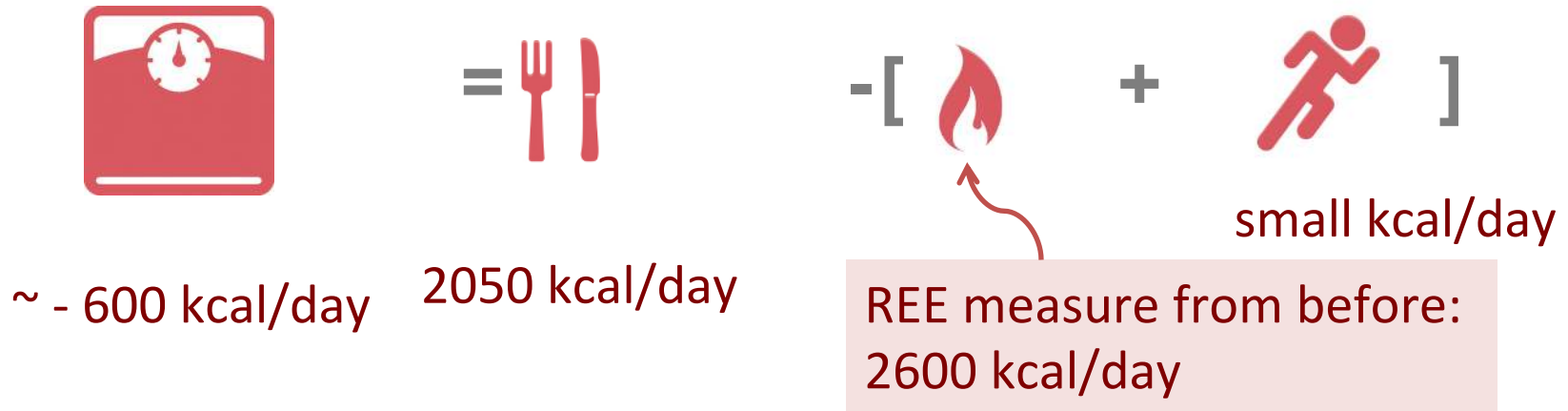


Case Study #9

How can we efficiently help patients
with Hypothyroidism?

Hypothyroidism

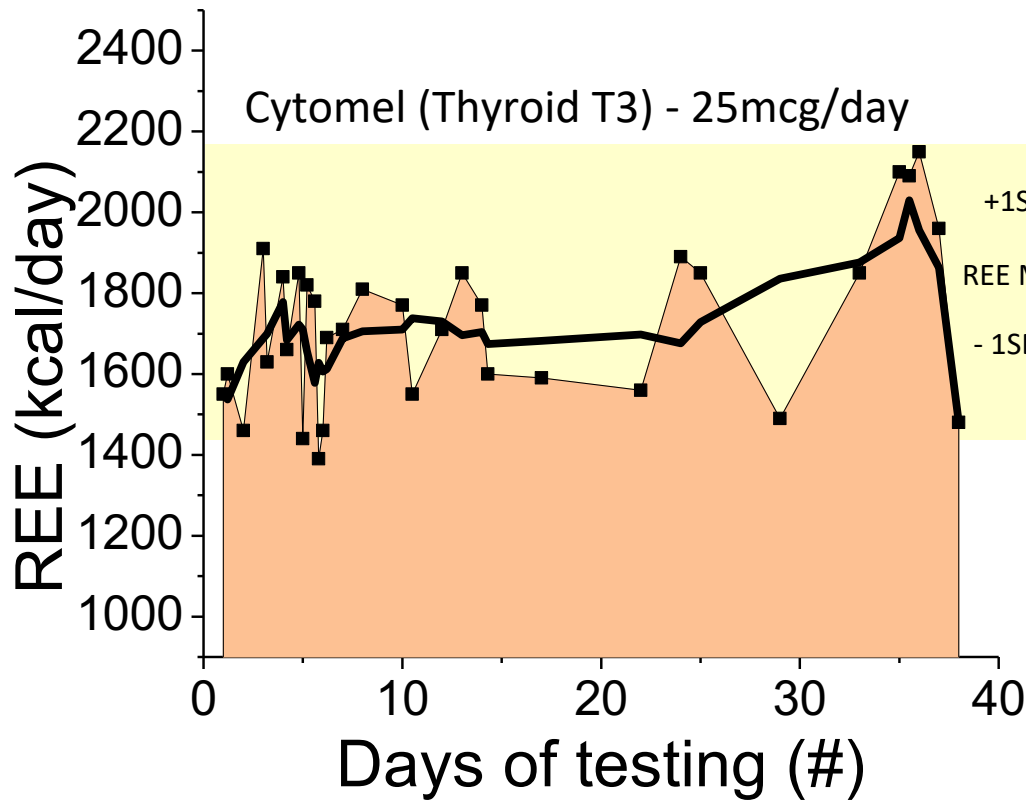
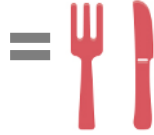
Case with Cytomel (Thyroid T3) - 25mcg/day



