

## LIFESTYLE DISCUSSION GUIDE

Create more effective conversations—and enhanced relationships—with your healthcare provider.



### DISCUSS YOUR LIFESTYLE

Hypothyroidism can impact your life in many ways—going beyond physical symptoms to affect your emotions and lifestyle.

Consider speaking with your healthcare provider about some of the topics below to create a treatment plan that addresses your body, mind, and spirit.

#### 1 HOW HYPOTHYROIDISM MAKES YOU FEEL<sup>1</sup>

- Tell your healthcare provider about the ways your condition emotionally affects you—including depression, anxiety, and frustration.
- Share how your emotions impact your daily routines.
- Ask for suggestions to address the emotional effects of hypothyroidism.
- Ask how other patients with hypothyroidism cope with emotions.
- Ask for recommendations regarding support groups or counseling services.

Notes:

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## 2 HOW HYPOTHYROIDISM AFFECTS YOUR LIFESTYLE<sup>1</sup>

- Tell your healthcare provider how hypothyroidism is affecting your lifestyle routines.
- Have you made lifestyle changes as a result of your condition?
- Have your personal relationships been affected by your condition?
- If you feel isolated, ask for suggestions to connect with others.
- How does your condition affect your job? Do you need assistance with work-related issues and special accommodations?

Notes:

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It may be helpful to print out a copy of this discussion guide and bring it to the next visit with your healthcare provider. Prepare and plan to have an effective conversation about addressing the emotional impact of hypothyroidism in your life.



### EMPOWER YOURSELF AND TAKE CONTROL OF YOUR WELLNESS JOURNEY.

For more information and resources to help you partner with your healthcare provider, please visit [SimplyHypothyroidism.com](https://wwwSimplyHypothyroidism.com)

**Reference: 1.** National Institutes of Health. What Do I Need to Tell the Doctor? Accessed October 10, 2020. <https://www.nia.nih.gov/health/what-do-i-need-tell-doctor>