0%

Q63c. Dosage

Base: All respondents

Total	1500	
<25	56	3.7%
25-49	50	3.3%
50-99	264	17.6%
100-149	529	35.3%
150+	299	19.9%
Varies	6	0.4%
Higher	0	0.0%
Don't Know	2	0.1%
No Answer	294	19.6%

Q63a. Dosage of medication used now



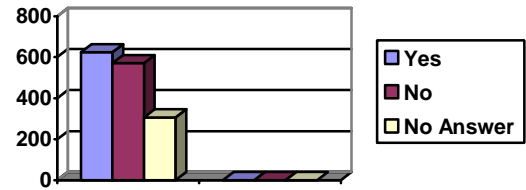
# HYPOTHYROID PATIENT SURVEY

Q64. Are you taking the full dose you feel you need?

Base: All respondents

Total	1500	
Yes	623	41.5%
No	570	38.0%
No Answer	307	20.5%

Q64. Taking the full dose you need?

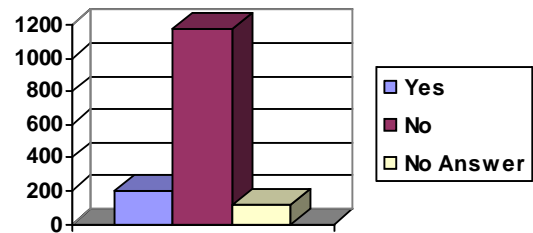


Q65. Do you feel that you have now regained your optimal state of health?

Base: All respondents

Total	1500	
Yes	203	13.5%
No	1176	78.4%
No Answer	121	8.1%

Q65. Optimum health regained?



Q66. If no, how well to do you feel in %?

Base: those who do not feel they have regained their optimal state of health (1176)

Total	1176	
38-91	37	3.2%
44-136	25	2.1%
21-30	50	4.3%
31-40	56	4.8%
41-50	175	14.9%
51-60	165	14.0%
61-70	170	14.5%
71-80	287	24.4%
81-90	81	6.9%
91-100	12	1.0%
No Answer	118	10.0%

Q67. Did you have other symptoms that you believed to be unrelated and which have now cleared up?

Base: All respondents

Total	1500	
Yes	184	12.3%
No	1008	67.2%
No Answer	308	20.5%

## HYPOTHYROID PATIENT SURVEY

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Q68. If yes, please specify

Base: those who had other symptoms that they believed to be unrelated

Total	184	
Joint & Muscle Pain	22	12.0%
Gynaecological Problems (All Refs)	21	11.4%
A/O Skin Complaints	15	8.2%
Headaches/ Migraines	15	8.2%
Dry Skin	7	3.8%
Depression	5	2.7%
Putting On Weight	5	2.7%
Pins & Needles	5	2.7%
Bowel Symptoms	5	2.7%
Chest Infections	4	2.2%
Constipation	4	2.2%
Sleep Problems	4	2.2%
Coldness	4	2.2%
Carpal Tunnel	4	2.2%
Lack Of Sex drive	3	1.6%
Lethargy	3	1.6%
Sore Throat	3	1.6%
Hair	3	1.6%
Dizzy	3	1.6%
Panic Attacks/ Paranoia	3	1.6%
Hair Loss	2	1.1%
Sciatica	2	1.1%
Diarrhoea	2	1.1%
Sweating	2	1.1%
Heavy Legs	2	1.1%
Abdominal Pain	2	1.1%
Sinusitis	2	1.1%
A/O Answers	77	41.9%
No Answer	20	10.9%

Q69a. Have any other members of your family been diagnosed with thyroid disease?

Base: All respondents

Total	1500	
Mother	351	23.4%
Father	70	4.7%
Sibling	260	17.3%
Grandparent	150	10.0%
None	584	38.9%
Other	27	1.8%
Aunt	171	11.4%
Cousin	86	5.7%
A/O Answers	120	8.0%
No Answer	117	7.8%

Q69. Number of siblings diagnosed

Base: those who have siblings that have been diagnosed

Total	260	
1	216	83.1%
2	24	9.2%
3+	20	7.7%

## HYPOTHYROID PATIENT SURVEY

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### Q69. Number of grandparents diagnosed

