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Red Flags to Watch for From Your Thyroid Doctor

How to Spot Gaps in Your Thyroid Care — And What to Do About It

If you've been told your thyroid labs are "normal" but you still feel exhausted, foggy, and out of balance — you're not alone. Most doctors rely on outdated testing and treatment standards, leaving many patients feeling overlooked and under-treated.

At Paloma Health, we specialize in thyroid care — and we know that better outcomes start with better care. This guide will help you identify common red flags when it comes to thyroid treatment — and what you can do to advocate for better care.

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Red Flag #1: Your Doctor Only Tests TSH



What's wrong:

- TSH (Thyroid-Stimulating Hormone) is just one piece of the puzzle.
- Relying solely on TSH overlooks how well your body is converting and using thyroid hormones.

What you need instead:

A complete thyroid Panel

- TSH
- Free T3
- Free T4
- TPO antibodies
- Reverse T3 (in some cases)

At Paloma, we always run a full panel — not just TSH — to get the full picture of your thyroid health.

Red Flag #2: Your Doctor Says "Your Labs Are Normal" — But You Still Feel Terrible



What's wrong:

- Lab reference ranges are outdated and based on studies of healthy men from the 1970s.
- What's "normal" on paper isn't necessarily optimal for you.

What you need instead:

- A doctor who looks at both lab results and your symptoms to adjust treatment.
- Care that aims for optimal levels, not just normal ones.

At Paloma, we focus on getting your levels within the range that helps you feel your best — not just within the "normal" range.

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🚩 Red Flag #3: Your Doctor Says Weight Gain is Just About Calories

What's wrong:

🚩 Hypothyroidism slows metabolism and affects how your body processes nutrients.

🚩 Simply reducing calorie intake may not be enough to support weight loss if your thyroid hormones are out of balance.



What you need instead:

- A provider who understands how thyroid hormones impact metabolism.
- Treatment options that go beyond calorie restriction, including:
  - Adjusting thyroid medication.
  - Exploring weight loss medications like GLP-1 agonists (semaglutide, tirzepatide).

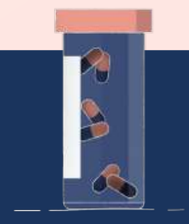
Paloma providers are trained to address weight gain linked to thyroid health and prescribe GLP-1 medications when appropriate.

🚩 Red Flag #4: Your Doctor Won't Adjust Your Medication or Try Other Options

What's wrong:

🚩 Many doctors prescribe levothyroxine (T4-only) and stop there.

🚩 If your body isn't converting T4 to T3 effectively, you may need combination therapy (T4 + T3).



What you need instead:

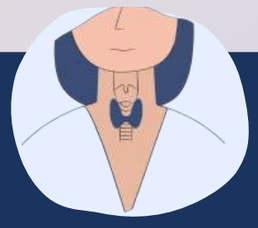
A doctor open to adjusting your medication and considering alternatives like:

- Combination therapy (T4 + T3)
- Natural desiccated thyroid (NDT)
- Adjusting timing and dosage based on your response

Paloma doctors tailor treatment plans to your body's unique response and hormone balance.

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🚩 Red Flag #5: Your Doctor Doesn't Monitor Symptoms Over Time



What's wrong:

🚩 Thyroid health is dynamic — what works today may not work six months from now.

🚩 Without regular follow-ups, you may be stuck in a treatment plan that no longer serves you.

What you need instead:

- A provider who schedules regular follow-ups to adjust medication and treatment as needed.
- A system for tracking symptoms and identifying changes over time.

Paloma offers regular check-ins and symptom tracking to ensure you stay on track and feel your best.

🚩 Red Flag #6: Your Doctor Dismisses Your Symptoms as Stress or Aging

What's wrong:

🚩 Unexplained fatigue, weight gain, brain fog, and mood changes are NOT just part of aging.

🚩 Your symptoms could be signs of poor thyroid function, even if your labs are in the normal range.

What you need instead:

- A provider who listens and validates your experience.
- A care plan that addresses both symptoms and lab results.

Paloma's providers take your symptoms seriously — and work with you to adjust your treatment until you feel better.

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🚩 Red Flag #7: Your Doctor Doesn't Test for Autoimmune Thyroid Issues

What's wrong:

🚩 Many doctors don't check for thyroid antibodies — even though Hashimoto's disease is the most common cause of hypothyroidism.

