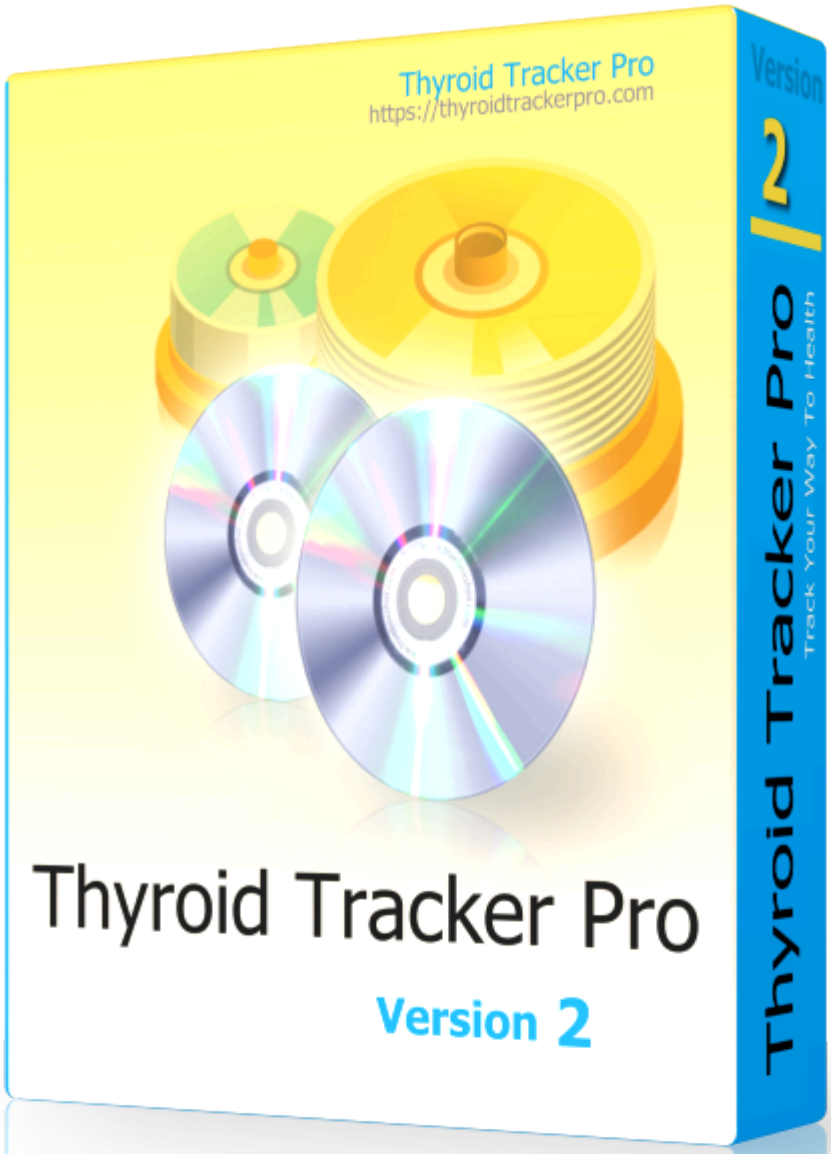
Thyroid Tracker Pro
https://thyroidtrackerpro.com
Thyroid Tracker Pro
Version 2
Thyroid Tracker Pro
Track Your Way To Health
Version 2

Thyroid Tracker Pro

User guide
2023

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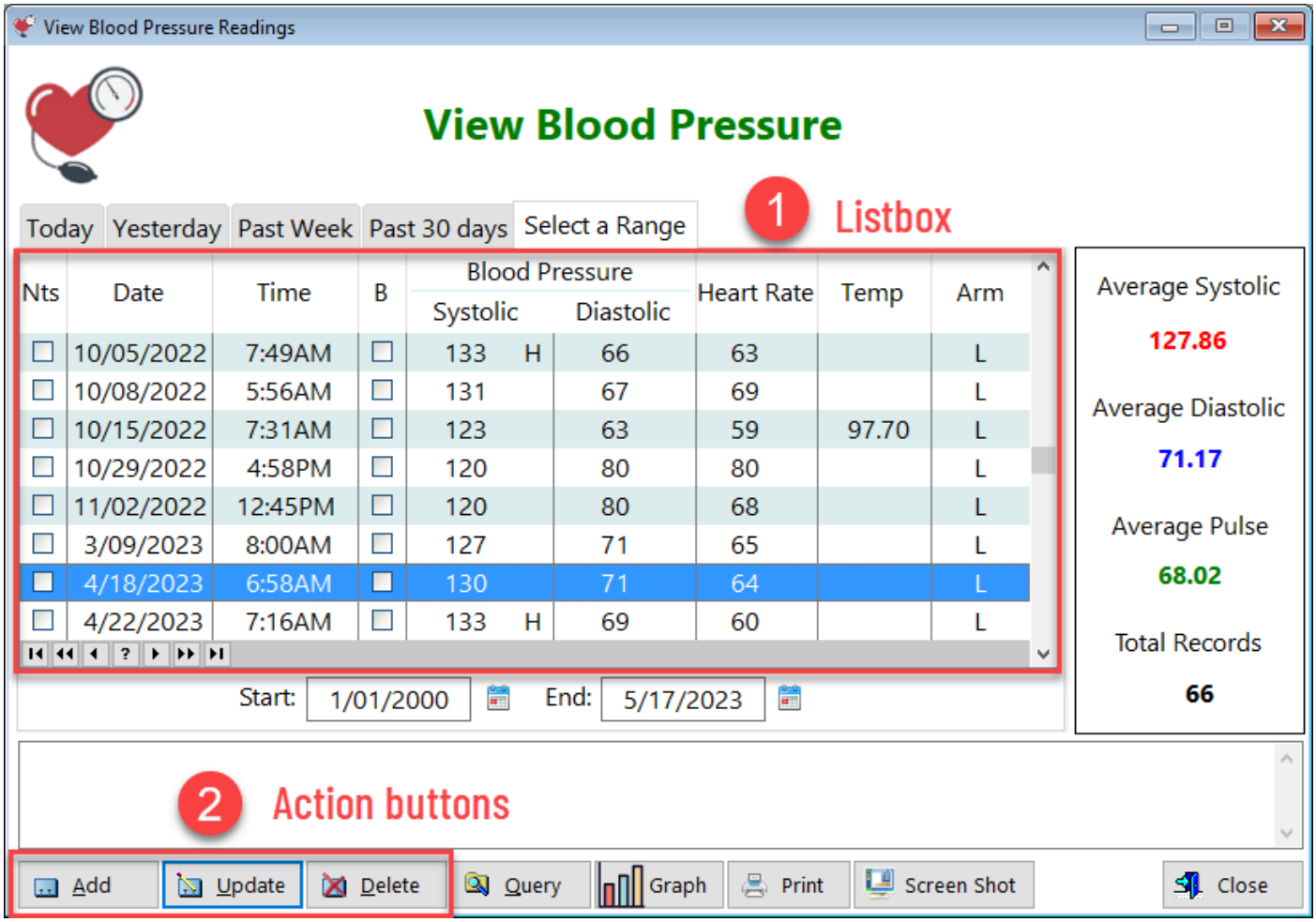
General information about this software program

There are three **primary** screens you'll be opening:
1) Browses
2) Update Forms
3) Graphs

Browses

The **Browse** screen looks like this: This screen always contains something called a **listbox**, which is like a spreadsheet, but much more powerful. Some browse screens will have multiple listboxes. You'll also notice that surrounding this listbox are **Tabs**, which enable you to move from one pre-defined set of records to another, without having to issue some sort of command in code. Some of the list boxes that have dates may also have a selectable range you can use. In this example, you have controls just below the listbox named **Start** and **End**. The other buttons are labeled to be self-evident and have various functions to assist you in gathering more *information* from your valuable data.

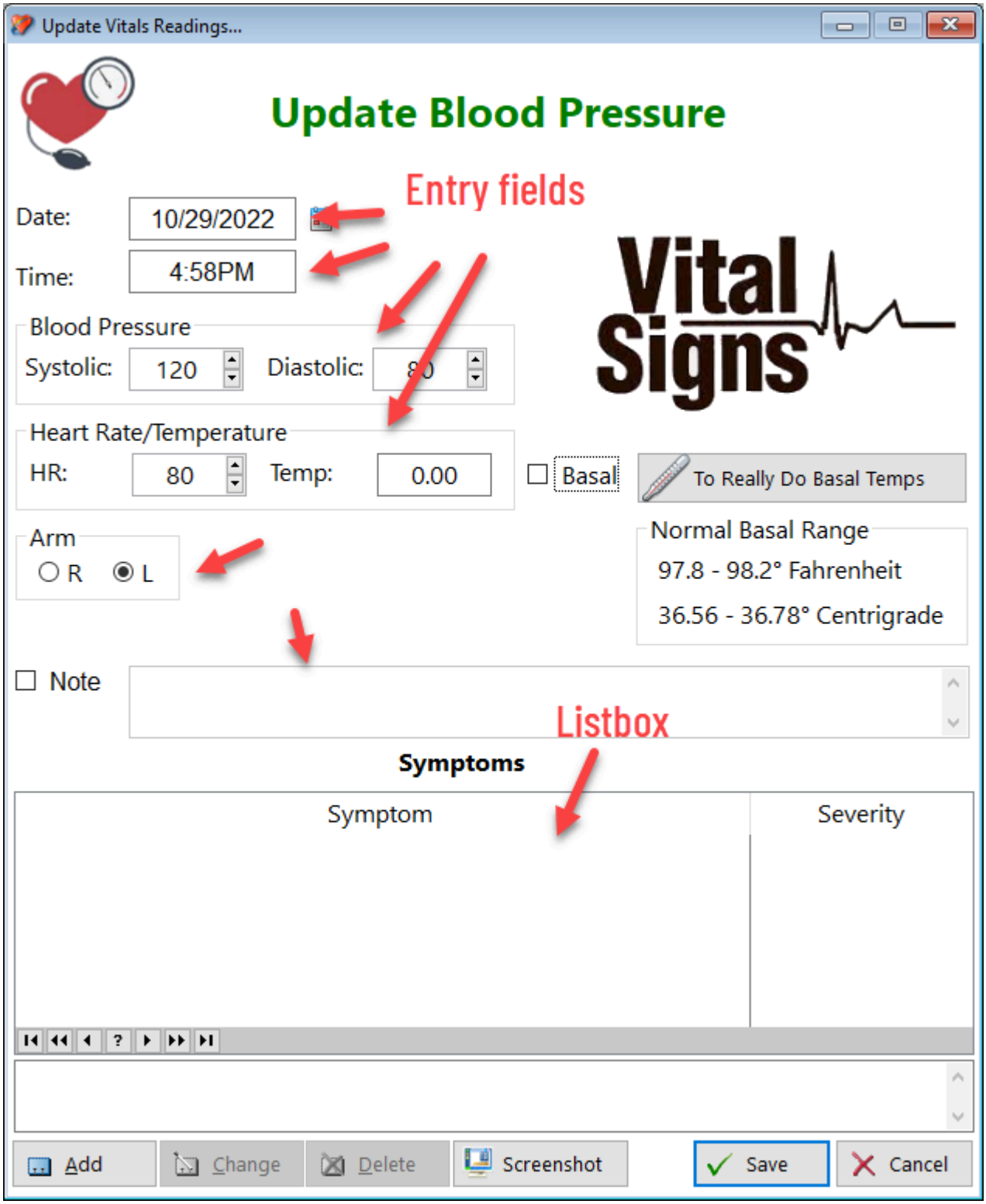


1) This is the ***listbox***. It contains **records** (rows, running horizontally) and **fields** (columns, running vertically). This is how databases store '**data**'. For you as the user, you're only going to be interested in how you can derive *information* from your data. If you look to the right of the listbox, you'll see a box with averages. That's still just data, unless you want your average blood pressure

to be lower. Now that's the information you can take action on: How can I get my blood pressure lower than what I'm seeing here?
2) These are the **buttons** you press to make a variety of changes. Each one is self-explanatory. In this software program, you'll ***rarely***, if ever, want to **delete** your data, for obvious reasons.
Query - A query is a search on data based on certain criteria in one or more of the fields. When you click on the query button, you'll see which criteria you can choose from.
Print - Some Browse screens will allow you to print one or more records. Sometimes you must tag a record to do this.
Screen Shot - When you click on this button, a screenshot is taken of the particular screen you're looking at. This is primarily for support issues, feature requests.

Update Forms

The **Update** Form looks like this: It's used to enter or make changes to existing data. Each field is labeled as to what you should enter. Some update forms with date and time fields are setup to insert data for you, like if you're about to measure your blood pressure and you click **Add** to enter a new record, today's date and today's time will already be displayed.



Types of fields

Entry fields - These require you to enter unassisted data. For example, if your systolic blood pressure is 120, you type that in.

Option - This type of field gives you a predetermined number of choices, of which you can only select one. The Arm option control requires you to select which arm you're using to measure your blood pressure. (You should stick with the same arm consistently).

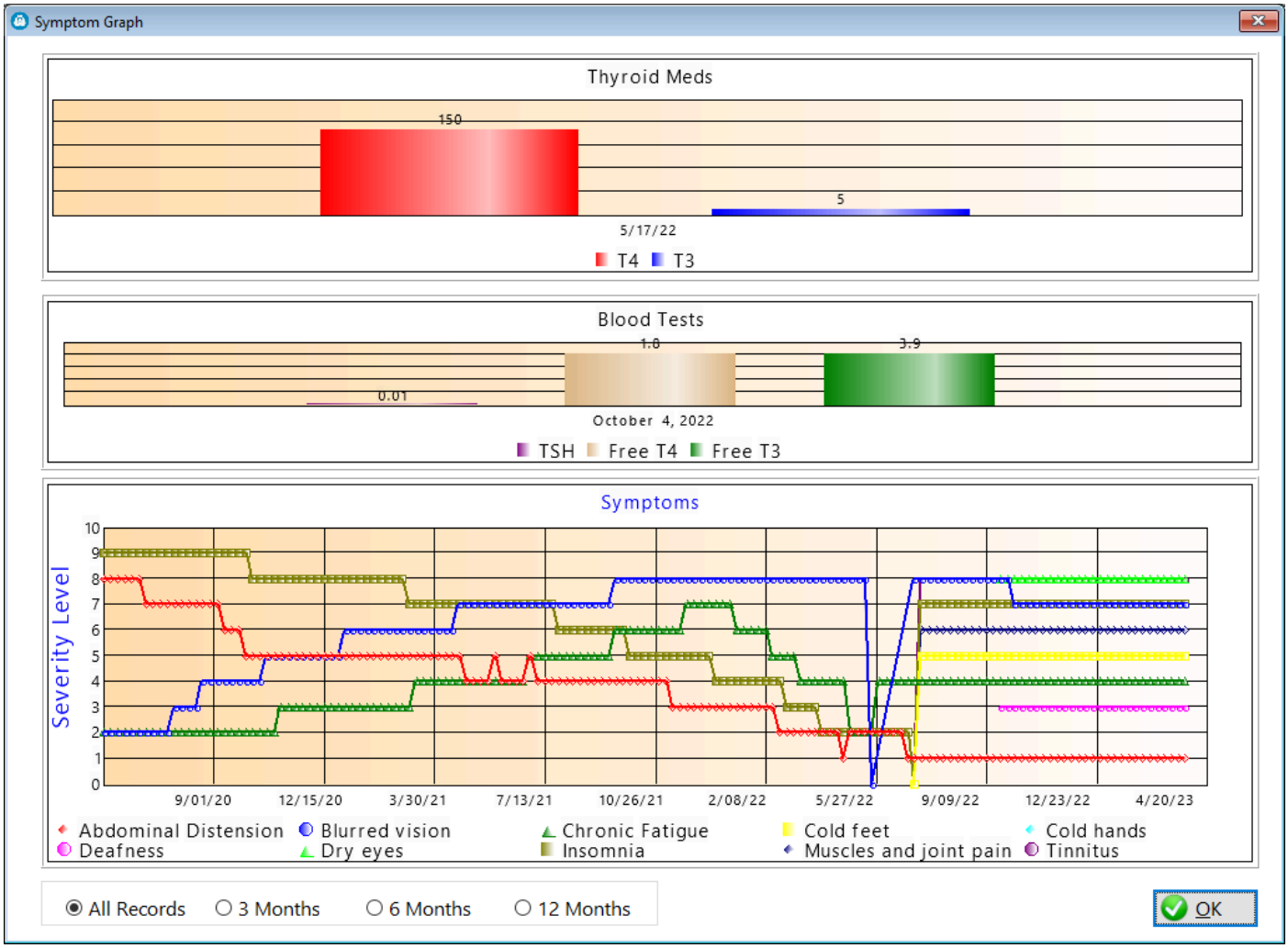
Checkbox - Usually, checking this box means to acknowledge or affirm something. In the example above, if you check the Basal checkbox, you're affirming that this temperature reading was done right after you woke up, rather then sometime later.

Spin - This type of field control will have pre-determined choices as well

This update form also contains a listbox, with its own set of action buttons. In this example, you're able to enter any symptoms you're experiencing while you take your blood pressure. For example, if you're feeling a strong negative emotion at the time (anger, fear, anxiety, etc.) you'll want to document this because those emotions most likely will negatively affect your reading. Perhaps your heart is pounding (elevated cortisol, dehydration). You'll definitely want to note this as well.