Base: those who have grandparents that have been diagnosed

Total	150	
1	142	94.7%
2	7	4.7%
3+	1	0.7%

### Q70a.1. Have any of these family members suffered from any conditions associated with thyroid disease?

Base: All respondents

Total	1500	
Mother	359	23.9%
Father	198	13.2%
Sibling	184	12.3%
Grandparent	197	13.1%
None	313	20.9%
Other	69	4.6%
Aunt	35	2.3%
Cousin	15	1.0%
A/O Answers	31	2.1%
No Answer	548	36.5%

### Q70a. Number of siblings suffered

Base: those who have siblings that have suffered

Total	184	
1	152	82.6%
2	21	11.4%
3+	11	6.0%

### Q70a. Number of grandparents suffered

Base: those who have grandparents that have suffered

Total	197	
1	166	84.3%
2	27	13.7%
3+	4	2.0%

### Q70b.1. Have any of these family members died from any conditions associated with thyroid disease?

Base: All respondents

Total	1500	
Mother	205	13.7%
Father	174	11.6%
Sibling	45	3.0%
Grandparent	172	11.5%
None	121	8.1%
Other	30	2.0%
Aunt	20	1.3%
Cousin	4	0.3%
A/O Answers	11	0.7%
No Answer	931	62.1%

### Q70b. Number of siblings died

Base: those who have siblings that have died

Total	45	
1	37	82.2%
2	7	15.6%
3+	1	2.2%

## HYPOTHYROID PATIENT SURVEY

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Q70b. Number of grandparents died

Base: those who have grandparents that have died

Total	172	
1	150	87.2%
2	19	11.1%
3+	3	1.7%

Q71. Illness

Base: All respondents

Total	1500			
All Cancers	48	3.2%	Addisons	1 0.1%
Diabetic	35	2.3%	Cva	1 0.1%
Heart (All Refs)	29	1.9%	Scleroderma	1 0.1%
Cholesterol	15	1.0%	Rhabdo Myosarcoma	1 0.1%
Depression	15	1.0%	All Refs Cysts	1 0.1%
Obesity	12	0.8%	Asd	1 0.1%
Lupus	5	0.3%	Vlcerative Colitis	1 0.1%
Mental Illness	5	0.3%	Tiredness	1 0.1%
Infertility	4	0.3%	Immune Disorder	1 0.1%
Rheumatoid Arthritis	4	0.3%	Hashimoto's Disease	1 0.1%
Blood Pressure	3	0.2%	Brain Tumour	1 0.1%
Pernicious Anaemia	3	0.2%	Polycystic Ovaries	1 0.1%
Synojens	3	0.2%	Endometriosis	1 0.1%
Thyroid Operation	2	0.1%	Myxodoema	1 0.1%
Stroke	2	0.1%	Hepatitis	1 0.1%
Vitiligo	2	0.1%	No Answer	1347 89.8%
Cfs	1	0.1%		

Q72a. Do you, or any other member of your family, have any other autoimmune disease(s)?

Base: All respondents

Total	1500	
Yes, I have other autoimmune disease's	203	13.5%
Another family member has autoimmune disease's	270	18.0%
No Answer	1120	74.7%

## HYPOTHYROID PATIENT SURVEY

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Q72b. Autoimmune disease(s) you have

Base: those who have other autoimmune disease(s)

Total	203				
Rheumatoid Arthritis	33	16.3%	Spondylitis	1	0.5%
Vitiligo	23	11.3%	Lymes Disease	1	0.5%
ME	15	7.4%	Thrombocytopenia	1	0.5%
All Skin Problems	14	6.9%	Reduced Overian Function	1	0.5%
Diabetes	13	6.4%	High Platelets	1	0.5%
Sicca Syndrome/ Jorgen's	13	6.4%	Iddm	1	0.5%
Fibromyalgia	10	4.9%	Factor V Leiden	1	0.5%
Coeliac Disease	9	4.4%	Thrombosis	1	0.5%
Lupus	8	3.9%	Candida	1	0.5%
Lack Of B12	6	3.0%	Men	1	0.5%
Lichen Planus	6	3.0%	Idiopathic Anaphylaxis	1	0.5%
Raynaud's	5	2.5%	Kidney Failure	1	0.5%
Ulcerative Colitis	5	2.5%	Beherts Disease	1	0.5%
Osteo Arthritis	5	2.5%	Gluten Intolerance	1	0.5%
Lichen Sclerosis	4	2.0%	Pbc	1	0.5%
Ms	4	2.0%	Eye Disease	1	0.5%
Allergies	4	2.0%	Uticaria	1	0.5%
Alopecia Totalis	4	2.0%	Asthma	1	0.5%
Endometreosis	3	1.5%	Low White Cell Count	1	0.5%
Polymyalgia Rheumatica	3	1.5%	Polyatrities Nodosa	1	0.5%
Pernicious Anaemia	3	1.5%	Eye Conditions (All Refs)	1	0.5%
All cancers	3	1.5%	Vertigo	1	0.5%
Hashimoto's Disease	3	1.5%	Dle	1	0.5%
Asthma	3	1.5%	Herpes	1	0.5%
Sarcoidosis	3	1.5%	Glandular Fever	1	0.5%
Myasthnia Gravis	2	1.0%	Glomerulonephritis	1	0.5%
Anlcylosing Spondylitis	2	1.0%	Heomolytic Anaemia	1	0.5%
Uveitis	2	1.0%	Mctd	1	0.5%
Addisons	1	0.5%	Osteoporosis	1	0.5%
			No Answer	16	7.9%

