



Your TSH Is “Normal.” You Still Feel Awful.

9 Questions to Ask Your Doctor Before You Accept That

If you are exhausted, foggy, cold, and gaining weight, and you were told your thyroid is fine after a single blood test, this page is for you. **Bring it to your next appointment.** You deserve real answers, not one number.

ASK ABOUT THE TESTS THEY ACTUALLY RAN

- 1 Did you check only my TSH, or also my Free T4 and Free T3?
- 2 Have my thyroid antibodies (TPO) ever been tested to look for Hashimoto's?
- 3 If my symptoms are this consistent, can we run a full thyroid panel before we rule out my thyroid?

ASK WHAT THE NUMBERS REALLY MEAN

- 4 Where do my results fall inside the “normal” range, near the edge or in the middle?
- 5 Is my number optimal for me, or just technically inside a wide population average?
- 6 Could I be converting T4 into the active hormone (T3) poorly, even if my TSH looks fine?

ASK ABOUT THE WHOLE PICTURE

- 7 Could perimenopause or my estrogen, progesterone, or cortisol be driving these same symptoms?
- 8 If I was stable before and feel worse now, could my hormones have shifted around my thyroid?

ASK ABOUT THE NEXT STEP

- 9 If my labs are “normal” but my symptoms are not, what is our actual plan from here?

A normal lab is not the same as feeling well. If your doctor cannot answer these, you are allowed to seek one who will.

