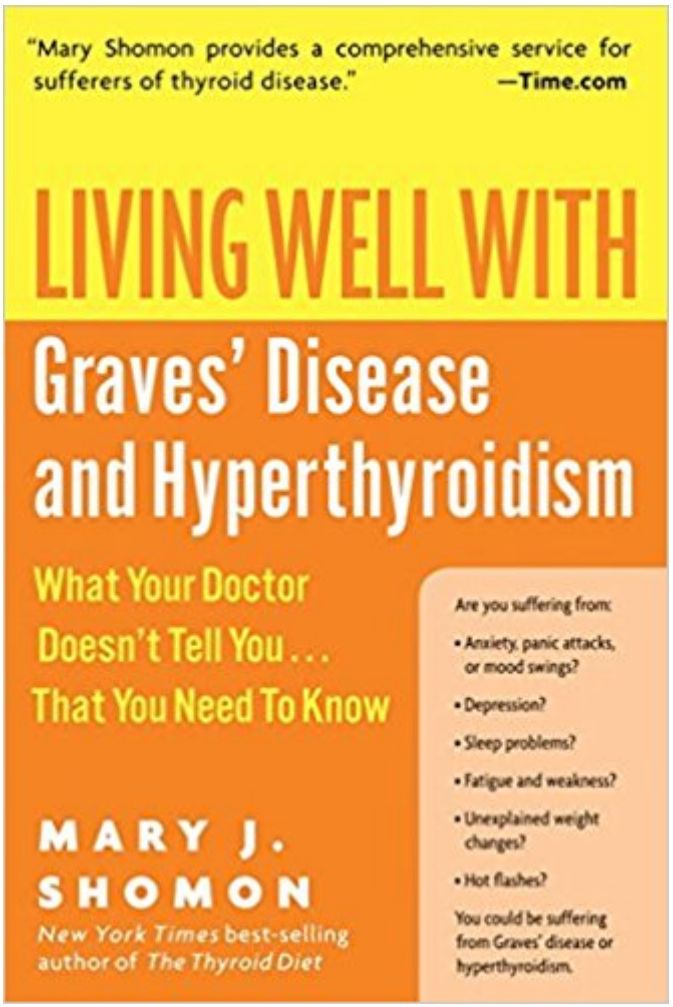
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Living Well With Graves' Disease And Hyperthyroidism: What Your Doctor Doesn't Tell You...That You Need To Know



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Synopsis

From patient advocate and author of Living Well with Hypothyroidism Mary J. Shomon, here is a holistic roadmap for diagnosis, treatment and recovery for the millions of people suffering from Graves' disease and hyperthyroidism.There are an estimated 3 million-plus Americans suffering from Graves' disease and hyperthyroidism, and patient advocate Mary J. Shomon will guide them through the diagnosis and the wide-ranging treatments available. Graves' disease and hyperthyroidism are the result of the thyroid gland being overactive. This gland controls the body's metabolism, so people afflicted with the disorder can suffer from symptoms such as significant weight loss, fatigue, muscular weakness, and rapid heartbeat, among others. In addition to conventional treatments, this resource uniquely highlights holistic treatments, and through case studies and testimonials from patients and doctors, presents an honest look at the lifestyles and choices of people living with these conditions. Shomon presents the reader with a comprehensive resource that spans from diagnosis to treatment to life after treatment. She goes beyond the conventional advice of other books, utilizing patient anecdotes and, as a fellow thyroid disease patient, her own experience. Her extensive network of expertsÃ¢â ¬â •from conventional physicians to alternative practitionersÃ¢â ¬â •allows for a wide range of treatment options. In addition, a comprehensive Appendix serves as a fantastic resource for patients seeking treatment and additional advice.The first edition of Living Well With Hypothyroidism (2/2000) started with a first printing of 7,500 copies and has now sold over 100,000 in the US. Shomon's The Thyroid Diet hit the New York Times extended bestseller list. Mary Shomon has been praised by doctors around the country for her medical knowledge and sensitivity to patients' needs.Barbara Bush brought attention to the plight of Graves' disease patients, announcing that she was suffering from it when she was First Lady.

Book Information

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Customer Reviews

Ã¢â ¬Å“Shomon excels at comprehensiveness, covering all the decisions that a patient has to make when dealing with thyroid conditions.Ã¢â ¬Â• (Library Journal)

Diagnosed with a thyroid disease in 1995, Mary J. Shomon has transformed her health challenges into a mission as an internationally known patient advocate. She is the founder and editor in chief of several thyroid, autoimmune, and nutrition newsletters, as well as the InternetÃ¢â ¬â„¢s most popular thyroid disease website, www.thyroid-info.com. She lives in Kensington, Maryland.

I was diagnosed with Graves' disease in 1999 shortly after my Dad died of necrotizing fasciitis, the flesh-eating bacteria. Because I didn't have a severe case of Graves' disease, my endocrinologist decided to treat me with an anti-thyroid medication, methimazole aka Tapazole. After my endocrinologist retired, I had to find another endocrinologist. He told me to stop taking my medication, left for a lengthy vacation and didn't even bother to tell me why he was taking me off my medication. I called his office when I started feeling poorly, and I asked his nurse why the doctor took me off my methimazole, and she told me the doctor was preparing me for radioactive iodine treatment aka RAI. I bought Mary Shomon's book, and I read about all the problems many patients had with RAI. After having read her informative book, I canceled my appointment with the new endocrinologist and found another endocrinologist who had no problem keeping me on the methimazole. I am now 69 years old, and I'm still on the methimazole, thanks to Mary Shomon and my new doctor.

I almost bought this book several months ago, but didn't get it because of negative reviews saying it was more about HYPOthyroidism than hyperthyroidism. However, I did buy it a week ago and I've found it to be very comprehensive with more information about conventional treatment AND holistic/nutrition intervention treatment. I wish I had ordered it several months ago! First of all, most of the natural treatment books I've read for hyperthyroidism all seem to focus 99% on Graves disease. Well, I am a young adult with a toxic adenoma/toxic multinodular goiter and most

hyperthyroidism books out there just mention this disease in passing with no specific information, but this book was much more thorough on that topic than any other hyperthyroid book out there. There still wasn't a whole lot of info on it, just more than the average. As a registered dietitian I found Chapter 10 quite interesting (Johnson method for nutritionally natural treatment), and I would recommend the book! Also, when she did discuss hypothyroidism it was in the context of "what to expect" type of thing as most patients who undergo conventional treatment for hyperthyroidism usually end up with hypothyroidism, so I found that informative and am glad she included that information in her book.

I was doing a lot of research about Hyperthyroidism and when I found it it's caused by Graves Disease I checked out a few books and found this book to have very good reviews and full of knowledge. It's written were it's very easy to understand and answers lots of questions that My daughter was looking for. It is one book that does as it claims, It tells you what your doctor doesn't tell you....That you need to know. Most doctors say things over and over so many times that after a while they must get tired of repeating themselves and you as a patient doesn't know what are the right questions to ask. But having this book will be a big help to you.

Not impressed with this one.

The part we've read in it has been very helpful already! It has confirmed that we're on the right track in doing what we can to help this condition.

Very good book for Graves/hyper patients. Everyone should have this book as a part of their collection if they suffer from this condition.

Great reading book I learned a lot from it had my thyroid out and also have the Graves Disease wanted to learn more about it, would recommend.

Written well with good information you probably will not find anywhere else.

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