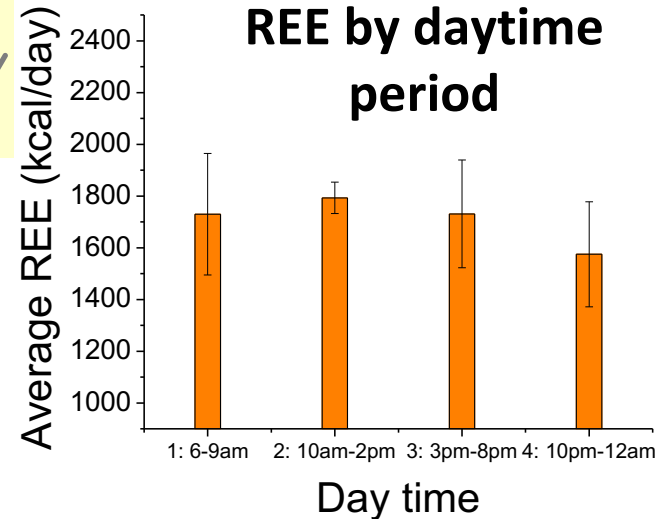
✓ The user thought that he should be losing weight!

Hypothyroidism

Resting Metabolic Rate (kcal/day) from Feb. 2nd to March 26th 2015 – Total: 52 days



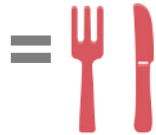
REE Mean: 1730 kcal/day (SD: 200)
Relative Variability (68prob., =+/- 1SD): +/- 11.5%



- ✓ High variability was observed due to the use of fast release of T3 hormone
- ✓ Despite this variability (caused by T3 hormone), an average REE value could still be defined

Hypothyroidism

Applying REE measure to Energy Balance



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+



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1730 kcal/day

100 kcal/day

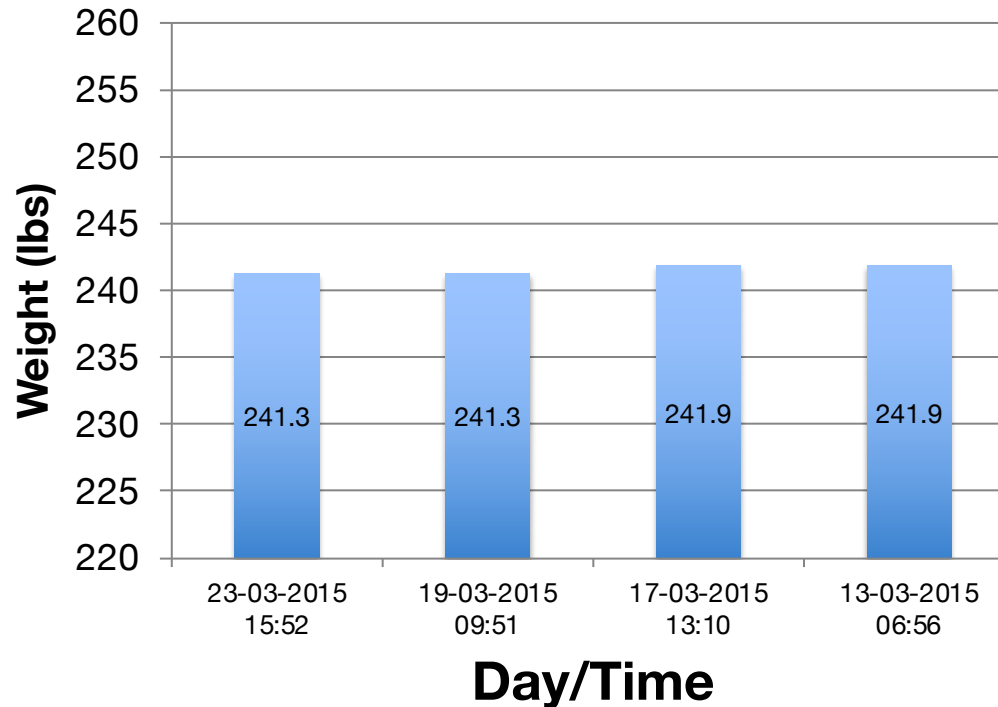
0 kcal/day ~ 2050 kcal/day - 1830 kcal/day (+/- 200 kcal/day)

Expected weight maintenance

Hypothyroidism



Weight Profile



✓ Weight profile showed less than 2% change → Energy balance corroboration

✓ The REE average values adjusted the energy balance equation, despite the potential hormonal variability.

Action: the user was switched to a slow release thyroid hormone to control the T3 levels in blood to avoid spikes due to fast release

Thank YOU !

Questions to:

info@brezing.com