## HYPOTHYROID PATIENT SURVEY

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Q72c. Autoimmune disease(s) family member has

Base: those whose family member has autoimmune disease(s)

Total	270				
Rheumatoid Arthritis	61	22.6%	Aspergers	2	0.7%
Diabetes	43	15.9%	Thrombocytopenia	2	0.7%
Pernicious Anaemia	25	9.3%	Sarcoidosis	2	0.7%
Lupus	19	7.0%	Kidney Failure	2	0.7%
All cancers	15	5.6%	Infertility	2	0.7%
MS	14	5.2%	Tourettes Syndrome	1	0.4%
All Skin Problems	10	3.7%	Hydroplastic Dystrophy	1	0.4%
Vitiligo	9	3.3%	Pituitary Tumour	1	0.4%
Hashimoto's Disease	9	3.3%	Allergies	1	0.4%
Fibromyalgia	7	2.6%	Lack Of B12	1	0.4%
Addisons	6	2.2%	Asthma	1	0.4%
Polymyalgia Rheumatica	5	1.9%	Iddm	1	0.4%
Coeliac Disease	5	1.9%	Thrombosis	1	0.4%
Crohns	5	1.9%	Pulmonary Embolism	1	0.4%
Raynaud's	5	1.9%	Internal Cystitis	1	0.4%
Osteo Arthritis	5	1.9%	Henoch Schoulein	1	0.4%
Heart Disease	5	1.9%	Pbc	1	0.4%
ME	4	1.5%	Asthma	1	0.4%
Spondylitis	4	1.5%	Ibis	1	0.4%
Polycystic Ovaries	4	1.5%	Scleroderma	1	0.4%
Myasthnia Gravis	4	1.5%	Mycitus	1	0.4%
Hyper Active Thyroid	4	1.5%	Pagets Disease	1	0.4%
Parkinsons	3	1.1%	Pancreatitis	1	0.4%
Ulcerative Colitis	3	1.1%	Itp	1	0.4%
Menieves Disease	3	1.1%	Buergers	1	0.4%
Anlcylosing Spondylitis	3	1.1%	No Answer	39	14.4%
Endometreosis	2	0.7%			

Q73a. Do you, or any other member of your family, have any of the autism spectrum of disorders, asd, (autism, aspergers syndrome, attention deficit disorder, dyslexia, dyspraxia, etc.)?

Base: All respondents

Total	1500	
Yes, I have ASD	39	2.6%
Another family member has ASD	209	13.9%
No Answer	1271	84.7%

Q73b. ASD you have

Base: those who have ASD

Total	39	
Dyslexia	32	82.1%
ADD	2	5.1%
Discalcula	2	5.1%
Aspergers	1	2.6%
ADD	1	2.6%
Hyperactive	1	2.6%
No Answer	2	5.1%



## HYPOTHYROID PATIENT SURVEY

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Q73c. ASD family member has

Those whose family member has ASD.

Total	209	
Dyslexia	95	45.5%
Aspergers	28	13.4%
Dyspraxia	27	12.9%
Autism	18	8.6%
Add	17	8.1%
Add	13	6.2%
Asd	7	3.4%
Father	7	3.4%
Hyperactive	3	1.4%
Uncle/ Aunt	1	0.5%
Tourettes Syndrome	1	0.5%
Klinefelters Syndrome	1	0.5%
Dysgraphic	1	0.5%
No Answer	40	19.1%

Q74. Has hypothyroidism disrupted your life in any of the following ways?

