



spotlight on health

Could You Have Hypothyroidism?

(NAPSA)—According to the Thyroid Foundation of America, 14.65 million Americans suffer from thyroid problems, more than half of them undiagnosed. The majority—70 percent—have hypothyroidism, a disorder in which the thyroid fails to produce enough thyroxine, slowing the metabolism and causing symptoms such as cold intolerance, weight gain and fatigue.

“When your thyroid is not functioning properly, it can affect nearly every system in your body,” says James E. Griffin, MD, Chief, Clinical Endocrinology and Metabolism at the University of Texas Southwestern Medical Center in Dallas. “Fortunately, it’s relatively easy to fix.” Diagnosed with a simple blood test, a dysfunctional thyroid can be properly regulated with a prescribed replacement thyroid hormone such as Unithroid™ (levothyroxine sodium tablets, USP), the first brand recognized by the Food and Drug Administration as a safe and effective treatment for hypothyroidism, having demonstrated consistent potency, stability and dose proportionality.

Are you one of the millions of Americans who suffer from hypothyroidism and don’t know it? The quiz below outlines generally recognized symptoms of hypothyroidism. Your responses will guide you as to whether it’s appropriate to talk with your doctor about thyroid disease.

- 1. I frequently feel cold. Y N
- 2. My eyes are puffy. Y N
- 3. I’ve been trying to lose weight and I can’t. Y N
- 4. I feel tired and lethargic even after a full night’s sleep. Y N
- 5. My muscles ache and cramp. Y N
- 6. I have thinning hair or hair loss. Y N
- 7. I feel depressed these days. Y N



- 8. I’ve been experiencing abnormal menstrual cycles. Y N
- 9. I am frequently constipated. Y N
- 10. I have dry, patchy skin. Y N

If you are concerned about any of these symptoms, ask your doctor about the possibility of hypothyroidism.

Please read the Safety Information below for risks associated with the use of Unithroid™. For full Prescribing Information, please call Watson customer support at (800) 249-5499. *References on file with Watson Pharma, Inc.*

Safety Information

• Unithroid is contraindicated in patients with untreated thyrotoxicosis, acute myocardial infarction, uncorrected adrenal insufficiency or hypersensitivity to any of its inactive ingredients.

• Should not be used to treat infertility unless condition is associated with hypothyroidism.

• Use with caution in patients with cardiovascular disease.

• Adverse reactions are primarily those of hyperthyroidism due to overdose, such as palpitations, arrhythmias, heat intolerance, weight loss, tremors, nervousness, diarrhea, abdominal cramps, fatigue, headache and menstrual irregularities.

• Reactions to product excipients, such as rash or urticaria, may occur.

• Partial hair loss that may occur during initial months of therapy is generally transient.

Safety Information

WARNING: Thyroid hormones, including UNITHROID, either alone or with other therapeutic agents, should not be used for the treatment of obesity. In euthyroid patients, doses within the range of daily hormonal requirements are ineffective for weight reduction. Larger doses may produce serious or even life-threatening manifestations of toxicity, particularly when given in association with sympathomimetic amines such as those used for their anorectic effects.