

Care Plan: Follow Up Consultation

For: Gabby Hunwick

Date: 29/10/25

5 months postpartum

Summary of consult

1. Blood test results (09/09/25) reviewed:

Thyroid function: high results indicative of worsening Graves flare (postpartum thyroiditis) and becoming increasingly symptomatic

TSH: <0.01

Free T4: 44.9 VERY HIGH (optimal is 15-17) ***has increased from 27 (07/07/25)**

Free T3: 17.8 VERY HIGH (optimal is 5-6) ***has increased from 9.0 (07/07/25)**

No thyroid antibodies tested this time (09/09/25)

2. Prescribed medication

Discussed commencing prescribed medication (Carbimazole) for very high hyperthyroid levels.

3. Supplementation

- **Stop Pure Natal** for now (due to iodine worsening the thyroid autoimmune response at this peak time)
- To continue on with your supportive nutritional supplementation for both **breastfeeding** to help **minimise the inflammation and oxidative stress** currently occurring to the thyroid gland driven by your autoimmune antibodies. All breastfeeding safe at prescribed doses.
- Change *Clinical Lipids* dose to 2 caps, 1 x day with food (see shaded text box on table)
- Maintain **gluten and dairy free** to minimise reactive immune load.
- Continue on your Magnesium

4. Next blood test suggestions

Ideally retest thyroid levels 4-6 weeks (max) after commencing medication - it's important to know how your body is responding and ensure you're not under or overmedicated.

Check that **liver function test (LFTs)** is included on next blood test (as can be affected by high thyroid hormones), plus **Full Blood Examination (FBE or FBC)** and **CRP (C-Reactive Protein)** alongside with next the **Iron Studies**.

Product	Why it's been prescribed	Dosage instructions	Time frame
BIOHEME	Highly available iron	Take 1 cap before bed, 3 nights per week.	To review after next blood test
* PURE D DROPS (Vitamin D)	Support thyroid health whilst antibodies are Vit D requirements in pregnancy	Add <u>3 drops</u> (3000 IU) into water/liquid 2 x day (Total: 6000 IU)	To review after next blood test
CLINICAL LIPIDS	Omega 3s (EPA & DHA) to supply breastmilk for baby & replenish your maternal stores for mood, nervous system and anti-inflamm effects with Graves flare.	Take <u>2 caps, 1 x day</u> with food <u>Keep in fridge</u>	Continue whilst breastfeeding
SUBLINGUAL B12	Highly bioavailable B12	Dissolve 1 tab under tongue 1 x day (at any time)	To review after next blood test
* SELENIUM DROPS	Protective against inflammation & autoimmune damage, reduce oxidative stress and antibodies.	Add <u>8 drops</u> into water/liquid 2 x day (Daily total: 320ug)	Until advised
ULTRA FLORA MOTHER & BABY	Postpartum & breastfeeding probiotic	Take 1 capsule, 2 x day <u>Keep in fridge.</u>	Continue whilst breastfeeding
* N-ACETYL-CYSTEINE	Antioxidant for the high oxidative stress associated occurring with Graves.	Mix 1/2 scoop (500mg) into water/liquid 2 x day (Daily total: 1000mg)	Until advised
* MYO-INOSITOL	To help reduce thyroid antibodies.	Mix 1 level scoop (1000mg) into water/liquid 2 x day (Daily total: 2000mg)	Until advised