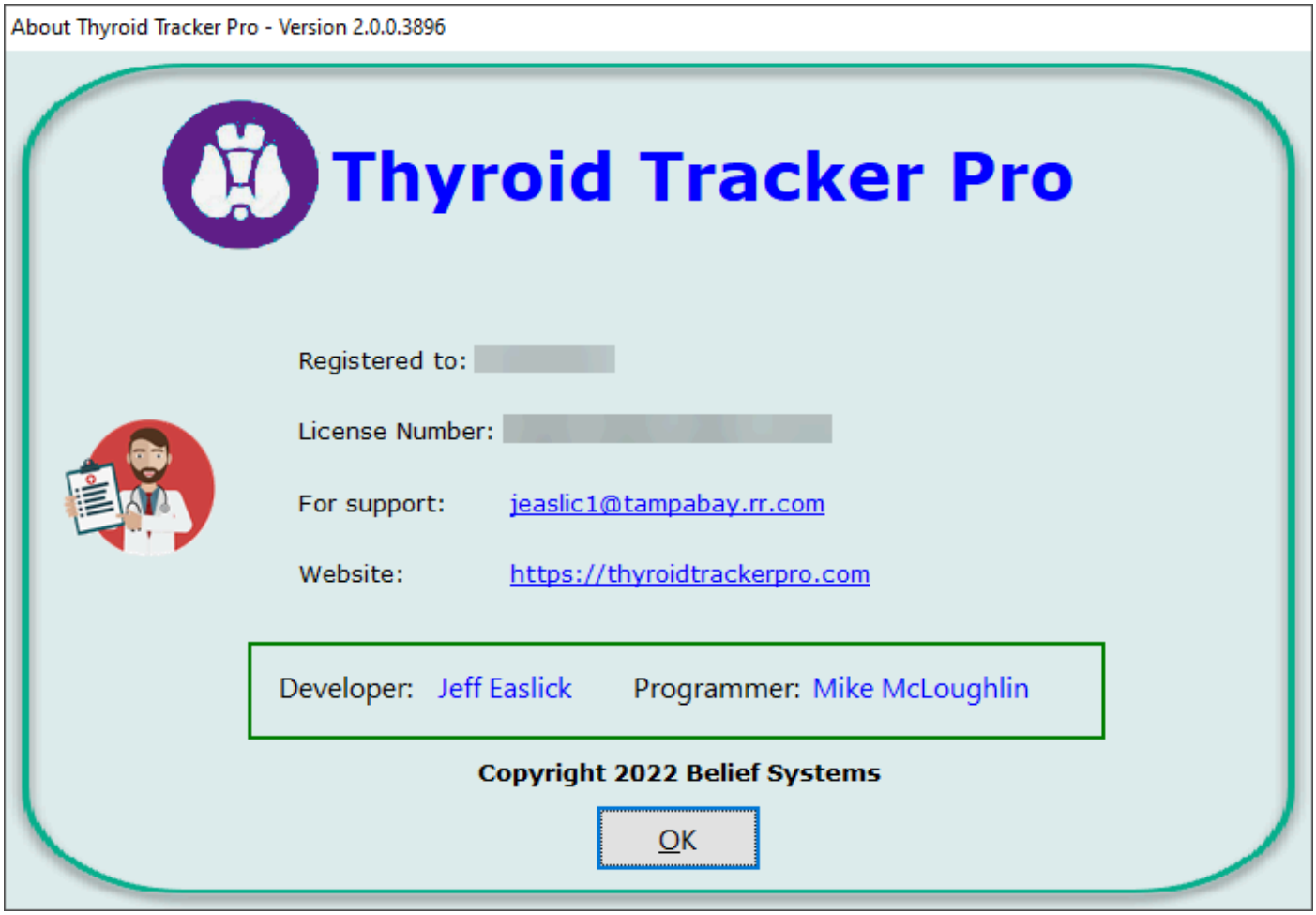
Graphs

Graphs are valuable in displaying data, more so than a listbox. In the example below, you can see that thyroid medication is being taken, blood test results are visible and a graph of symptoms is displayed over time. Ideally, the closer we get towards our ideal dose, the lower the the symptoms will be, or they'll just resolve. The blood test results are a confirmation of what we feel via symptoms and shouldn't necessarily be used to determine dosing, especially the TSH level. You can see here in this example that both the Free T4 and Free T3 are within the normal range, yet the TSH is suppressed. How is that possible? If a doctor went solely on the basis of the TSH result (and most do this), he or she would conclude that you're over-medicated and immediately reduce your dose. Having documentation is very important to have, and to give to your provider if he is balking at increasing your dose, despite having only an aberrant TSH level to go by.



About

Once you've purchased and activated the program, you'll see your name and license number entered on the screen below:

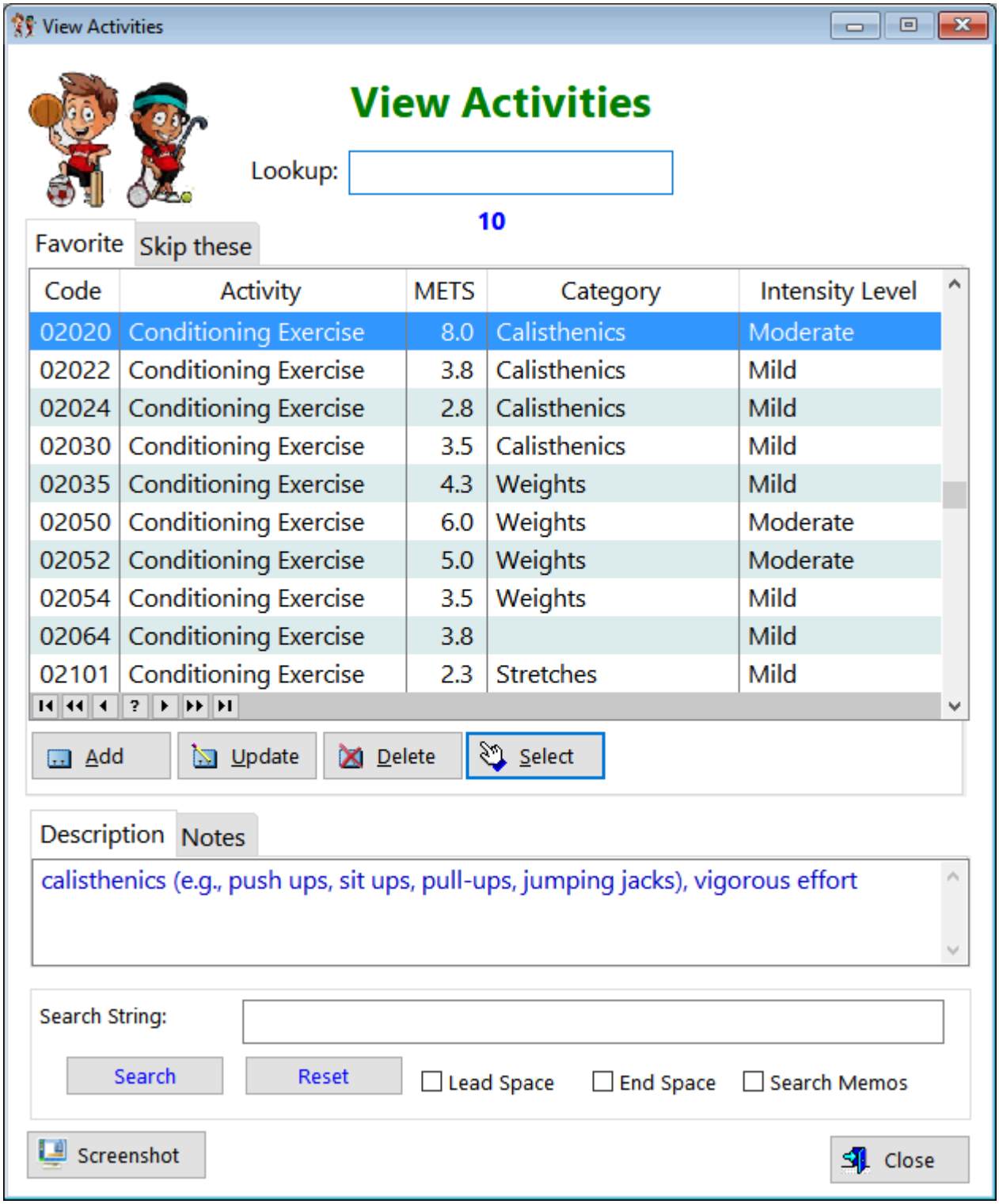


You can reach the programmer Mike McLoughlin at https://sterlingdata.com

HelpID: About

Activities

The Activities window displays virtually every type of exercise you could want to do. It's derived from the 2011 Compendium of Physical Activities.



Code - Displays the code used in the Compendium
Activity - Displays the name of the activity
METS - Displays the numerical value of the exercise

Category - Displays the particular group of the exercise
Intensity Level - Displays the quantity of energy consumed in the exercise

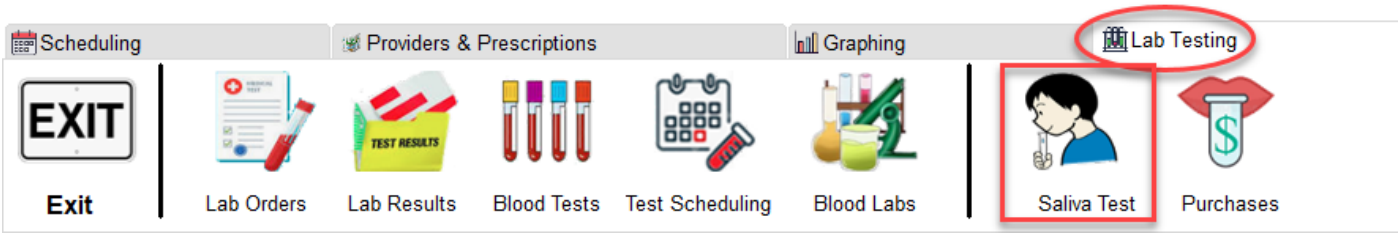
See also...

- UpdateActivity

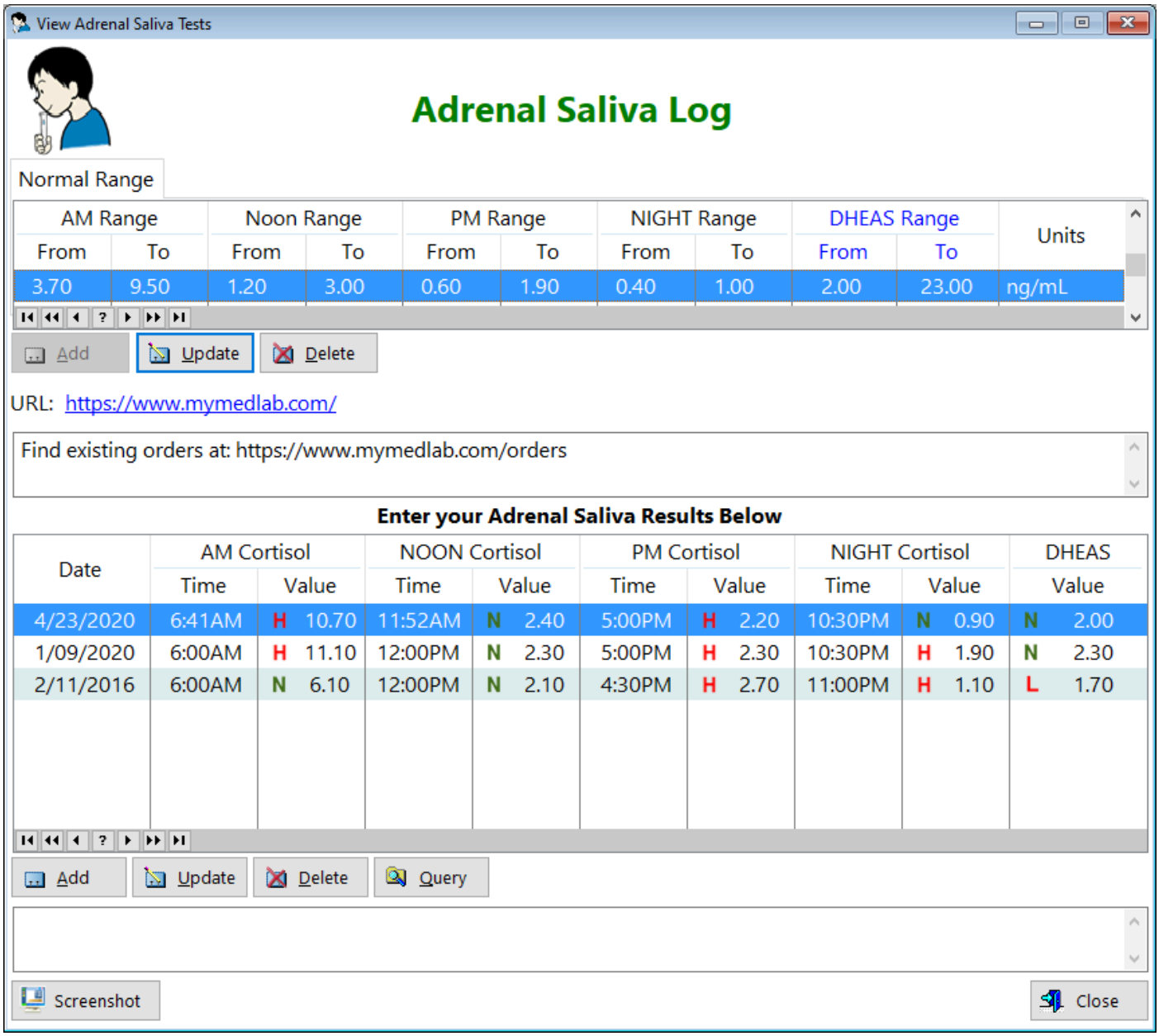
HelpID: Activities

Adrenal Saliva

You can find the Saliva Test module under the Lab Testing tab



The Adrenal Saliva window enables you to track your free cortisol records.



Normal Range - You can choose to enter the ranges as described by the lab or place what you consider optimal ranges in the fields.
The upper part of the screen contains tabs for the normal and optimal range values. You can set these values based on the data you receive from the lab that performs the testing.

AM Range - Displays the range for your morning salivary cortisol level
Noon Range - Displays the range for your noon salivary cortisol level
PM Range - Displays the range for your afternoon salivary cortisol level
Night Range - Displays the range for your evening/bedtime salivary cortisol level
DHEAS Range - Displays the range for your DHEAS level
Test Units - Displays the concentration
Notes - Displays any notes you may have added
URL - This displays a clickable link to the website you order your cortisol saliva kits from.

Enter Your Adrenal Saliva Results Below

Each time you acquire a cortisol saliva kit (4 vials) you can enter the data in this table.
The *most recent date* will be displayed at the TOP.
Date - Displays the date you captured your saliva into that small vial
AM Cortisol - Displays the morning time you placed on the vial and the value from the lab
NOON Cortisol - Displays the noon time you placed on the vial and the value from the lab
PM Cortisol - Displays the afternoon time you placed on the vial and the value from the lab
NIGHT Cortisol - Displays the evening/bedtime time you placed on the vial and the value from the lab
DHEAS - Shows your value for the record selected
Query - Click this button when you want to evaluate 2 or more records' data

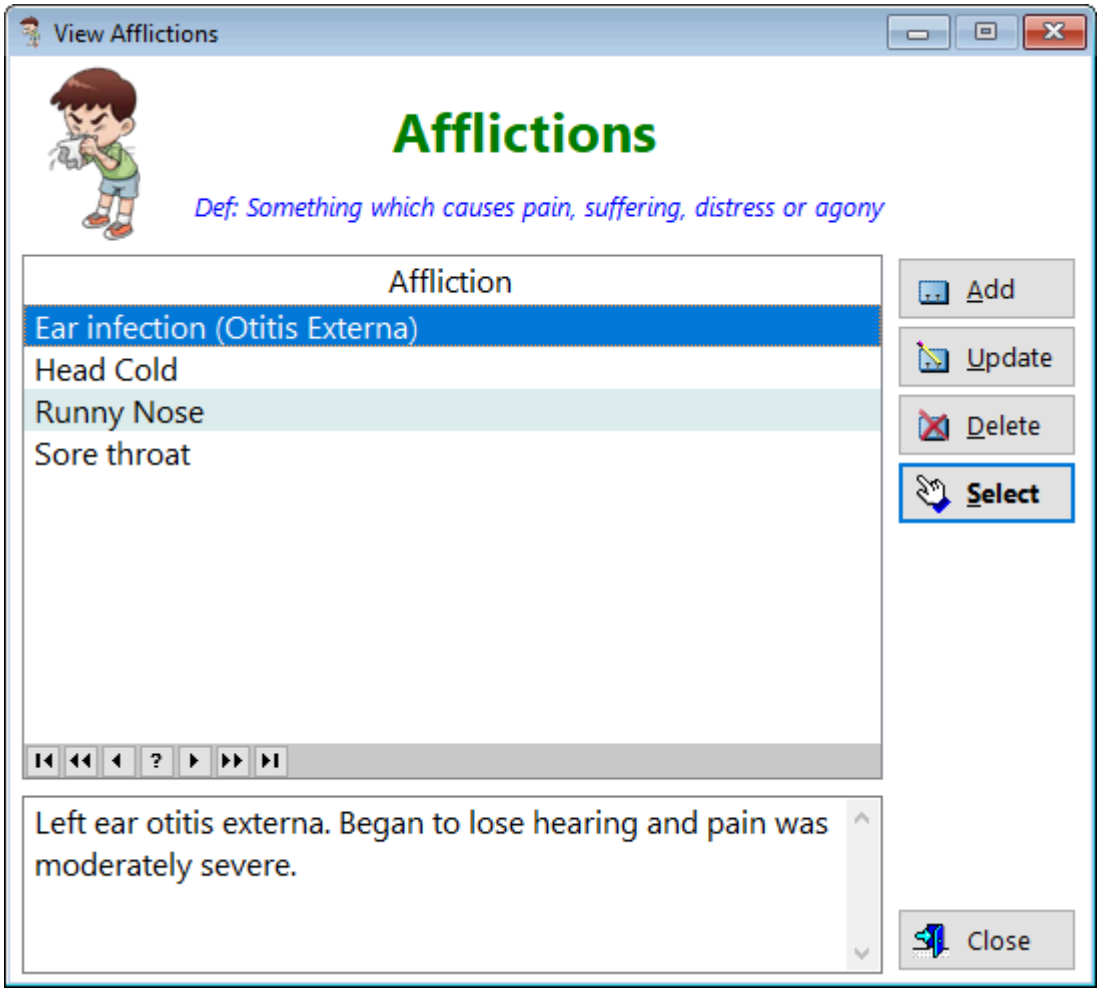
See also...

