

Re: Night Sweats

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I'm no expert but I heard an doctor (endo?) on the radio yesterday (Dr Stephen Hotze, on KSEV in Houston. 281 558 5738) Take it FWIW.

He said that TSH (and T3 and T4 too, I think) is a hormone that controls the thyroid, but originates elsewhere (the pituitary? I forget.) The most common cause of low thyroid activity is when these hormonal inputs to the thyroid are low even tho the thyroid itself is in good shape. BUT! the thyroid itself can have problems, even when it's hormonal inputs are OK. He said that too many doctors stop after they find TSH, T3 and T4 are ok. But a good endo will work from the symptoms, using the test results as just part of the puzzle.

He advised a caller to buy a good mercury thermometer and to take his under-the-armpit temperature upon awakening for several mornings, then come in for an appointment.