

PE1463/NNNN

Mrs Maureen Paterson submission of 14 July 2017

I am writing in support of the petition 'Effective Thyroid and Adrenal Testing and Diagnosis', PE01463.

I have been diagnosed as having an Underactive Thyroid which is an Autoimmune condition. The reason I have decided to write in support of this petition is, that in my own experience I find there is little to no support for diagnosis and treatment for thyroid sufferers.

I have had countless blood tests, two visits to an endocrine clinic and no one will treat me for symptoms that at times are completely debilitating. No one has ever mentioned to me whether I have Hashimoto's Disease or Graves, these conditions have never been mentioned to me, and to this day I do not know what type of Thyroid Autoimmune Disease I actually have. Any tests that I have had are very limited in their scope and I have been told that the condition has to reach a certain level before I can be treated. It appears that the Endocrine Clinic I attended also seems to be geared towards the treatment of diabetes more than thyroid. I also feel there is a general lack of understanding among medical professionals, as to how thyroid symptoms affect the patient and the severe impact they can have on your daily life.

It seems the policy of NHS Scotland is to only carry out a TSH test (Thyroid Function Test) which is too limited in its scope. They do not test for T3, T4, Reverse T3 or Antibodies. They do not test for Vitamin D or B12, deficiency or for several minerals including Zinc, Ferritin, Folate, Selenium or Magnesium. It is well documented that thyroid disease sufferers can experience deficiency of certain vitamins and minerals.

At great expense to myself, I paid for a full Thyroid Profile consisting of private blood tests for the forenamed items, in a desperate bid to get answers. Unfortunately, on presenting these to my own GP, it was made clear that she disapproved of the tests, citing that the private testing company may use a different format. Yet, my results came back showing a distinct Vitamin D deficiency and after taking supplements, there was a slight improvement.

Due to lack of proper diagnosis and treatment, my life and my families life have been completely, adversely affected by this ongoing situation. When I read about Lorraine Cleaver's petition, I felt I had to show my support and to try and help committee members understand what it means to have a condition where you have limited testing, diagnosis and treatment. Many times I have felt my own situation is hopeless but I write to the committee in the hope that they will support this petition.