Base: All respondents

Total	1500	
Gave Up Work	233	15.5%
Taking Time Off Work	300	20.0%
Gave up exercise/Altered exercise regime	632	42.1%
Affected close relationships	500	33.3%
No/affected social life	26	1.7%
Lack of self esteem	12	0.8%
Struggle to do housework	6	0.4%
Affected Work/ Made More Difficult/ Not Able To Do As Well As Would Like	30	2.0%
A/O answer	181	12.1%
No Answer	461	30.7%

Q75a. Have you or your family been in receipt of any of the following state benefits because of your symptoms?

Base: All respondents

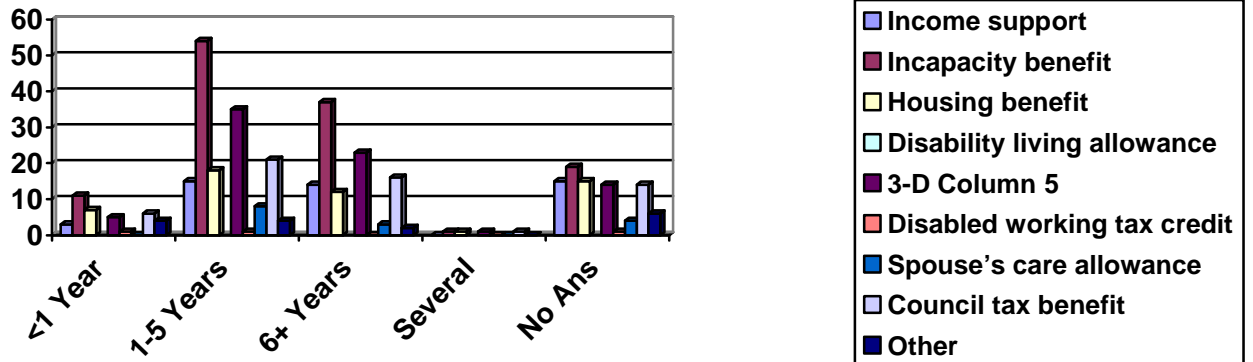
Total	1500	
Income Support	47	3.1%
Incapacity Benefit	122	8.1%
Housing Benefit	53	3.5%
Disability Living Allowance	78	5.2%
Disabled Working Tax Credit	3	0.2%
Spouse's Carers Allowance	15	1.0%
Council Tax Benefit	58	3.9%
Other	16	1.1%
None	896	59.7%
No Answer	402	26.8%

# HYPOTHYROID PATIENT SURVEY

## Q75b. Length of time been receiving state benefits (mean in months)

	Base	Base Total	<1 Year	1-5 Years	6+ Years	Several	No Ans
Income support	Those who have or family has been in receipt of state benefits because of their symptoms	47	3	15	14	0	15
Incapacity benefit	Those who have or family has been in receipt of state benefits because of their symptoms	122	11	54	37	1	19
Housing benefit	Those who have or family has been in receipt of state benefits because of their symptoms	53	7	18	12	1	15
Disability living allowance	Those who have or family has been in receipt of state benefits because of their symptoms	78	5	35	23	1	14
Disabled working tax credit	Those who have or family has been in receipt of state benefits because of their symptoms	3	1	1	0	0	1
Spouse's care allowance	Those who have or family has been in receipt of state benefits because of their symptoms	15	0	8	3	0	4
Council tax benefit	Those who have or family has been in receipt of state benefits because of their symptoms	58	6	21	16	1	14
Other	Those who have or family has been in receipt of state benefits because of their symptoms	16	4	4	2	0	6

### Length of time been receiving state benefits (mean in months)



## Q76. Do you have permanent sickness insurance?

Base: All respondents

Total	1500	
Yes	96	6.4%
No	1284	85.6%
No Answer	120	8.0%

## Q77. Have you tried to claim on it for your symptoms?

Base: those who have permanent sickness insurance

Total	96	
Yes Been Successful	9	9.4%
Yes But Not Successful	7	7.3%
Not Tried To Claim	79	82.3%
No Answer	1	1.0%

# HYPOTHYROID PATIENT SURVEY

Q78a. Do you need, or have you ever needed, any of the following?