- UpdateAdrenalSaliva
- UpdateSalivaTests

HelpID: AdrenalSaliva

Affliction Log

The Afflictions screen enables you to enter any illness or injury that you've experienced.



Affliction - Name of the condition you're experiencing

Add - Click this button to enter a new record
Update - Click this button to make changes to an existing record
Delete - Click this button to remove an existing record
Select - This button shows up when the information is being used as a pick table

By definition, an affliction is something which causes pain, suffering, distress or agony.
Therefore, an illness, like a cold, is an affliction, but it can be other things as well. The *Afflictions* table is a pick table, which is where you can enter what causes your suffering.

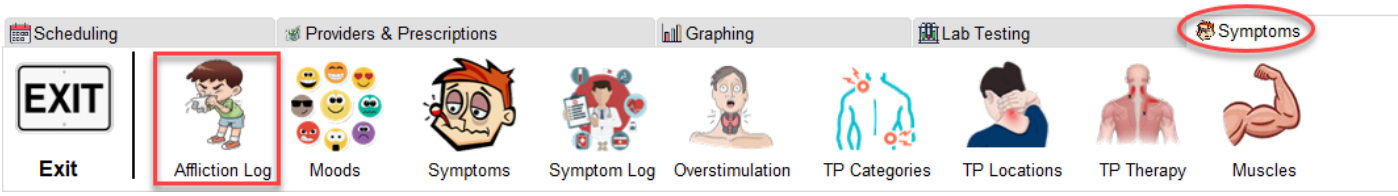
See also...

- UpdateAffliction

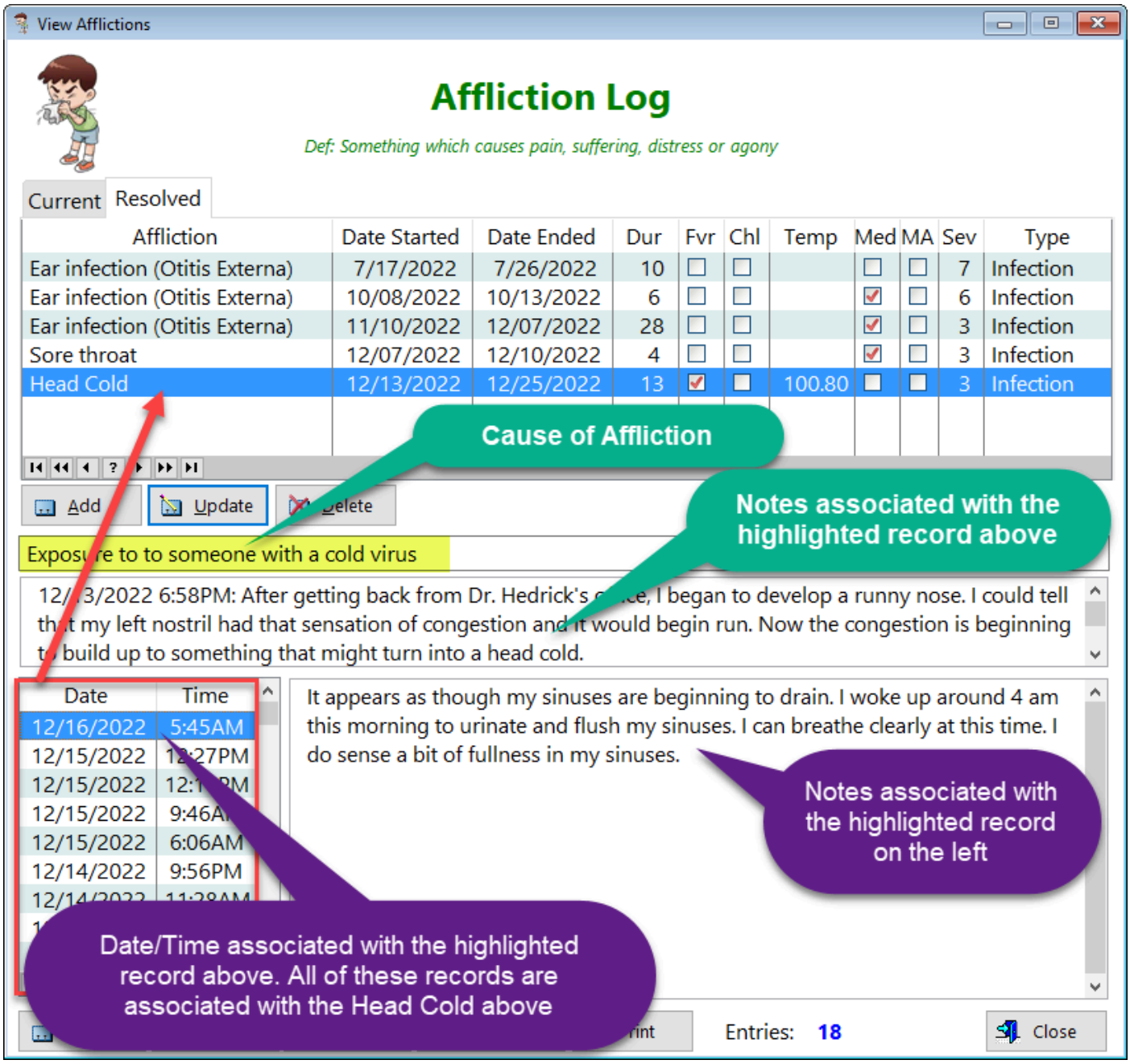
HelpID: Affliction

Affliction Log

You can find the Affliction Log under the Symptoms tab



The Affliction Log enables you to track any illness or injury that you've experienced and track it from beginning to end.



Affliction - displays the condition you're experiencing
Date Started - Displays the date where you first began to notice a problem
Date Ended - Displays the date where you concluded the affliction was resolved

Dur - Displays the duration you experienced the affliction
Fvr - Displays a checked box if you determined you had a fever
Chl - Displays a checked box if you determined you had chills
Temp - Displays the temperature you recorded
Med - Displays a checked box if you used medications to treat the affliction
MA - Displays a checkbox if you went to seek medical care for this affliction
Sev - Displays the severity of the affliction based on your own perception
Type - Displays the type of affliction.

Cause of Affliction - Field directly below listbox. In the example above, the response was 'Unknown'
Notes - Field directly below Cause of Affliction

Date/Time - Displays records associated with the highlighted record on the listbox.
Notes - Displays comments made regarding the specific highlighted record on the left side

Print - You can highlight a record and print it out as a report

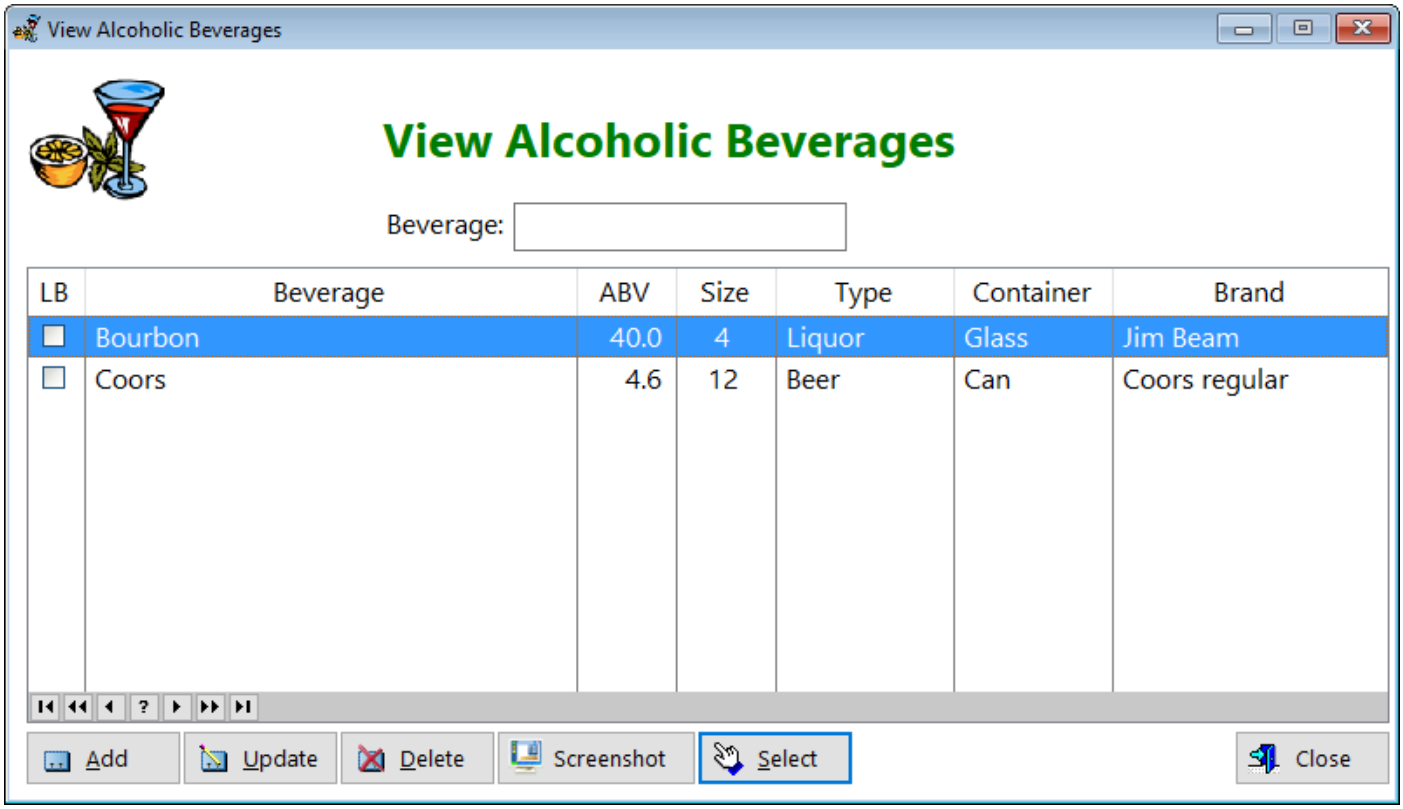
See also...

- PrintAfflictionLog
- UpdateAfflictionLog
- UpdateAffLogDetail

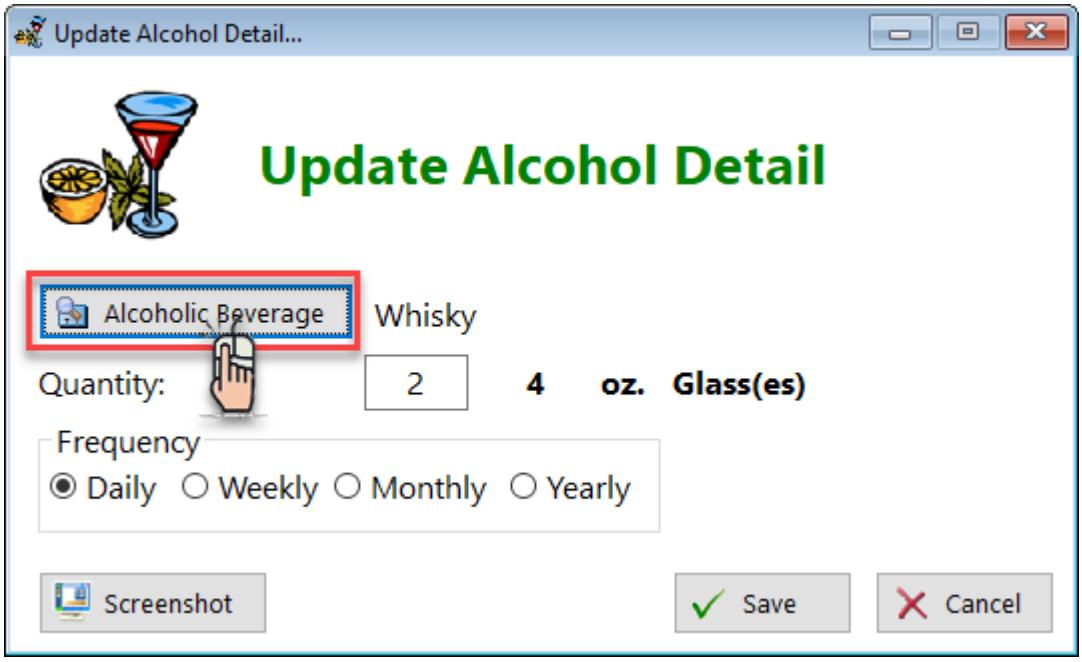
HelpID: AfflictionLog

Alcoholic Beverages

The Alcoholic Beverages screen is a pick table where you can enter various kinds of distilled liquors, beers, wines, etc.



You can access the Alcoholic Beverages table by clicking on the Alcoholoic Beverage button:



LB - Light Beer
Beverage - The name of the alcoholic drink

ABV - The percent of alcohol-by-volume
Size - The amount in the container or drink poured
Type - Beer, Wine, Liquor
Container - How the drink is stored when purchased
Brand - The specific type of drink. In the example, bourbon is the beverage and the specific brand is Jim Beam. It's a whiskey.

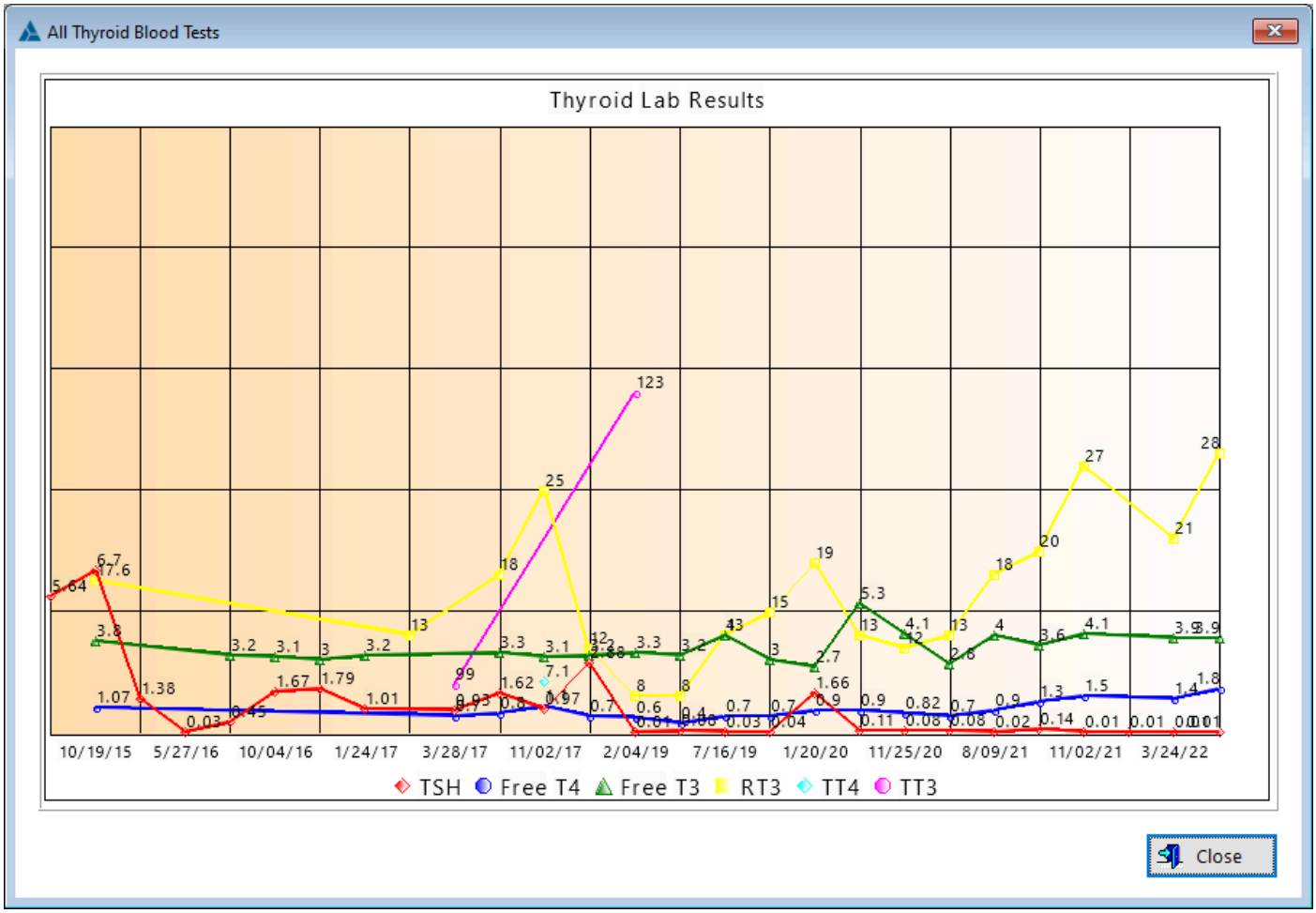
See also...