🚩 Failing to test for Hashimoto's means missing the root cause of thyroid issues



What you need instead:

- Testing for TPO (thyroid peroxidase) antibodies and TG (thyroglobulin) antibodies.
- A treatment plan that supports both thyroid function and autoimmune health.

Paloma Health tests for thyroid antibodies and provides tailored care for Hashimoto's patients.

🚩 Red Flag #8: Your Doctor Doesn't Offer Support for Symptoms Like Hair Loss or Weight Gain

What's wrong:

🚩 Hair loss, weight gain, and fatigue are common symptoms of thyroid dysfunction — but many doctors overlook them.

🚩 Treating thyroid levels alone isn't enough if other symptoms remain unresolved.



What you need instead:

A provider who addresses symptoms directly with targeted treatment options:

- Weight gain: GLP-1 medications
- Hair loss: Minoxidil or nutritional support.
- Fatigue and brain fog: Adjustments to thyroid medication and lifestyle changes.

Paloma providers offer comprehensive care for both thyroid health and related symptoms like weight gain and hair loss.

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🚩 Red Flag #9: Your Doctor Doesn't Offer Immune Modulation for Hashimoto's Disease

What's wrong:

🚩 If you have Hashimoto's, the goal isn't just to balance thyroid hormones — you need to reduce immune system activity to prevent further thyroid damage.

🚩 Many doctors don't address immune modulation as part of thyroid care.



What you need instead:

- Immune-modulating medications like Low Dose Naltrexone (LDN) to lower thyroid antibody levels and reduce inflammation.
- Lifestyle changes (like stress management and dietary adjustments) to calm autoimmune activity

Paloma offers LDN and other immune-modulating treatments for patients with Hashimoto's disease.

🚩 Red Flag #10: Your Doctor Doesn't Consider Lifestyle or Nutritional Support

What's wrong:

🚩 Thyroid health is about more than just medication.

🚩 Stress, diet, and nutrient levels (like selenium and iodine) affect thyroid function.



What you need instead:

- Nutritional support and guidance.
- A holistic approach that includes stress management and lifestyle changes.

Paloma offers access to nutritionists and health coaches to support whole-body health.

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🚩 Red Flag #11: Your Doctor Rushed Through the Appointment



What you need instead:

- Comprehensive visits with time to discuss your symptoms and treatment options.
- A care plan that evolves as your body changes.

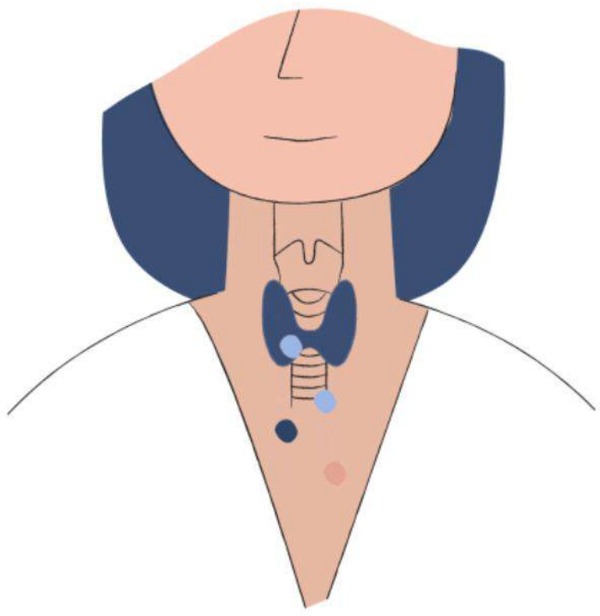
What's wrong:

🚩 A quick 5–10 minute visit isn't enough to address complex thyroid issues.

🚩 If your doctor isn't asking about your symptoms, family history, and overall health, you're not getting full care.

Paloma's providers take the time to understand your full health picture and adjust care accordingly

How to Advocate for Better Thyroid Care



If you've experienced any of these red flags, it's time to take control of your health. Here's how:

- Ask for a full thyroid panel (not just TSH).
- Don't settle for "normal" — ask what your optimal levels should be.
- If medication isn't working, ask about alternative options.
- Find a provider who listens to your symptoms — not just your lab results.

Ready to finally feel better?

Stop settling for "normal." Get the care you deserve with Paloma Health.

Schedule a visit

Why Patients Choose Paloma?

- ✅ **Full thyroid panel testing**
- ✅ **Expert thyroid specialists**
- ✅ **Personalized treatment plans**
- ✅ **Combination therapy options**
- ✅ **Lifestyle and nutritional support**
- ✅ **Virtual visits from the comfort of home**

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