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Collection Completion Date: 2006/11/8  
Sample Received: 2006/11/9  
Reported On: 2006/12/12

## URINARY THYROID ASSESSMENT

Accession Number: 22029

**Provider:**

Dr. Jane Doe  
333 Snow Street  
Whitehorse, YT Y1A 1E3

**Client:**

I. M. Friesen  
321 Any Street  
Whitehorse, YK Y1A 1E1

**Age:**

45

**DOB:**

1960/1/1

**Gender:**

Female

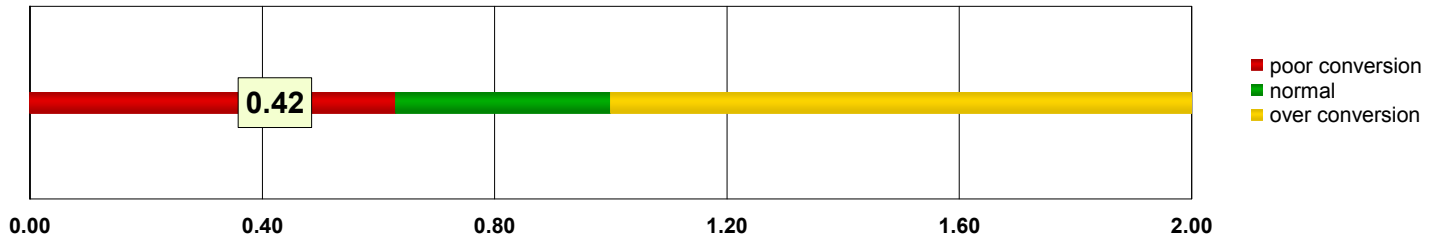
Phone:

Fax:

**Health #:**

N/A

TestType	Status	Result	Range	Units
Selenium	Within range	80	22 - 240	ug/24hr
T3	Below range	716	800 - 1,800	pmol/24hr
T4	Below range	1,698	1,800 - 3,000	pmol/24hr
Urine Volume	Within range	1,675	600 - 2,500	ml
T3/T4 Ratio	Below range	0.42	0.63 - 1.00	ml

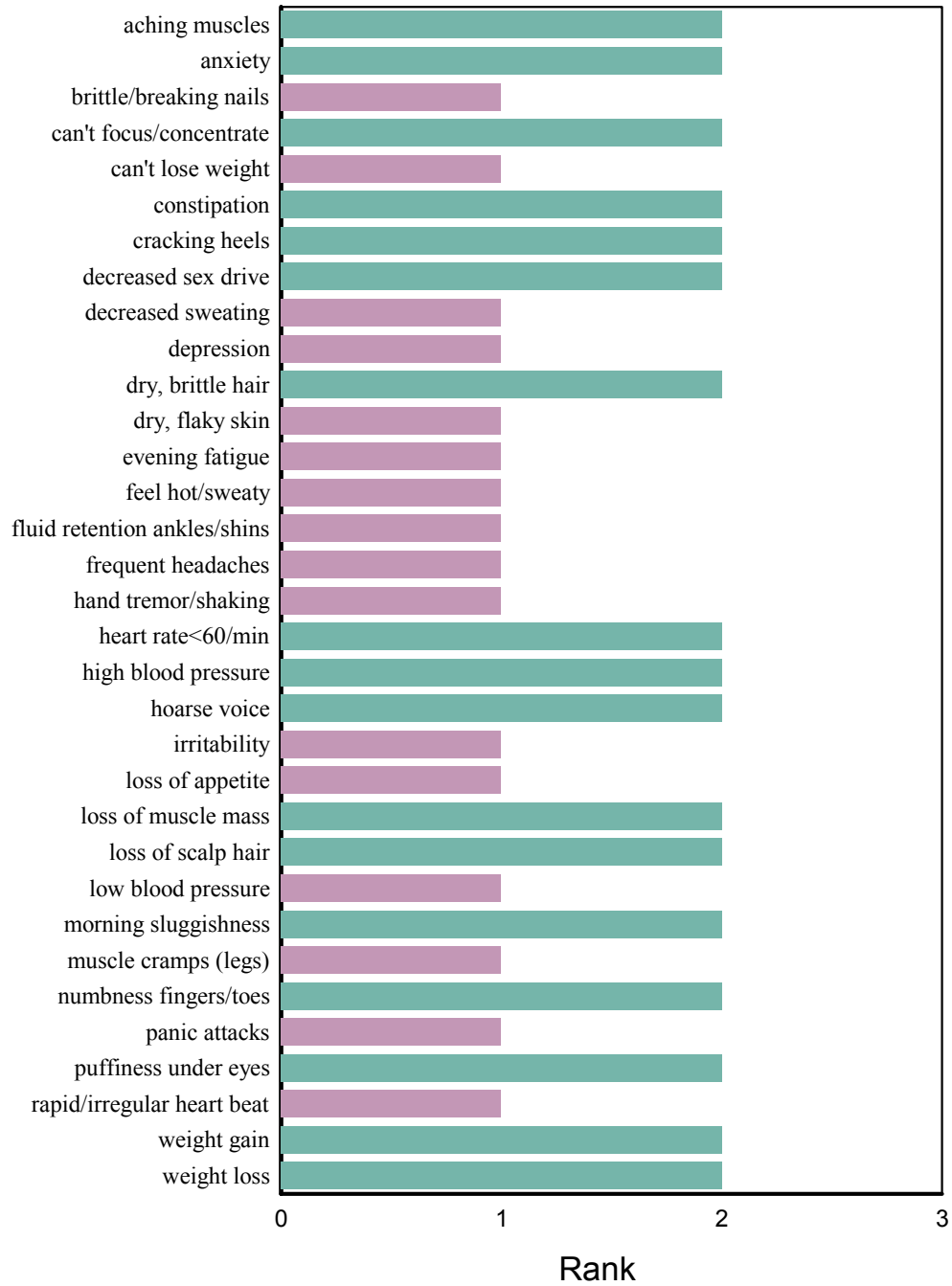


Sample analyzed at Vitamin Diagnostics Laboratory, Cliffwood Beach, NJ

  
George Gillson MD, PhD  
Medical Director

**Co-Signing Physician:**  
Clare Westmacott, MD  
Canmore, AB  
Phone: (403) 678 2737

Accession Number: 22029 Symptoms



Note: only symptoms which have been marked 0 to 3 on the requisition form are displayed above.

T3 is low normal or low and symptoms of low tissue activity of T3 are prominent. In general, poor delivery of T3 to tissue results in hypometabolism: low core temperature, low cellular energy, impaired cognitive function, sluggish digestion, bradycardia, fluid retention as well as skin/hair changes (dry skin, dry hair, thinning hair), muscle cramps and aching muscles. T3 has a role in transporting cholesterol into the inner mitochondria, for steroidogenesis, and also upregulates some of the enzymes responsible for the synthesis of cortisol and progesterone. Hence low T3 is often accompanied by symptoms of low cortisol (e.g. fatigue, hypoglycemia, cognitive difficulties). Low ovarian T3 activity is associated with luteal phase progesterone deficiency, irregular menses, infertility and hirsutism. Low testicular T3 activity is associated with decreased testosterone synthesis, due to decreased expression of LH receptors.



George Gillson MD, PhD  
Medical Director

Note: The College of Physicians and Surgeons of Alberta considers urinary thyroid testing to be complementary medicine. The interpretation comments have not been evaluated or approved by any regulatory body. Commentary is provided to clinicians for educational purposes and should not be interpreted as diagnostic or treatment recommendations.