- UpdateAlcoholBeverage

HelpID: AlcoholBeverages

All Thyroid LabTests

The graph below plots out 6 possible thyroid blood tests, three of which are the most common and
necessary for making a determination of thyroid function *from a blood test perspective.*

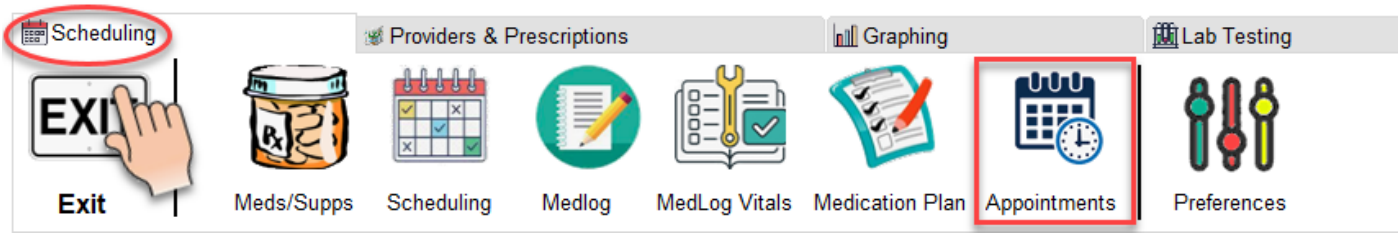


If you were to actually get all of the possible thyroid blood tests shown in this graph,
it would be quite busy. It is expected that you'll most likely only get the TSH, FT4 and FT3 tests.

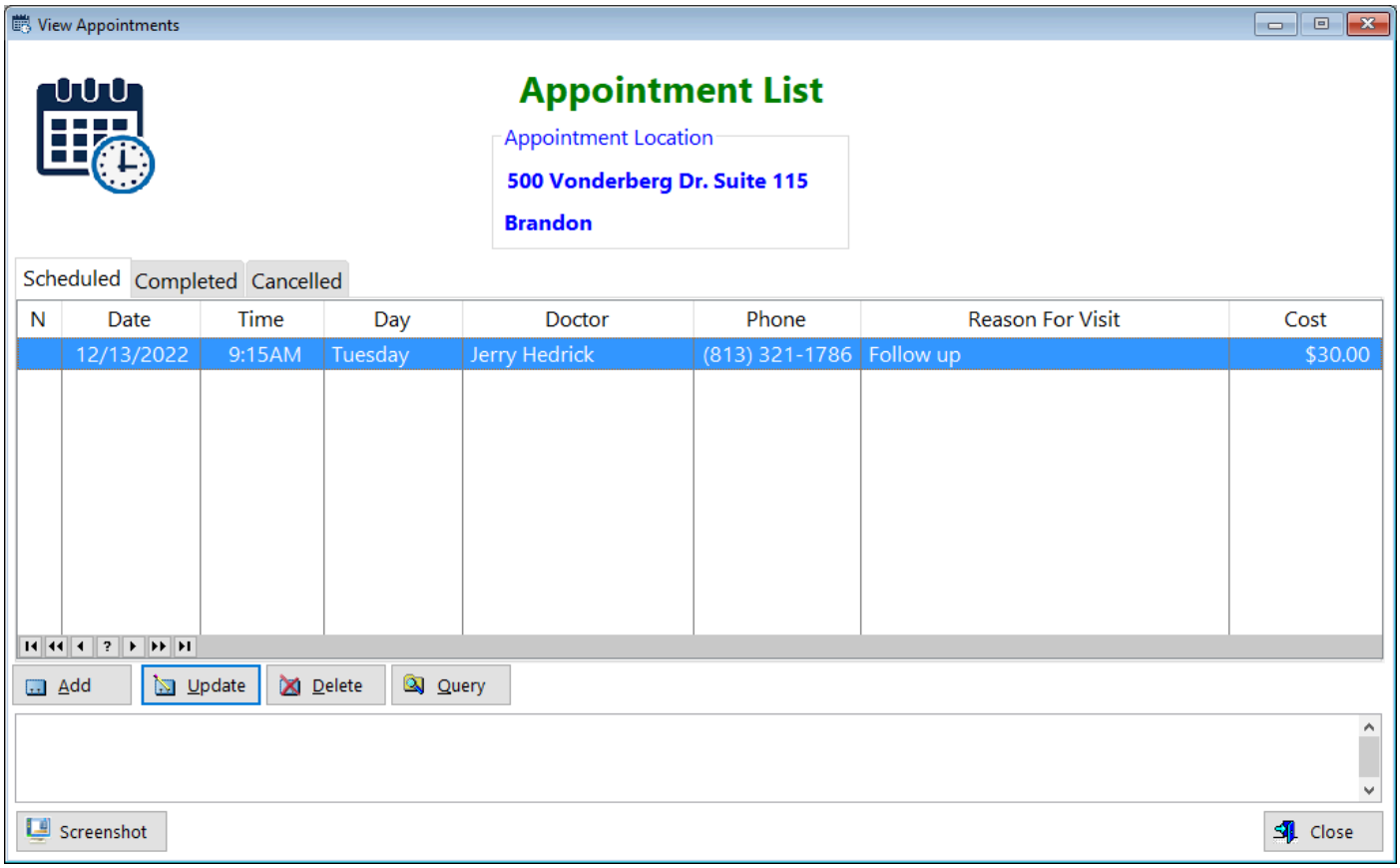
HelpID: AllThyroidLabTests

Appointments

You can find the Appointments module under the Scheduling tab

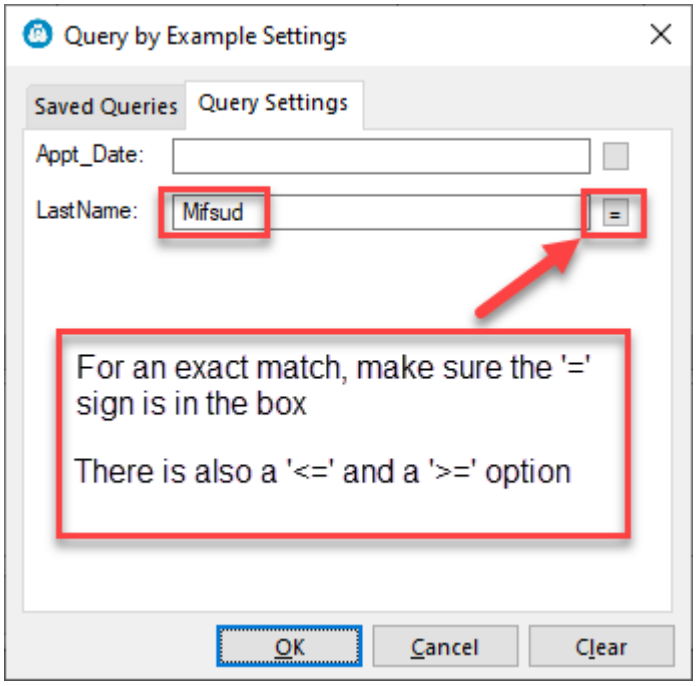


You'll be able to enter all of your doctor's appointments below:

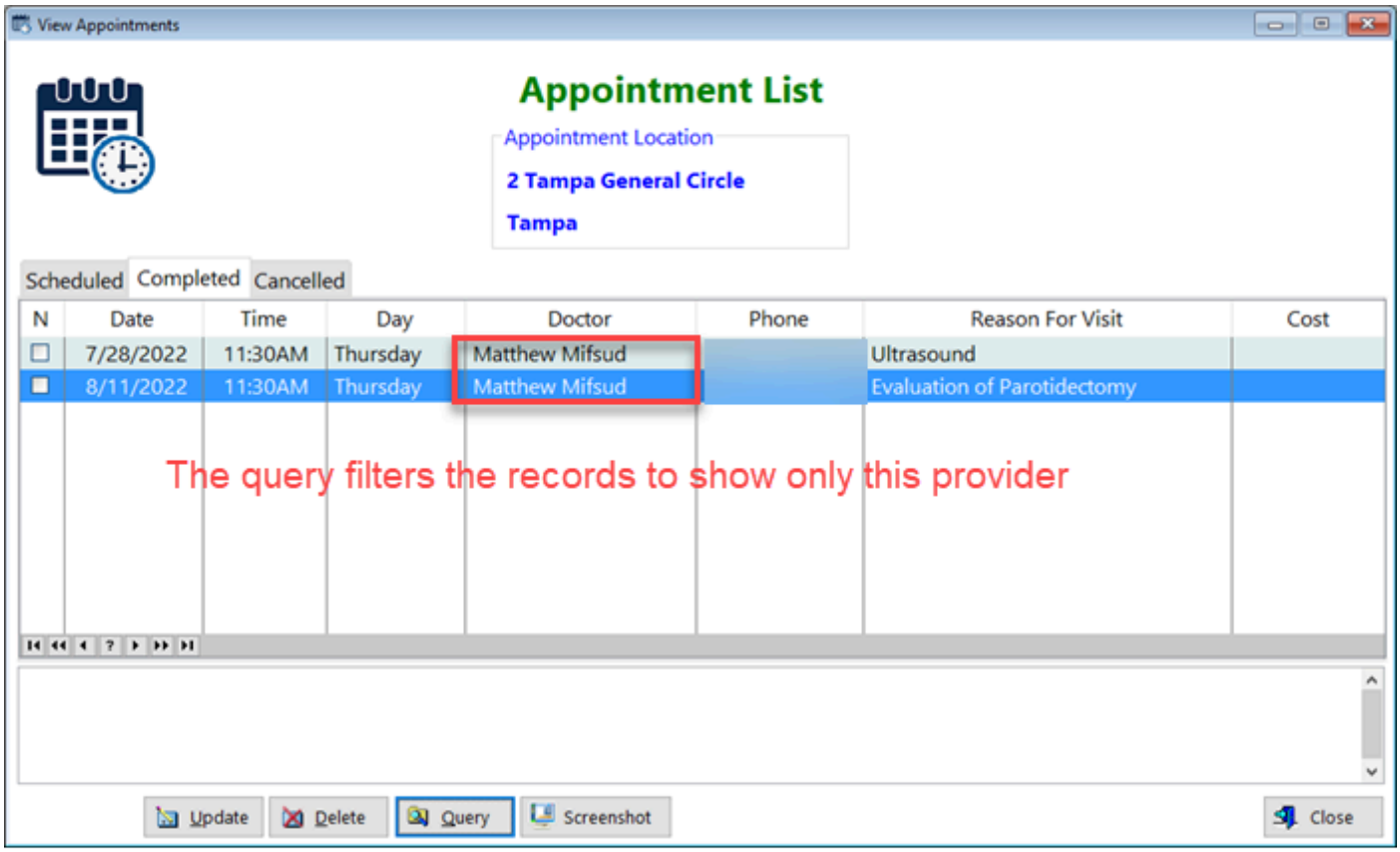


N - Displays that you've entered notes for this record
Date - Displays the date of your appointment
Time - Displays the time of your appointment
Doctor - Displays your provider
Phone - Displays the phone number of your provider
Reason For Visit - Displays a short comment about the visit
Cost - Displays the cost of the appointment

Query window



Appt_Date - Enter in (exactly) the appointment date, press the **TAB** key
LastName - Enter in the last name of the provider, press the **TAB** key



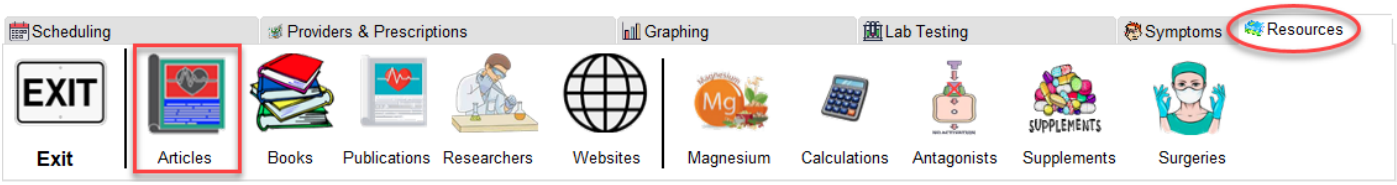
See also...

- UpdateAppointment

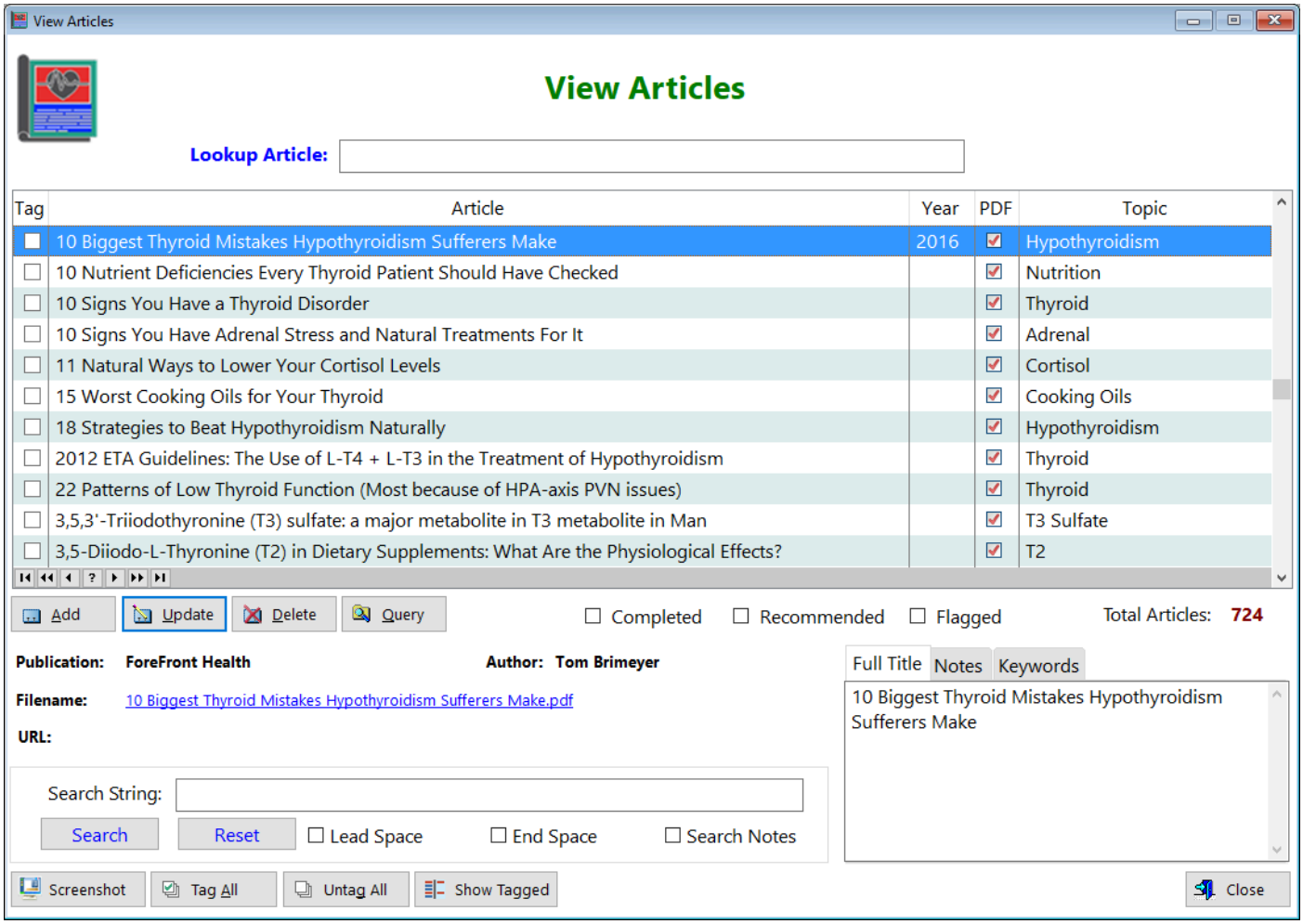
HelpID: Appointments

Articles

The Articles module is located under Resources:



The Article List contains over 700 articles (and growing) on a number of thyroid-related topics.



Tag - This column enables you to tag records
Article - Displays the name of the article
Year - Displays the year the article was published
PDF - Indicates that the article is in pdf form
Topic - Displays the category of the article

Publication - Displays where the article was published
Filename - Displays what the file is called in the Articles folder. This is a clickable link.

URL - Displays the web location of the article, in case you want to read it online. This is a clickable link.

Completed - Click this checkbox to see which articles you've finished reading
Recommended - Click this checkbox to see a filter of the articles recommended for reading
Flagged - Click this checkbox to see a filter of articles that are under review for accuracy, validity, etc.
Screenshot - Click this button to make a screenshot of the current window (for support purposes)
Tag All - Click this button to tag every record
Untag All - Click this button to untag every record
Show Tagged - Click this button to toggle showing which records are tagged, then which aren't tagged

Full Title - This tab shows the full title of the article (some are very long and don't fit neatly into an entry field)
Notes - This tab shows notes made regarding the article
Keywords - This tab shows keywords related to the article

Search String - This box enable you to search an entire record for a particular keyword

Although all of the articles are in PDF form in a folder (Articles), you can choose to read the article online if the URL field shows a link.

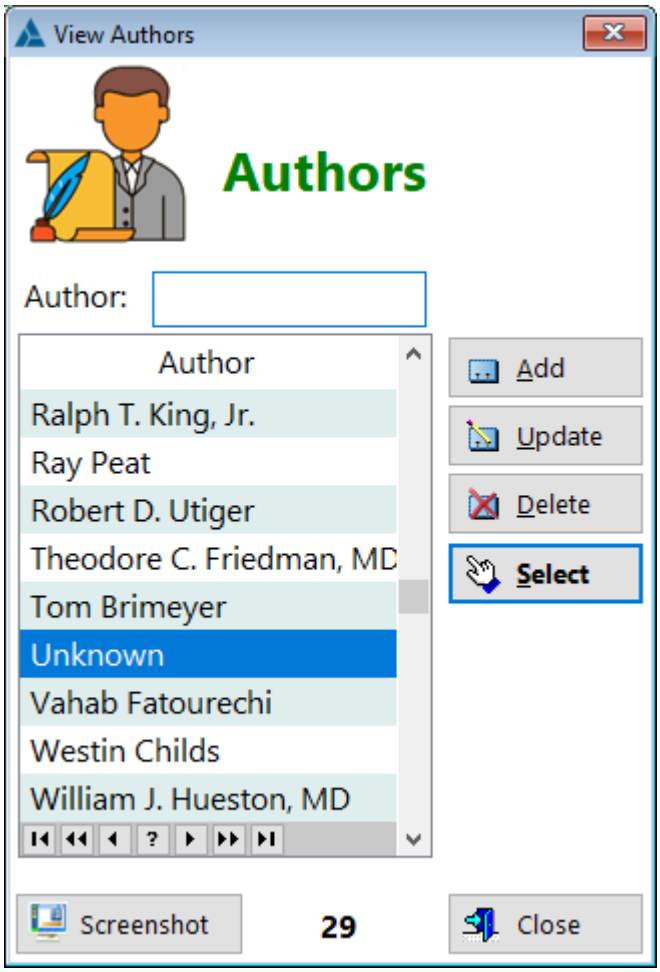
See also...

