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Thyroflex - in-office assessment to evaluate the cellular functioning of your thyroid.

One of the long standing clinical findings associated with thyroid dysfunction is a delayed Achilles tendon reflex. Prior to 1974, when the laboratory test called TSH became routinely used to screen for low thyroid function, doctors used this simple reflex test to diagnose and treat hypothyroidism. The Thyroflex capitalizes on this clinical finding: the test can be used to uncover subclinical hypothyroidism and can determine if you are on the correct dose of medication or supplements.

Instead of using your Achilles tendon (the tendon at the back of your heel), the brachioradialis tendon in your forearm is used. This makes the test simple to use while you are comfortably seated in a chair.



Advantages

- No Blood Draw
- No Invasive Procedures
- Minimal Discomfort
- Easily repeated for follow-up

The instrument consists of a reflex hammer connected to a computer. A strap attached to your hand measures the time between the hammer strike on the tendon and the initial upward flick of your wrist (Pre-Fire Time) and the time between first movement and the end of movement (Fire Time). The difference between these two measurements gives a score that increases as the reflex slows.

A delayed or longer reflex time indicates **low thyroid function at the cellular level** and indicates that an adjustment needs to be made in your medication or your supplements.

Doing the test measurement

1. The first section of the Thyroflex test is your **symptom survey** (next page). If you score an 8 or above in either the Hypothyroid or the Hyperthyroid section, you should be tested on Thyroflex.
2. The second part of the Thyroflex test is your **reflex measurement**.
The normal range for the reflex test is 50 - 150 with 75 - 135 being optimal.
3. The final part to the Thyroflex test is your **Resting Metabolic Rate**. Accurate height & weight is needed. The normal number for RMR is 2250 for Women and 2750 for men. (Your score may vary up to 250 based on weight and age).

After your thyroid is adjusted correctly, you can expect to see that

- Your energy will increase
- Sleep will be restorative
- Your metabolism will increase and you will gain control of your weight
- Hormones will stabilize
- Your sex life may improve
- You'll feel like playing with your kids again
- Your mood will be better
- You'll have a more positive outlook