Base: All respondents

Total	1500	
Carer	68	4.5%
Wheelchair	49	3.3%
Disabled Badge For Car Parking	141	9.4%
None	840	56.0%
A/O Answers	20	1.3%
No Answer	484	32.3%

Q78b. Do you need, but have not received, any of the following?

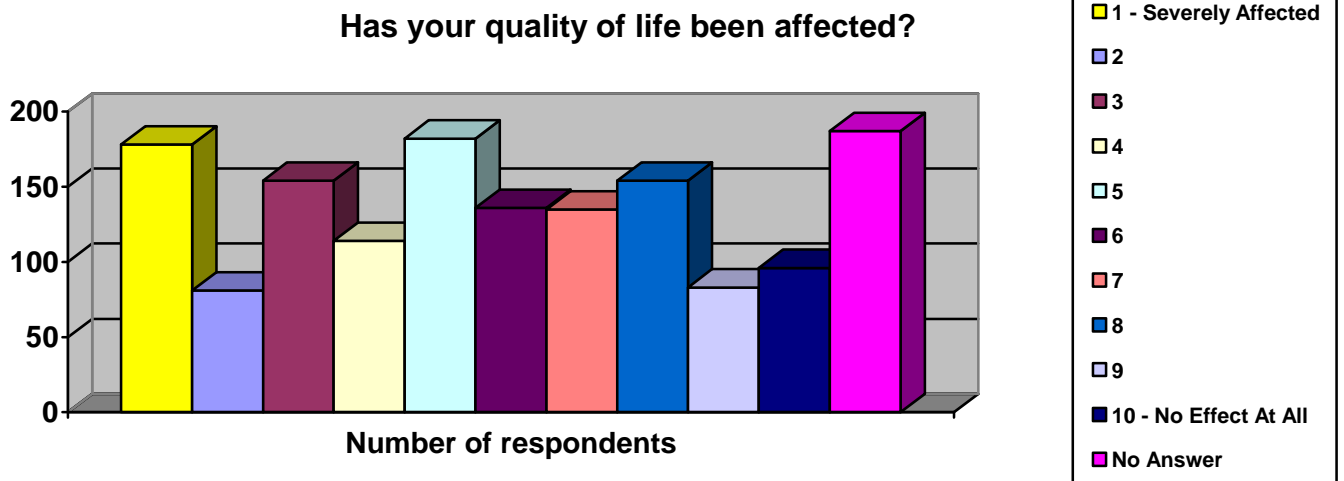
Base: All respondents

Total	1500	
Carer	23	1.5%
Wheelchair	13	0.9%
Disabled Badge For Car Parking	40	2.7%
None	273	18.2%
A/O Answers	9	0.6%
No Answer	1158	77.2%

Q79. Has your quality of life been affected?

Base: All respondents

Total	1500	
1 - Severely Affected	178	11.9%
2	81	5.4%
3	154	10.3%
4	114	7.6%
5	182	12.1%
6	136	9.1%
7	135	9.0%
8	154	10.3%
9	83	5.5%
10 - No Effect At All	96	6.4%
No Answer	187	12.5%



## HYPOTHYROID PATIENT SURVEY

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### Q80. Further information

Base: All respondents

Total	1500	
Triggered by stress	148	9.9%
Triggered by pregnancy	83	5.5%
A/O refs to what triggered	79	5.3%
GP does not listen/ unresponsive/ feel badly treated by A/O diet related	62	4.1%
Triggered by illness (all refs)	53	3.5%
Genetic/ family history	49	3.3%
GP undiagnosed/ misdiagnosed for a long time (all refs)	43	2.9%
Treated for depression/ believed to only be depression (all refs)	42	2.8%
GP told nothing wrong/I am within normal range	26	1.7%
Triggered by operation (all refs)	25	1.7%
Asked for tests/ private referral	21	1.4%
Triggered by early menopause/ or possible symptom	20	1.3%
GP ignores symptoms/ only believes blood test	18	1.2%
GP unaware/ needs to be updated	16	1.1%
Triggered by accident (all refs)	15	1.0%
GP unaware/ dismissed/ unwilling to give armour	12	0.8%
Triggered by giving up smoking/ or masked symptoms	9	0.6%
Vegetarian diet	9	0.6%
Soya milk	8	0.5%
Low fat diet	6	0.4%
No/ have to ask for cholesterol test	5	0.3%
No/ have to ask for blood pressure checks	4	0.3%
Response given but unable to code anything	1	0.1%
No answer	253	16.9%
	725	48.3%