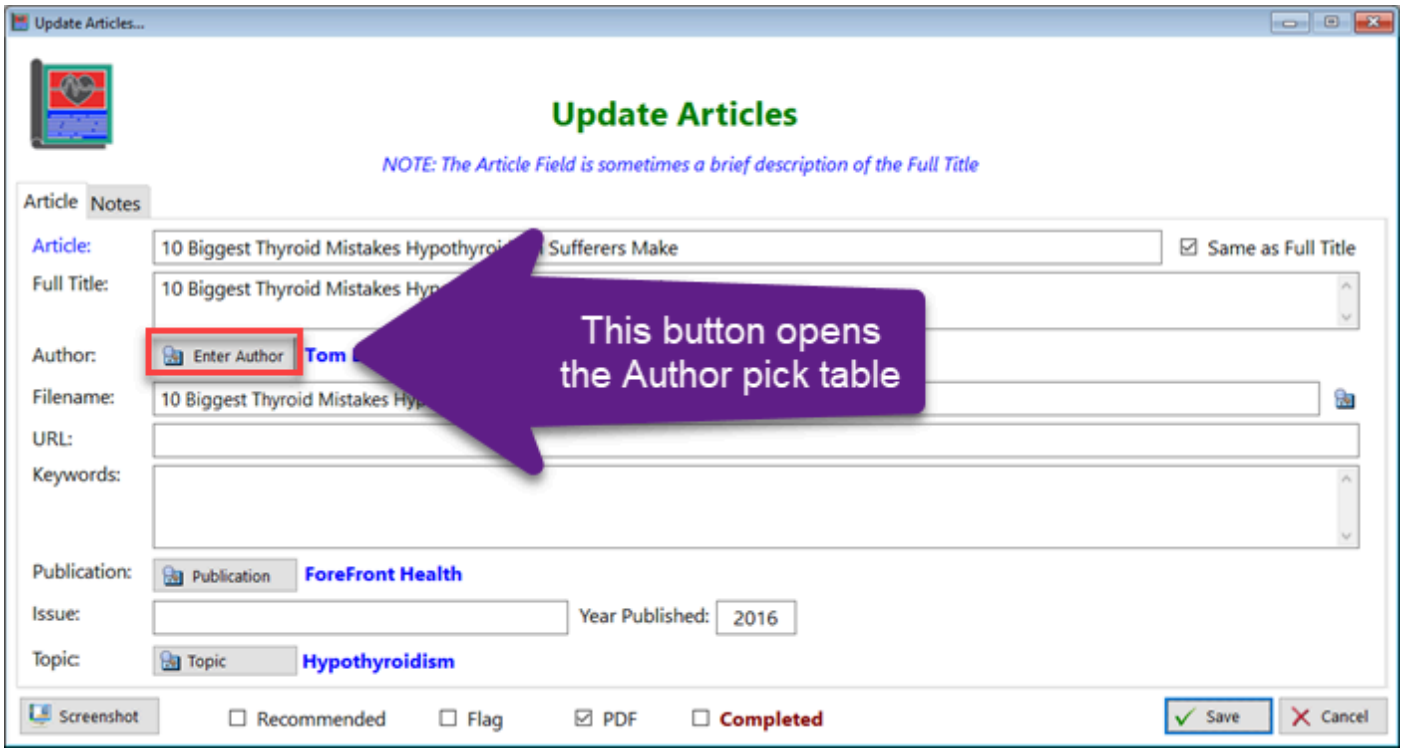
- UpdateArticles

HelpID: Articles

Authors

The Authors table is a pick table for the Articles module located in the update form





Author - Contains one field which is the author's name

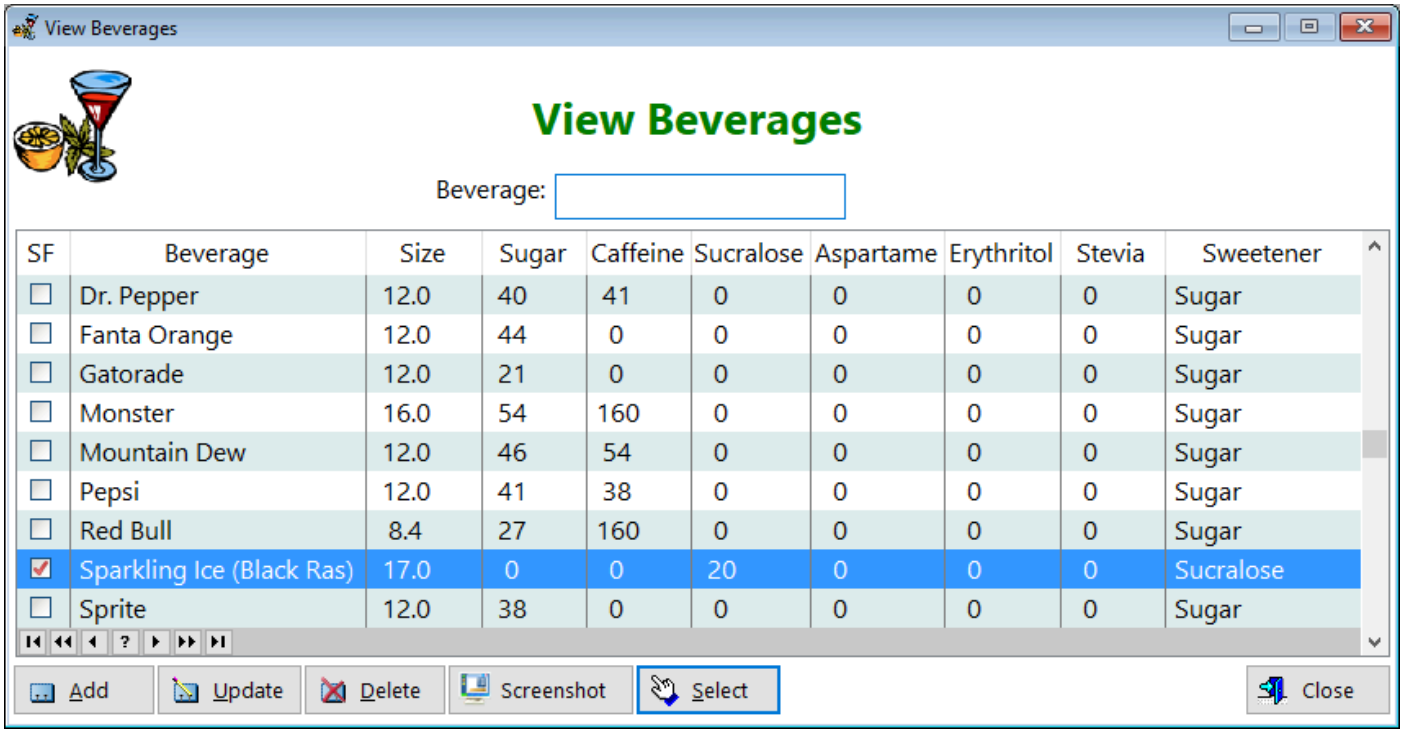
See also...

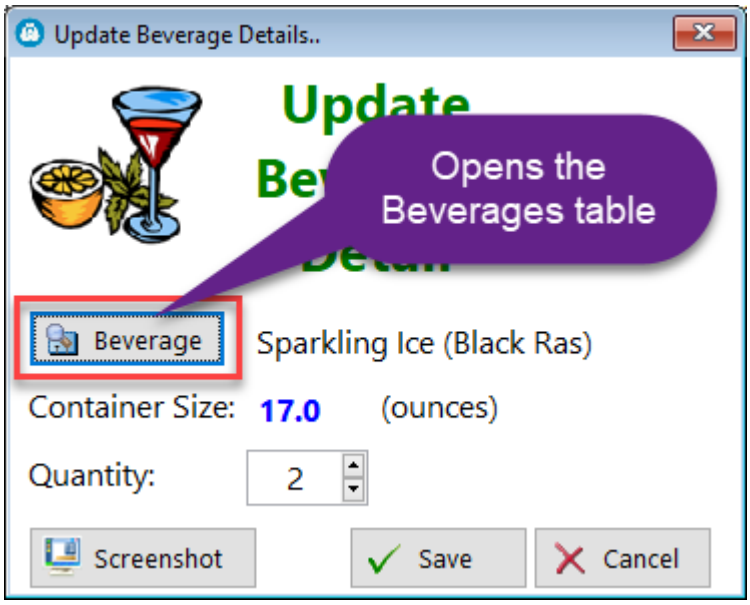
- UpdateAuthors

HelpID: Authors

Beverages

The Beverages module is a pick table that shows a list of soft drinks. It's located in the Medical





SF - Sugar Free
Beverage - The name of the soft drink
Size - The amount in one container
Sugar - Indicates the amount of sugar, in grams, contained in one 12 ounce container
Caffeine - Indicates the amount of caffeine, in milligrams, in one container
Sucralose - Indicates the amount of sucralose, in milligrams, in one container
Aspartame - Indicates the amount of aspartame, in milligrams, in one container
Erythritol - Indicates the amount of erythritol, in milligrams, in one container

Stevia - Indicates the amount of stevia extract, in milligrams, in one container
Sweetener - Indicates the primary type of sweetener found in this soft drink

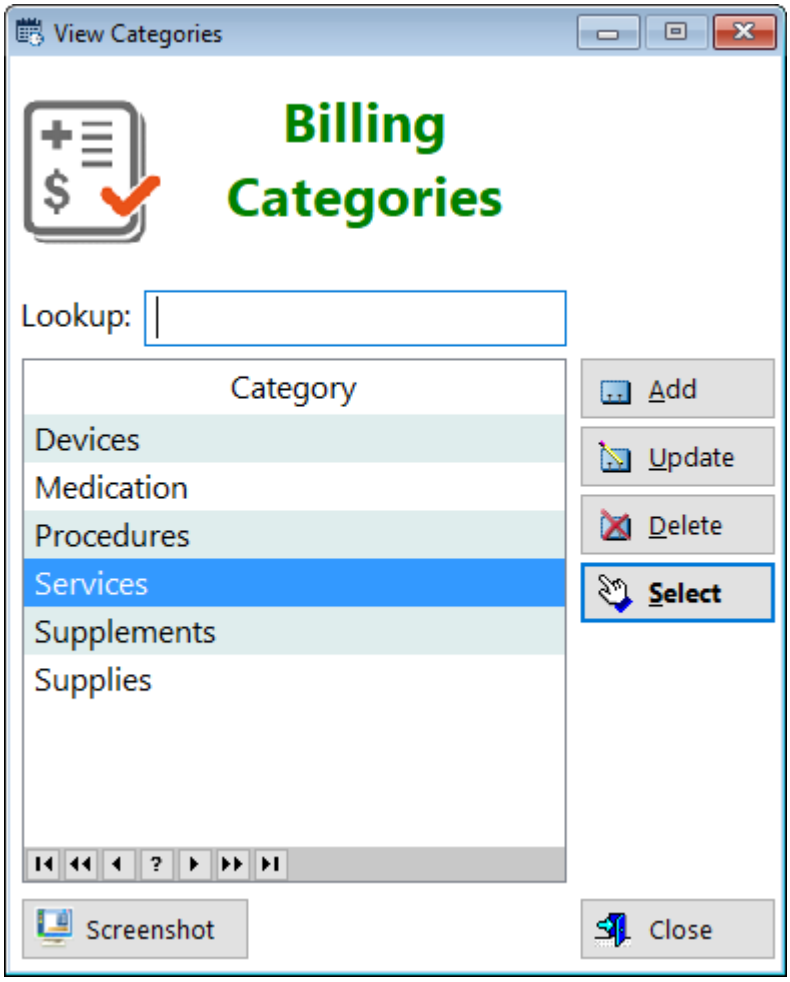
See also...

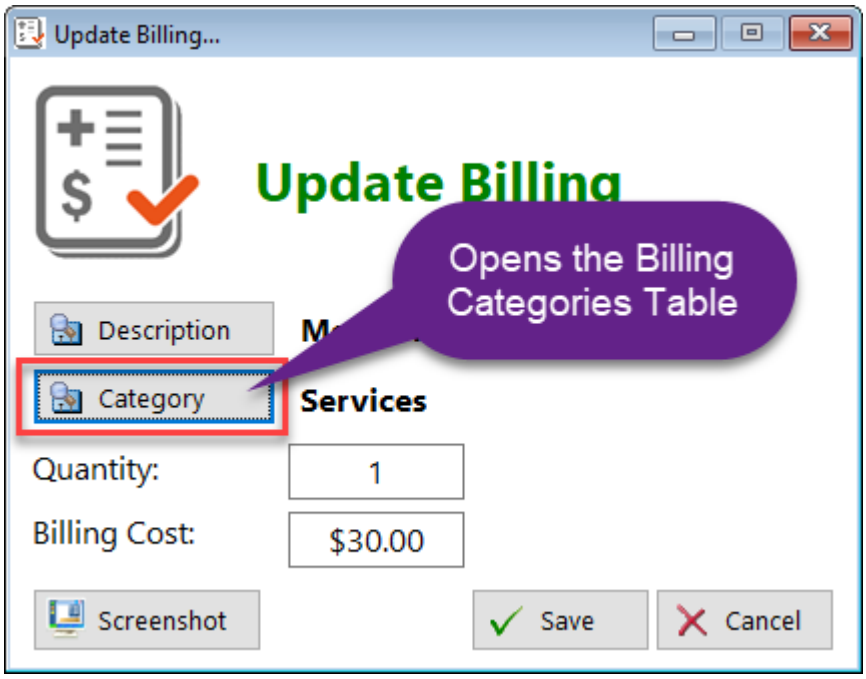
- UpdateBeverages

HelpID: Beverages

Billing Categories

The Billing Categories module is a pick table for use with the appointments module





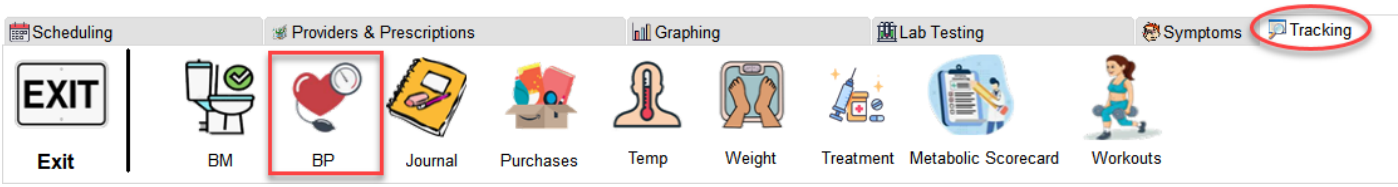
Category - Displays the name of the category

In this screen you can see some examples of categories associated with an appointment

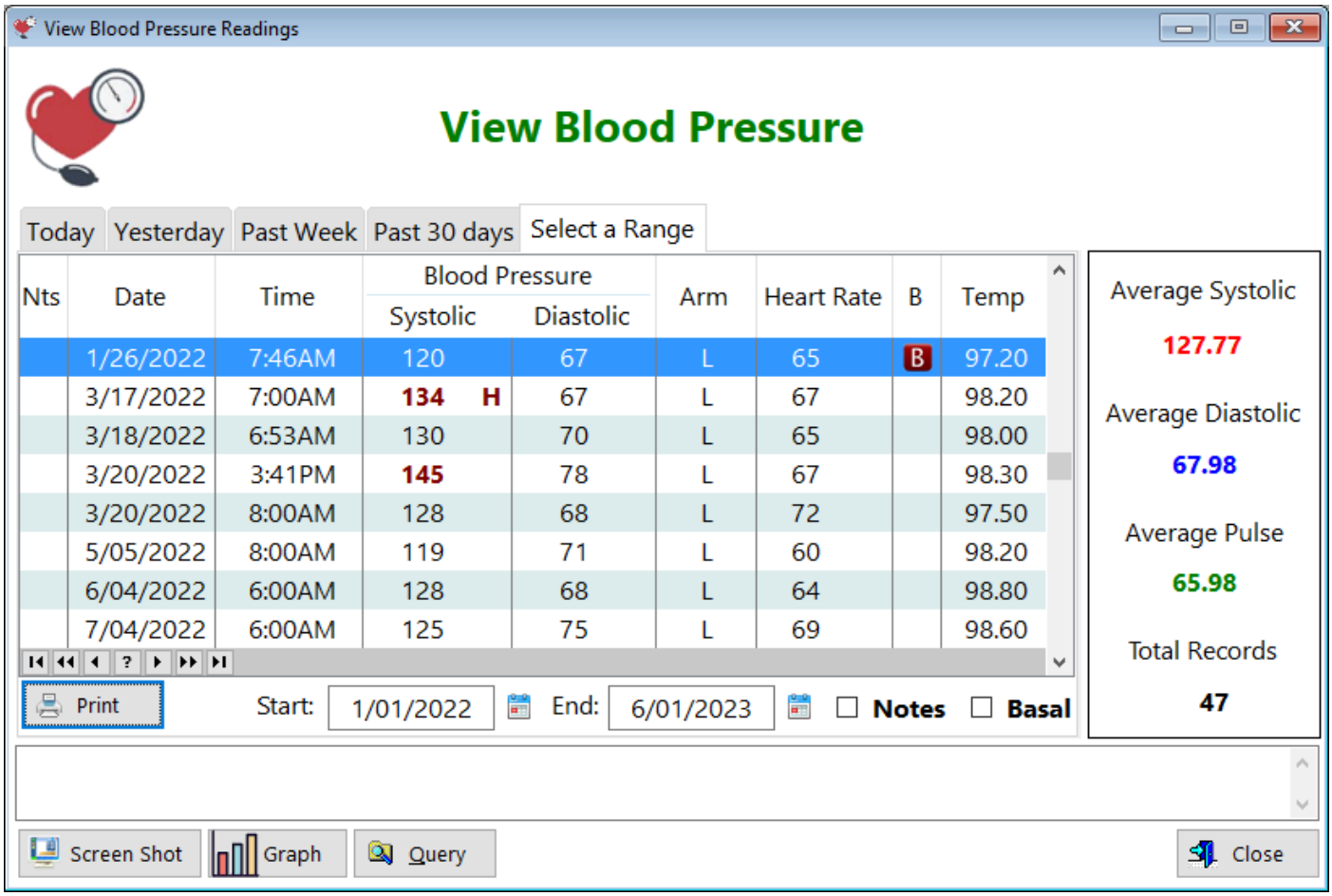
HelpID: BillingCategories

Blood Pressure

You can find the Blood Pressure module under the Tracking tab



This module enables you to track your blood pressure. It will even calculate your average systolic, diastolic and heart rate.



