

TSH is Not the Answer: Rationale for a New Paradigm to Evaluate and Treat Hypothyroidism, Particularly Associated with Weight Loss

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Received: December 15, 2010

Accepted: December 20, 2010

Abstract. While many endocrinologists continue to debate the appropriate levels of TSH to use as boundaries for normal limits, we believe using TSH to assess thyroid function is counterproductive, particularly in those patients attempting to lose weight. From the published literature and our own clinical experience, we have come to understand that the set point for metabolism is adjusted downward in the hypocaloric state. The decrease in metabolism is often referred to as part of the “famine response.” This metabolic response has been docu-