



Thyroid Lab Conversation Card™

Organize your symptoms and questions for a more useful thyroid conversation.

Markers You May Hear About



TSH



Free T4



Free T3



Thyroid
Antibodies



Related
Nutrients

Which markers are useful depends on your symptoms, history and previous results.

1 Share What You Notice



- ☐ Which symptoms could be relevant?
- ☐ When did they begin or change?
- ☐ Do they come and go or remain steady?
- ☐ Could menopause or another condition overlap?

2 Understand What Was Tested



- ☐ Which thyroid markers were included?
- ☐ What does each result help you assess?
- ☐ How do they compare with my previous results?
- ☐ Would any additional testing be useful?

3 Add Helpful Context



- ☐ Do medications or supplements affect the results?
- ☐ Does my family or autoimmune history matter?
- ☐ Could illness, stress or test timing affect the picture?
- ☐ Are related nutrient markers worth discussing?

4 Clarify the Plan



- ☐ Does anything need to be repeated or monitored?
- ☐ When should it be checked again?
- ☐ What symptoms should prompt me to call?
- ☐ How will we decide whether the plan is helping?

My Symptoms & Questions

- | | |
|--|---|
| ☐ Energy changes | ☐ Heart rate changes |
| ☐ Temperature sensitivity | ☐ Weight or bowel changes |
| ☐ Hair or skin changes | ☐ Mood, focus or sleep changes |

What I most want to ask: _____



Gentle Reminder

Thyroid symptoms can overlap with menopause and other health concerns. Lab results should be interpreted in context.

Martine's Midlife Wellness Tip

Bring a short symptom timeline and earlier thyroid results.
The sequence may help make the conversation clearer.