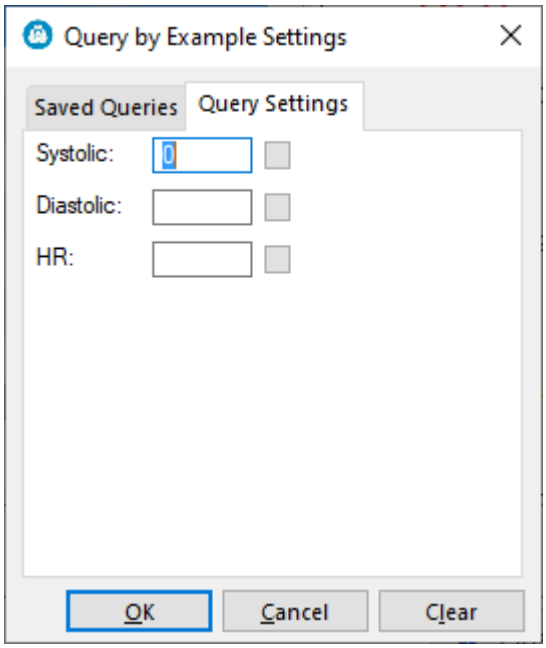
Nts - Displays when you've entered notes in a record
Date - Displays the date when you recorded your blood pressure
Time - Displays the time you recorded your blood pressure
B - Basal Temperature if an icon is displayed
Temp - Body temperature
Select a Range - This **tab** enables you to select a range of dates. You must fill in both Start and End to see the records you've selected.
Start - Enter in a starting date
End - Enter in an end date

Notes(checkbox) - Check this box to filter all the records you entered notes into

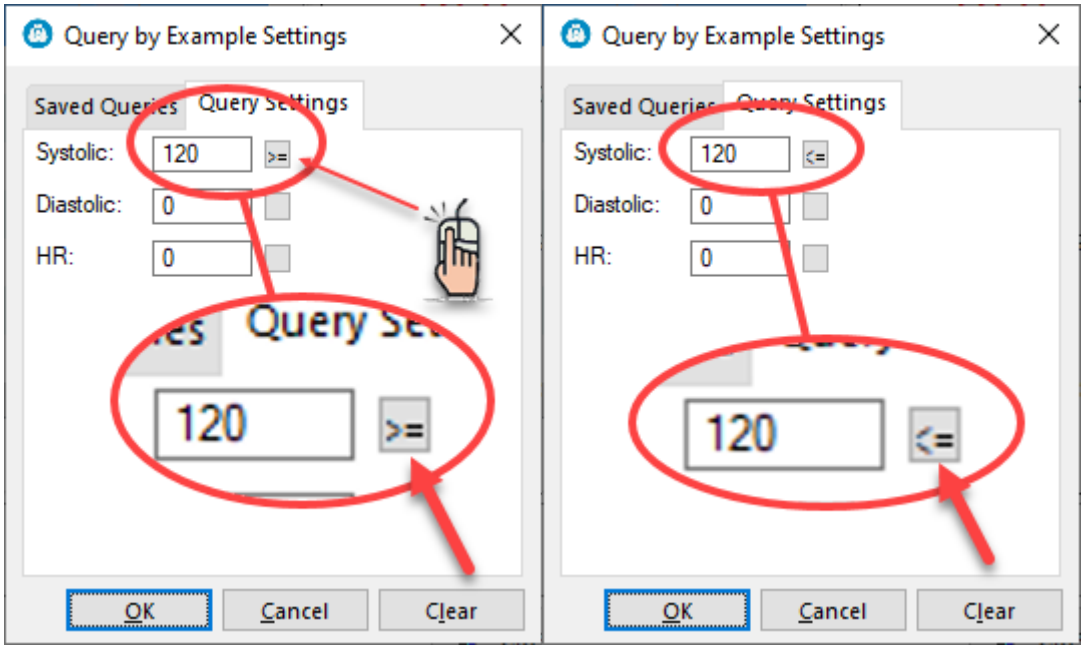
Basal(checkbox) - Check this box to filter all the records that had basal temperature readings

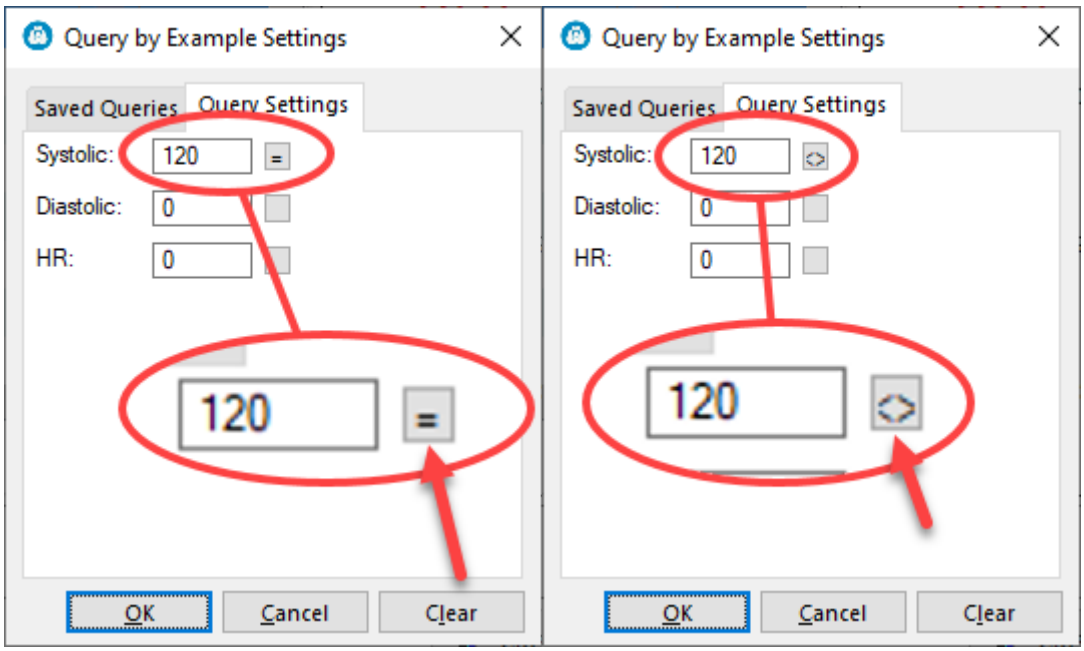
Average Systolic - Calculation of your average systolic pressure, based on the number of records selected
Average Diastolic - Calculation of your average diastolic pressure, based on the number of records selected
Average Pulse - Calculation of your average heart rate, based on the number of records selected
Total Records - Totals how many times you've checked your blood pressure, depending on the date range you've selected.

Graph(button) - Displays a graph of ALL your records
Query(button) - Click this button if you want to filter records based on systolic, diastolic and heart rate



Systolic - Type in the number you want to see. For example, if you want to see all records where your systolic pressure was above 130, enter 130 into the box, then press the TAB key. You'll see an '=' sign in the little box. Press OK to see the results. You can also query >= and <= by clicking directly on the little box to the right of the entry field.
Diastolic - Type in the number you want to see for diastolic. Same goes as systolic
HR - Type in the number you want to see. Same goes as the above two.





Most of the time, you'll want to use >= or <=

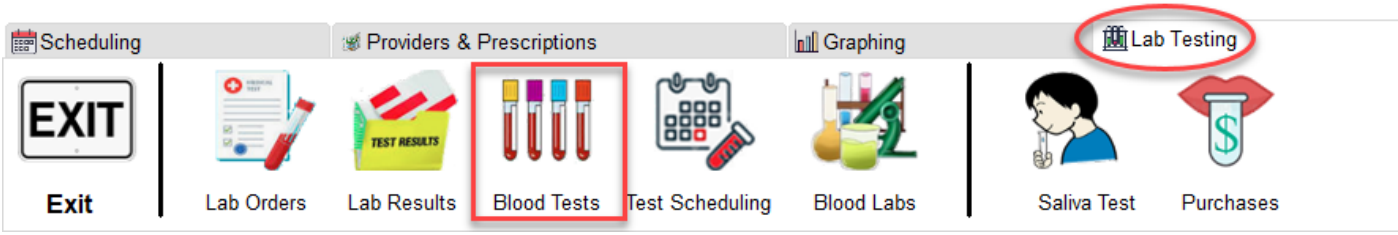
See also...

- GraphBloodPressure
- PrintBloodPressure
- UpdateBloodPressure

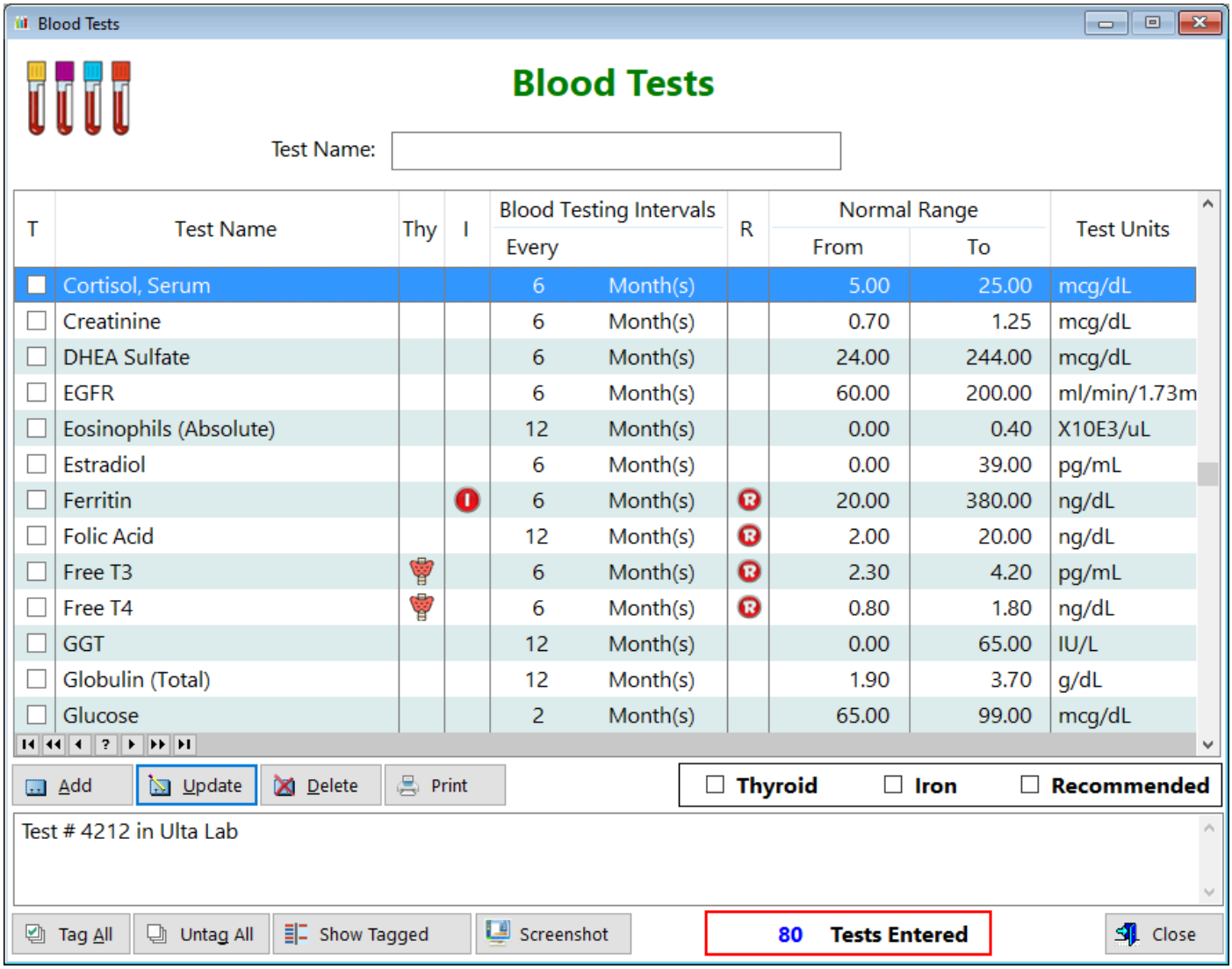
HelpID: BloodPressure

Blood Tests

You can locate the Blood Tests module under the Lab Testing tab



The Blood Tests Screen holds all of the blood tests that you will eventually have performed. You can set schedules for each one for different intervals.
You place your blood test names in this listbox. You only have to do it once as it's a pick table



T - This column enables you to tag individual records
Test Name - Displays the name of the blood test
Thy - Displays whether this record is a thyroid test

I - Displays if this test is part of the iron panel (consisting of Serum Iron, Ferritin, Total iron binding capacity, Percent saturation)
Blood Testing Intervals - Displays how often you intend to repeat this blood test
R - Displays a checked box if you've selected it to be one of your recommended blood tests.
Normal Range - Displays both the Low and High ranges of the blood test (if applicable)
Test Units - Displays the concentration of the blood test. Different countries use different concentrations
Print - Click this button to print *CHECKED* records

Thyroid - This checkbox will display all thyroid-related tests
Iron - This checkbox will display all iron-related tests
Recommended - This checkbox will display all records that you consider recommended

Untag All - Clicking on this button will untag all records
Tag All - Clicking on this button will tag all records
Show Tagged - This button will toggle between all records tagged, all records untagged
ScreenShot - Use this button to document something on the window (support)

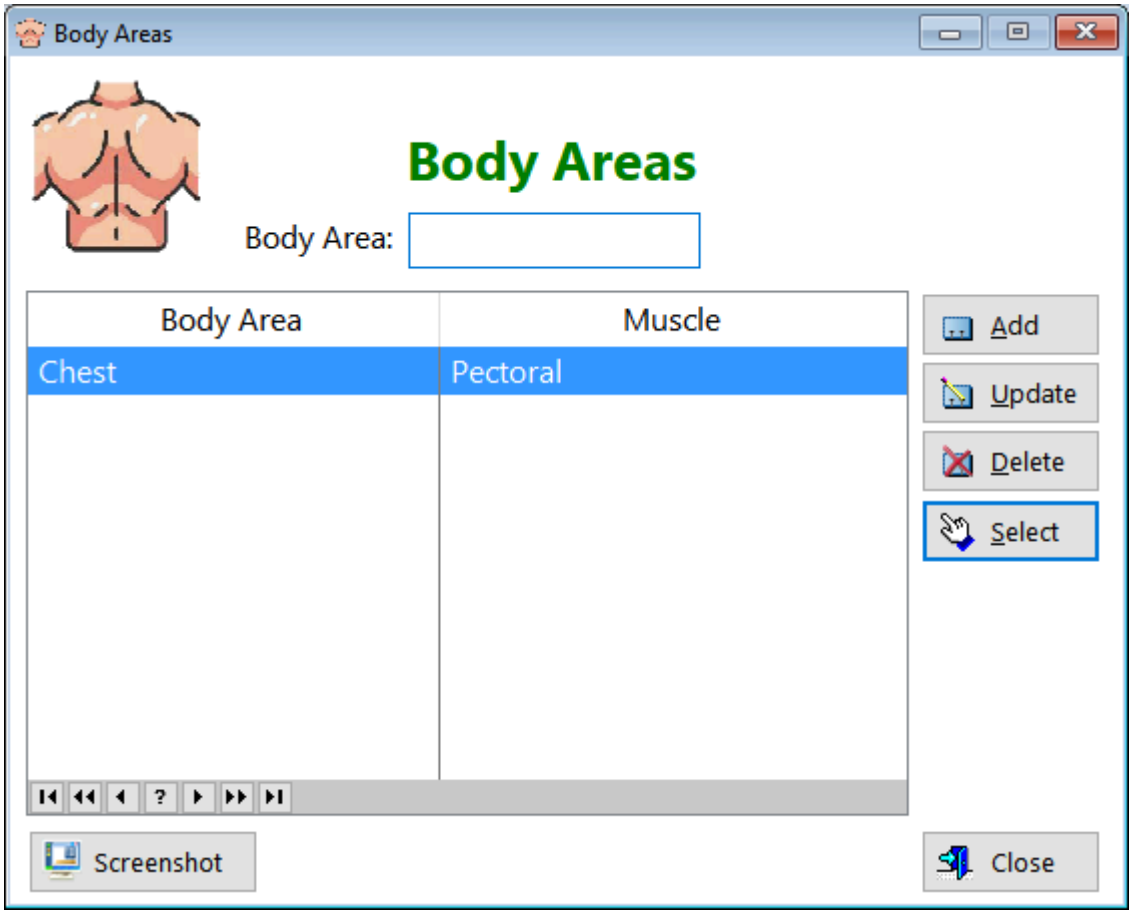
See also...

