

## **One Size Does Not Fit All When It Comes to Thyroidal Issues—Jonathan Dashiff, MD Offers a Customized Solution**

By Loraine R. Dégraff

Cheryl was at her wit's end. You would think, after being on Synthroid for over 20 years, her body would be regulated and function with somewhat normalcy. Such was the case with other women she knew who had thyroid problems. Yet, she struggled daily with the same issues of exhaustion, hair loss, weight gain, and a host of other ailments. *What was wrong with her?* Cheryl lost hope in herself and a solution for her depressing situation.

Then she was introduced to Dr. Jonathan Dashiff at Linchitz Medical Wellness in Glen Cove. Within a mere 3 weeks of working with Dr. Dashiff's specialized and individualized bio-identical hormonal replacement therapy (BHRT), Cheryl's entire life turned around. She was no longer a victim of an out-of-whack thyroid. She declared her position as conqueror.

Cheryl represents about 20% of American women who have been diagnosed with thyroidal issues but are not being helped by conventional methods or medicines. One size does not fit all when it comes to medical care and intervention for the thyroid. Every individual is a specific case that needs a tailored program for their specific needs.

It is estimated that as many as 59 million women in American have a thyroid problem; the majority don't know it yet. According to Dr. Dashiff, of those who are aware of this condition, only 80% are being helped by conventional thyroid correction methods. What happened to the other 20%? Because they cannot be "quick-fixed", they are often identified as depressed and left to suffer hopelessly. A diagnosis of depression does nothing to help a woman overcome thyroidal issues.

### **How Does One Develop a Thyroid Problem?**

You may be wondering . . . how does one develop a thyroid problem in the first place? The thyroid, a small but powerful gland located in the front of the neck produces several hormones, of which two are key: triiodothyronine (T3) and thyroxine (T4). Once released by the thyroid, the T3 and T4 travel through the bloodstream to help cells convert oxygen and calories into energy. The thyroid produces about 20% of T3 and 80% of T4. The rest of the T3 needed by the body is developed from the mostly inactive T4 by a process referred to as "T4 to T3 conversion." If the thyroid gland produces too many hormones (hyperthyroidism) or too few (hypothyroidism), the body reacts negatively. Symptoms such as hot flushes, weight loss, rapid heart rate, insomnia, and sensitivity to heat relate to hyperthyroidism and weight gain, fatigue, constipation and sensitivity to cold relate to hypothyroidism. Factors contributing to the development of thyroid problems include surgical treatments, nutritional imbalances and exposure to radiation and drugs.

The thyroid is part of a huge feedback process. The hypothalamus in the brain releases Thyrotropin-releasing Hormone (TRH). The release of TRH tells the pituitary gland to release Thyroid Stimulating Hormone (TSH). TSH is what tells the thyroid to make thyroid hormones and release them into the bloodstream. Because the thyroid and hormones have an intermittent relationship, any thyroid correction treatment must also include hormonal balancing. Hormonal imbalances are the root of many chronic health problems and can increase the risk of serious disease.

### **How Does One Solve a Thyroid Problem?**

Estrogen has been used since the 1930s to treat hot flashes and other physical changes that women experience at menopause. During the decades that followed, drug companies promoted and doctors prescribed hormones to women to prevent and treat an increasingly broad range of ailments and experiences associated with aging, from wrinkles and general aches and pains to Alzheimer's disease, depression, and heart attack. Apparently, they did not consider that these ailments could very well lie in a disorder with the thyroid. Thus, the first step in solving a thyroid problem is to get a correct diagnosis.

Secondly, while many mainstream doctors have yet to accept and declare it, ***thyroid treatment has significantly advanced from the use of conjugated estrogen such as Premarin (pregnant mare's urine) and Synthroid (a synthetic drug that could produce serious or even life threatening manifestations of toxicity).***

Bio-identical hormone replacement therapy (BHRT) is the most effective way to treat the symptoms of menopause, perimenopause and postmenopause. In BHRT, the chemical makeup of the replacement hormone is exactly the same as that which the human body produces. The ideal substances for hormone replacement therapy are readily available. Bio-identical estrogens and progesterone have been safely prescribed by European physicians for over 50 years. These natural hormones are almost entirely without the side effects of the synthetic or semisynthetic HRT.

Even with the advanced application of BHRT, one woman's hormonal needs can differ vastly from the next. Dr. Dashiff recognizes that no two women are formatted alike, even if they are identical twins. Thus, he recognizes the importance of quality compounding through a professional company such as HMCompounding Pharmacy. Dr. Dashiff also realizes that some women don't readily convert T4 to T3. His genuine concern for the non-converters has spear-headed his work at Linchitz Medical Wellness. Meet Dr. Jonathan Dashiff at the May 5<sup>th</sup> NAVELExpo to learn more about his successful thyroid turnaround program that utilizes proper assessment and an individualized, holistic approach to wellness. You can experience your greatest potential in life in spite of a negative thyroid diagnosis.

***Dr. Dashiff** practiced as an orthopedic surgeon in Sports Medicine for more than 20 years before coming to Linchitz Medical Wellness. As the team physician for the New York City Fire Department football team, and working over 1000 fights as a Golden Gloves ringside physician, Dr. Dashiff has worked with athletes who maximized healthy lifestyles to reach the pinnacle of individualized and team achievements. While still actively engaged in the mainstream way of practicing medicine, Dr. Dashiff realized that there are different, non-allopathic ways to treat patients, including good nutrition and a healthy lifestyle to prevent injury and disease. Dr. Dashiff is trained in prolotherapy with ozone, Quantum Bio-feedback, oxidative therapies and bio-identical hormones. In combination with a strong emphasis on the diagnosis and prevention of disease, Dr. Dashiff recognizes the potential for a healthier and more vibrant lifestyle. His work in the field of Bio-identical Hormone Therapy enables him to bring life and hope to the 20% of women overlooked by conventional thyroid treatment.*