

Is this the ideal? And that is a very controversial aspect of treatment of hypothyroidism, because we spend hundreds years asking patients, is this the right dose for you? How do you feel? And adjust the dose based on how patients felt. And after TSH developed, we forget about the patients. And we looked at the TSH levels.

And even if the patient will tell you, doctor, I don't feel well, my memory's just isn't what it was, but my TSH is 2.5 or 1.5, the doctor will not change the dose of levothyroxine or shouldn't change, because many other conditions can explain slight decrements of cognition, will explain patients being tired, depressed mood.

Those are all symptoms that we in a reflexive way attach to hypothyroidism. However-- they do. Yes, that's correct. But they can be explained by a number of other conditions as well. And therefore, this is an active debate in our field right now, how to assess treatment efficacy of the treatment. And from a very simple way is look at the free T4 and TSH. That should guide you how it's doing.