- UpdateBloodTests

HelpID: BloodTests

Body Areas

The Body Areas module enables you to store the different areas of your body in a table for weight training.



Body Area - Displays the area of the body
Muscle - Displays the muscle affected

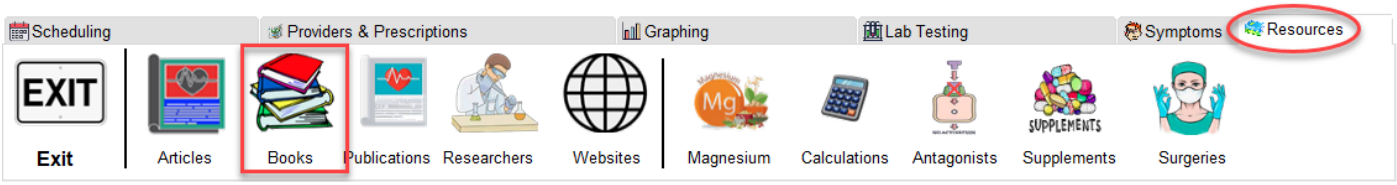
See also...

- UpdateBodyArea

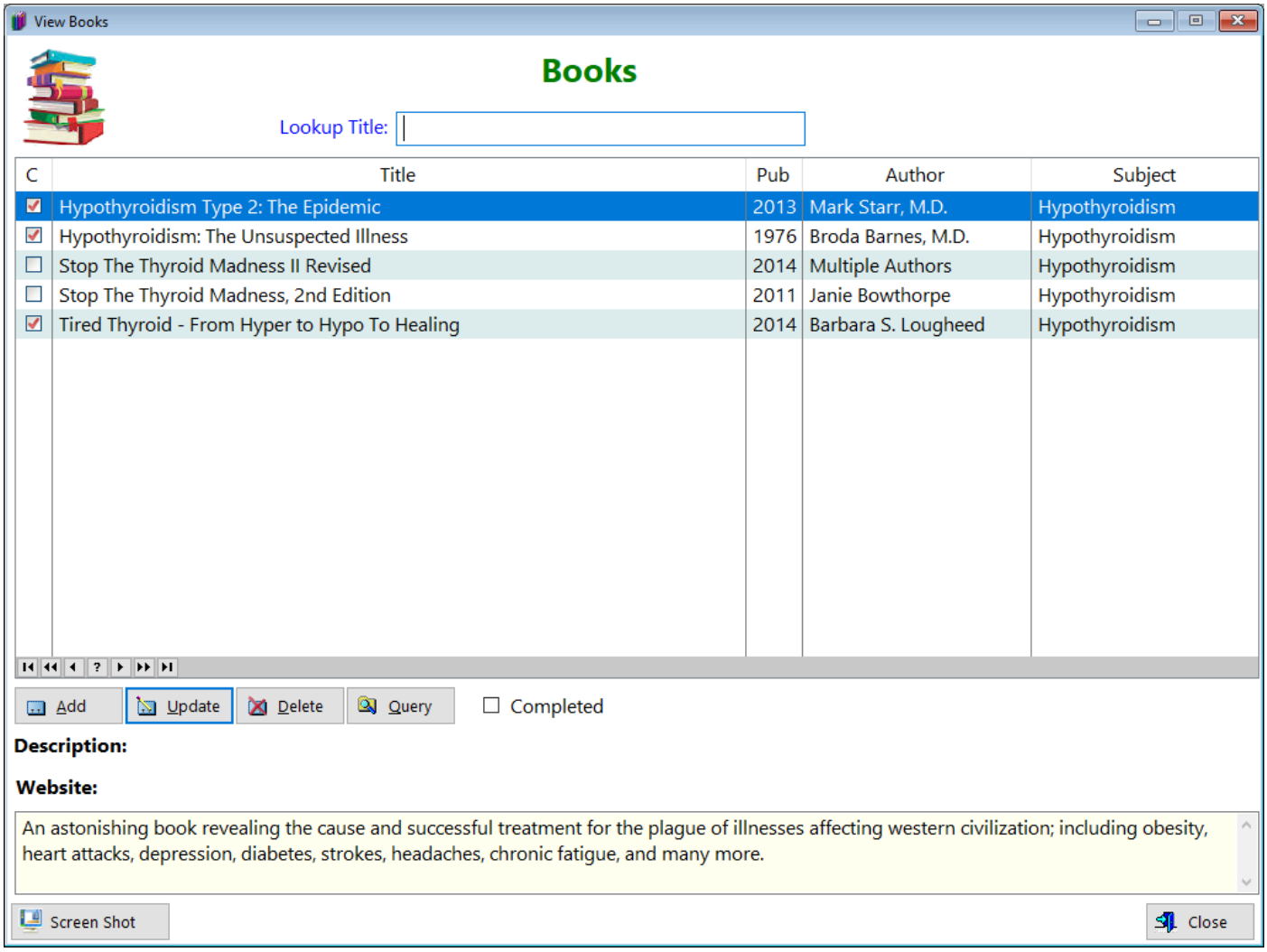
HelpID: BodyAreas

Books

You can locate the Books module under the Resources tab



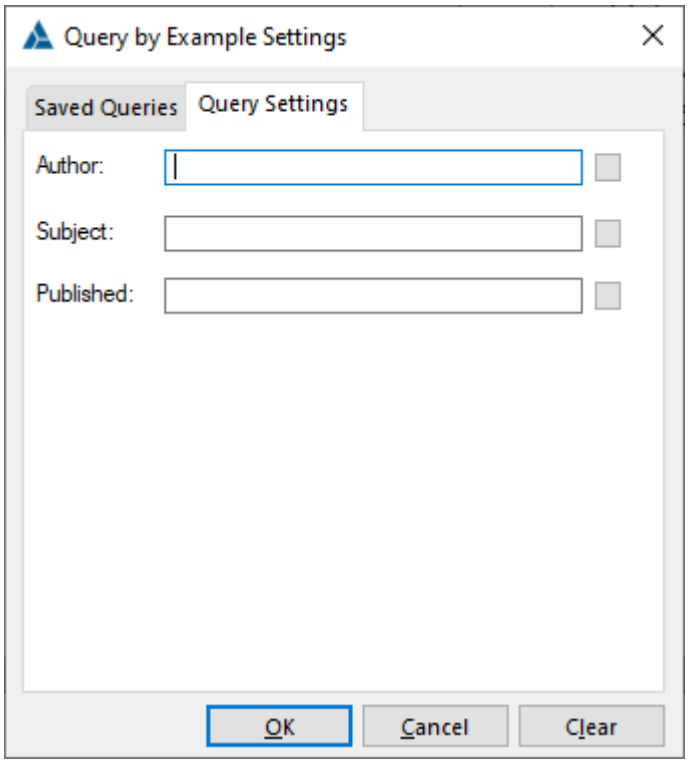
The Books module enables you to keep track of all your health-related and thyroid books. You can also enter books you haven't yet read but intend to.



C - Indicates that you've read the book
Title - Displays the name of the book
Pub - Displays the year the book was published
Author - Displays the name of the author
Subject - Displays the subject of the book
Completed - Clicking this shows only the books you've read. Unchecking it shows all the books
Description - Displays a commentary about the book

Website - Displays the author's website, if they have one.
Notes - Displays any comments you want to make regarding the book

Query - When you click on the query button, you'll see this form. It enables you to enter one or more criteria for the purpose of filtering the records.
For example, if you want to see all the books written by a particular author, just enter the author's name (it has to be exact), press TAB (which will display en equal '=' sign inside the little box to the right) and click OK. Same goes for the **Subject** and the **Published** field.



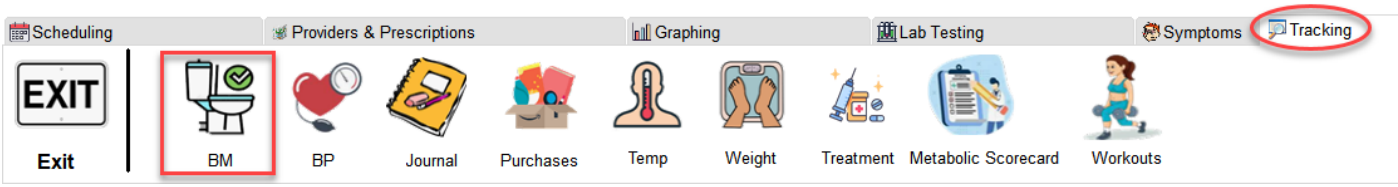
See also...

- UpdateBooks

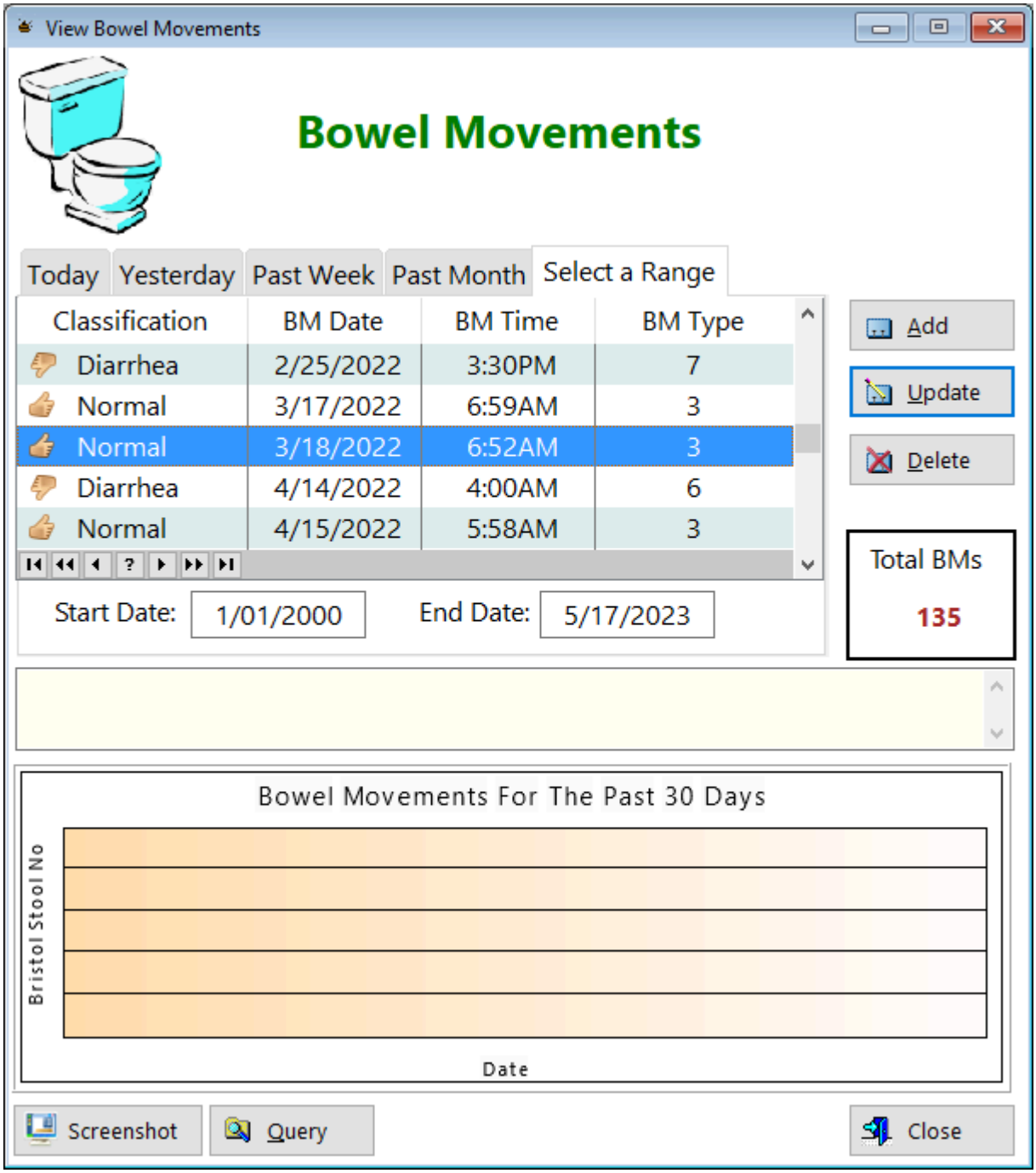
HelpID: Books

Bowel Movements

You can locate the Bowel Movements module under the Tracking tab



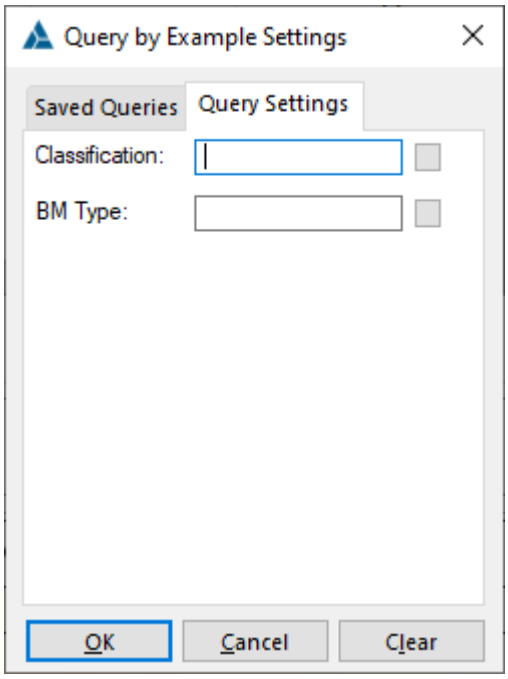
The Bowel Movements table enables you to track an important aspect of thyroid function. Many people with underactive thyroids have an issue with constipation. This is not a pleasant situation but when battling with a doctor who looks you straight in the eye and tells you, "You don't have thyroid problems", you can mention this particular symptom, which you'll have neatly documented and printed out for him.



Classification - Displays 1 of 3 outcomes: Constipated, Normal or Diarrhea
BM Date - Displays the date you had a bowel movement
BM Time - Displays the time you had a bowel movement
BM Type - Displays 1 of 7 criteria based on the Bristol Stool Chart
Select a Range(**Tab)** - You have the ability to sort your data based on a range of dates
Start Date - Enter the date you want to begin collecting data
End Date - Enter the date you want to finish collecting data

Total BMs - Displays a calculation of how many bowel movements you've recorded

Query - Click this button to analyze your records. You can evaluate the Classification (constipated, ect.) and Bristol Stool Type



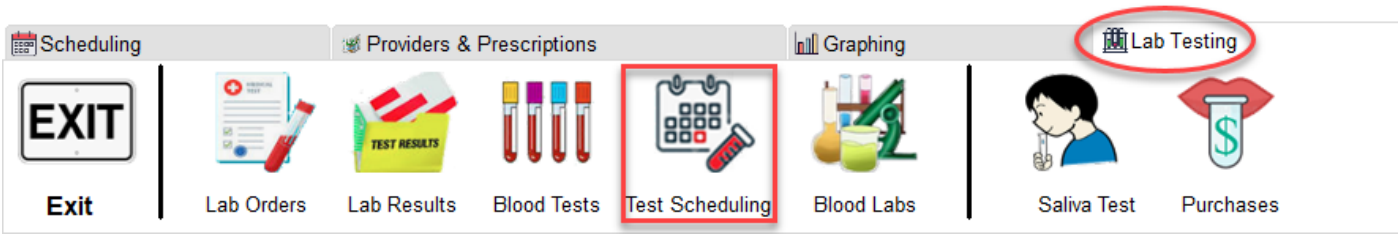
See also...

- UpdateBowelMovements

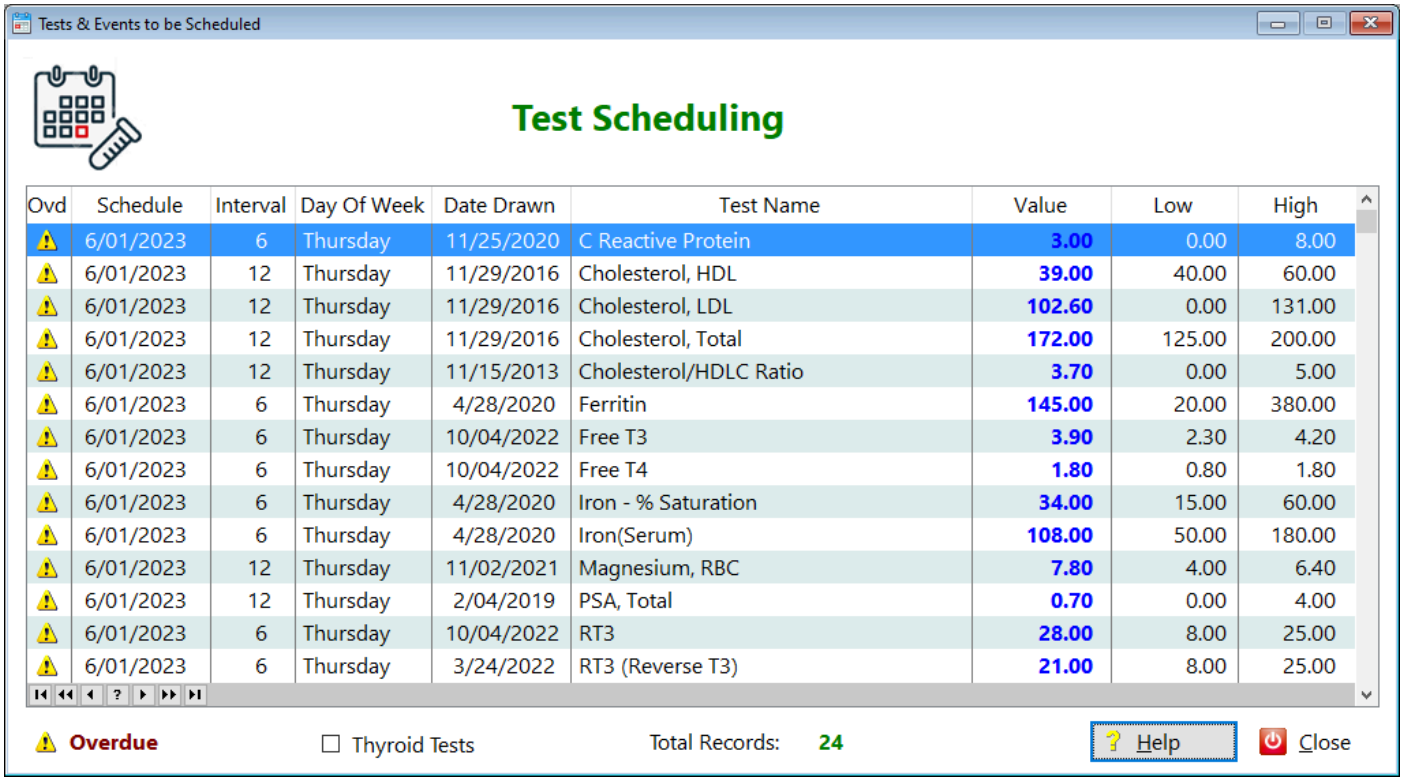
HelpID: BowelMovements

Blood Test Scheduling

You can locate the Blood Test Scheduling module under the Lab Testing tab



The Test Scheduling screen was designed to enable you to see which blood tests are coming due. The information here is based on you setting up scheduling within the Blood Test module.



Ovd	Schedule	Interval	Day Of Week	Date Drawn	Test Name	Value	Low	High
⚠	6/01/2023	6	Thursday	11/25/2020	C Reactive Protein	3.00	0.00	8.00
⚠	6/01/2023	12	Thursday	11/29/2016	Cholesterol, HDL	39.00	40.00	60.00
⚠	6/01/2023	12	Thursday	11/29/2016	Cholesterol, LDL	102.60	0.00	131.00
⚠	6/01/2023	12	Thursday	11/29/2016	Cholesterol, Total	172.00	125.00	200.00
⚠	6/01/2023	12	Thursday	11/15/2013	Cholesterol/HDLC Ratio	3.70	0.00	5.00
⚠	6/01/2023	6	Thursday	4/28/2020	Ferritin	145.00	20.00	380.00
⚠	6/01/2023	6	Thursday	10/04/2022	Free T3	3.90	2.30	4.20
⚠	6/01/2023	6	Thursday	10/04/2022	Free T4	1.80	0.80	1.80
⚠	6/01/2023	6	Thursday	4/28/2020	Iron - % Saturation	34.00	15.00	60.00
⚠	6/01/2023	6	Thursday	4/28/2020	Iron(Serum)	108.00	50.00	180.00
⚠	6/01/2023	12	Thursday	11/02/2021	Magnesium, RBC	7.80	4.00	6.40
⚠	6/01/2023	12	Thursday	2/04/2019	PSA, Total	0.70	0.00	4.00
⚠	6/01/2023	6	Thursday	10/04/2022	RT3	28.00	8.00	25.00
⚠	6/01/2023	6	Thursday	3/24/2022	RT3 (Reverse T3)	21.00	8.00	25.00

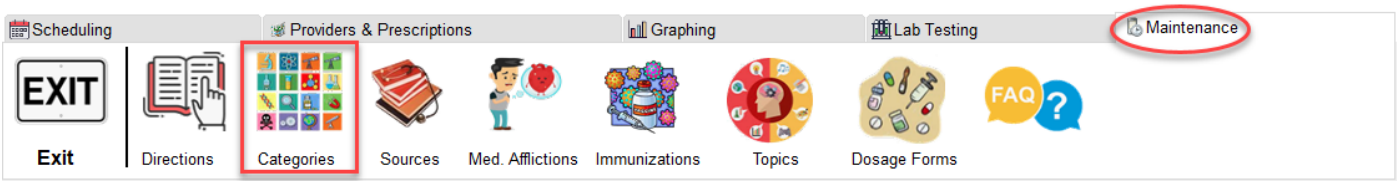
Ovd - Displays an icon indicating that you're overdue to have this test performed. (You get to decide this within the Update Blood Tests screen)
Schedule - The date these tests were originally schedule to be performed
Interval - Displays the monthly interval of each blood test
Day of Week - Displays which day the test is to be performed (3/1/2023 is a Wednesday)
Date Drawn - Displays the last date you had the blood test performed
Test Name - Displays the name of the blood test
Value - Displays the previous blood test result
Low - Displays the normal starting range of the blood test
High - Displays the normal ending of the blood test

Thyroid Tests - Clicking on this checkbox shows you which tests are thyroid-related
Total Records - Displays how many blood tests you have queued up to be performed

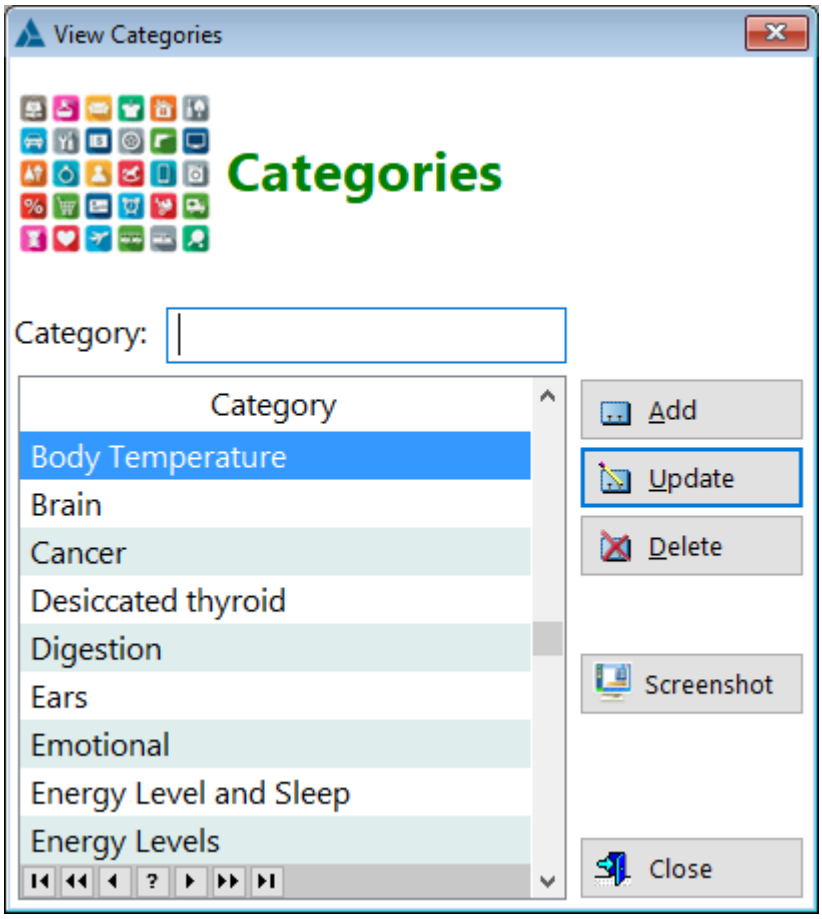
HelpID: BrowseTestReminders

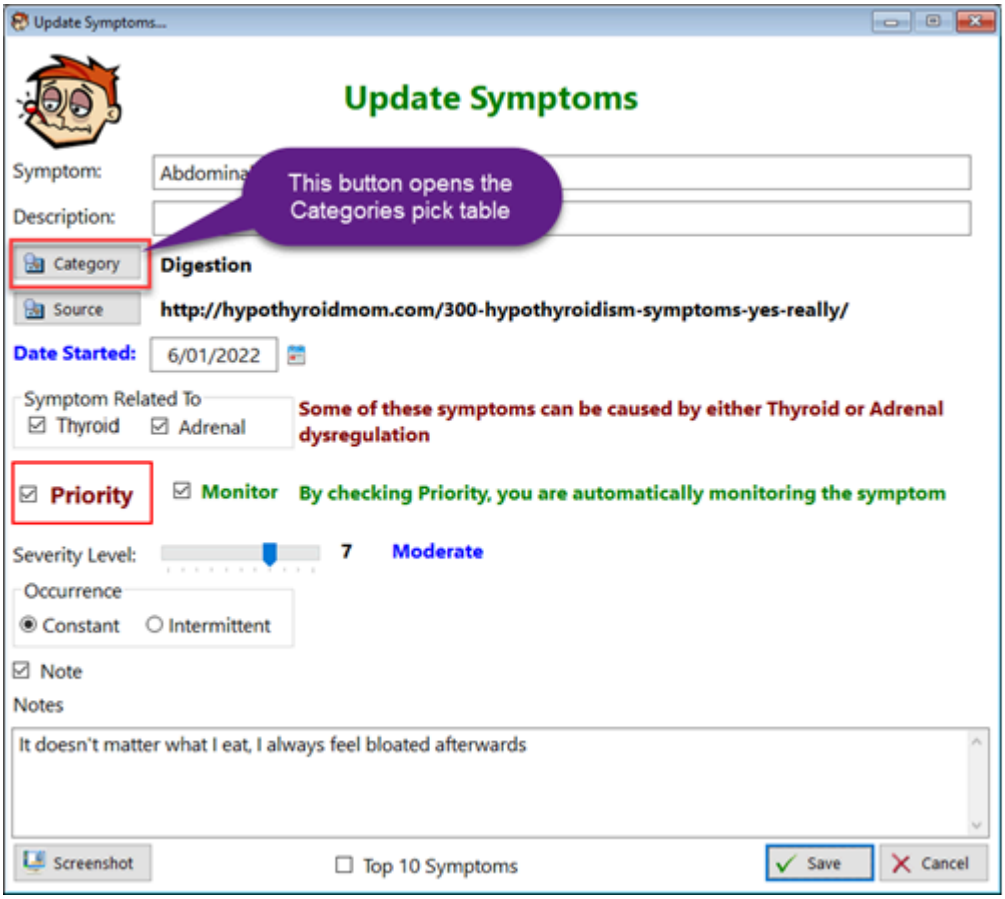
Categories

You can locate the Categories module under the Maintenance tab



The Categories table enables you to use the records as a pick table in the Update Symptoms form





Category - Displays the name of the category

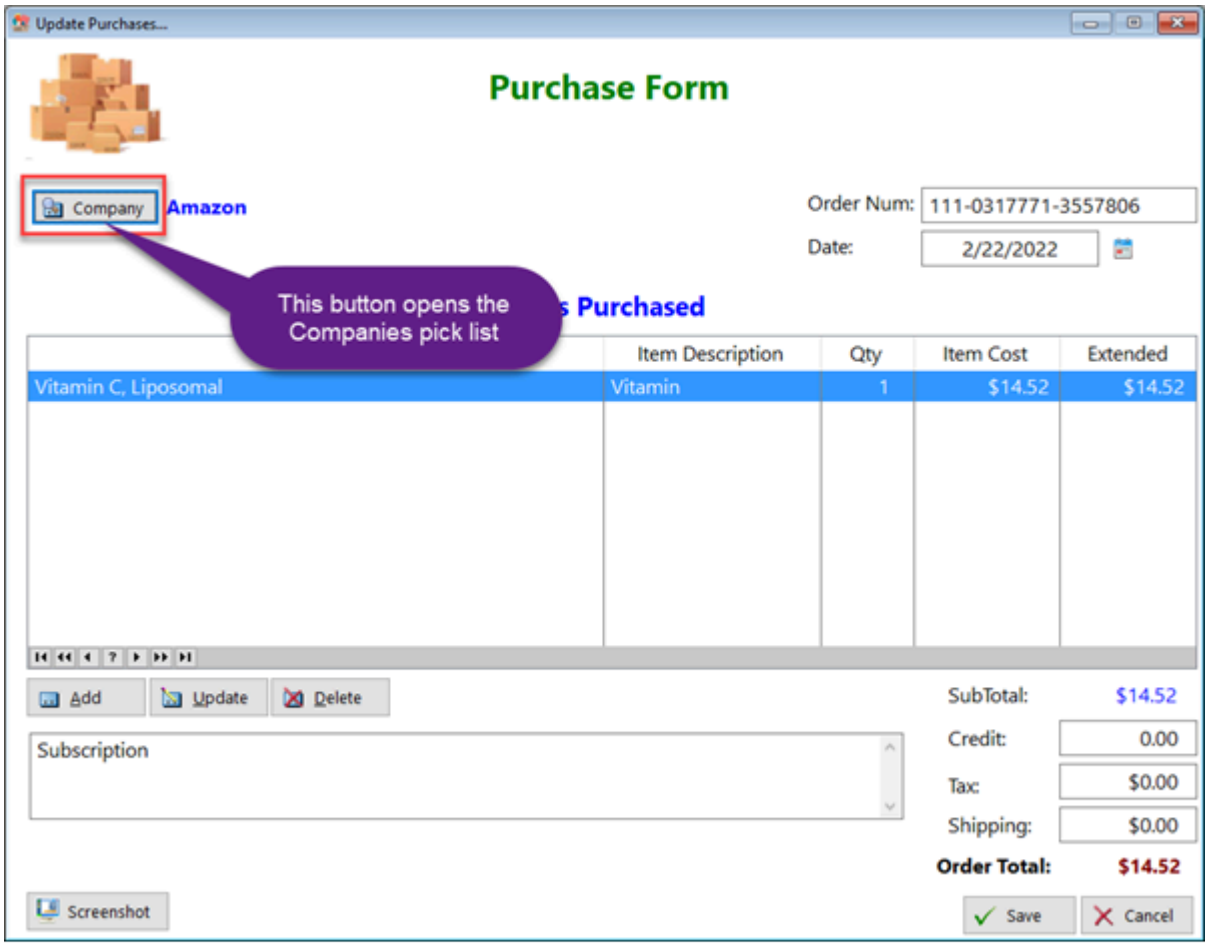
See also...

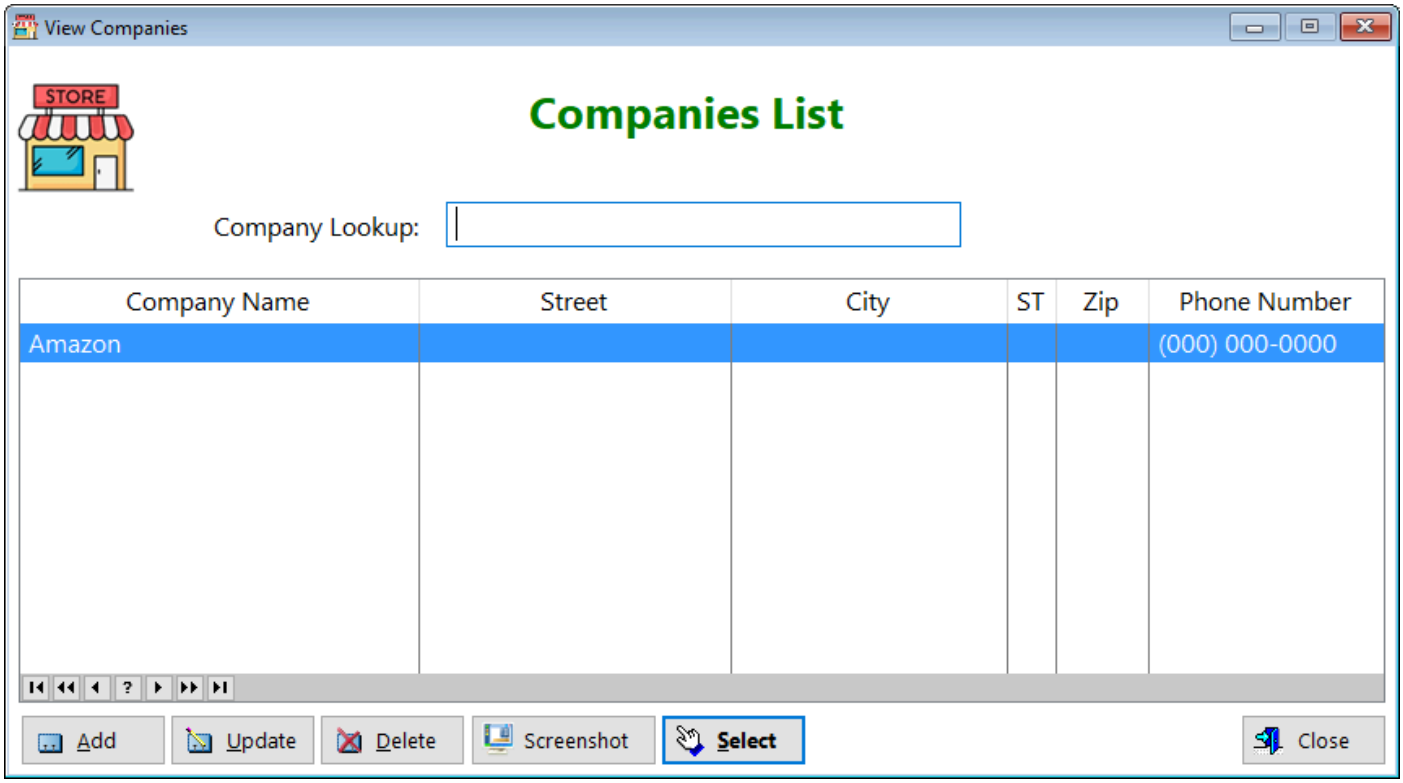
- UpdateCategories

HelpID: Categories

Companies

The Companies module is a pick list for the Purchasing table update form





Company Name - Displays the company you made the purchase from
Street - Displays the street the company resides on
City - Displays the city the company resides in
ST - Displays the state the company resides in
Zip- Displays the zip code of the company
Phone Number - Displays the company's business phone number

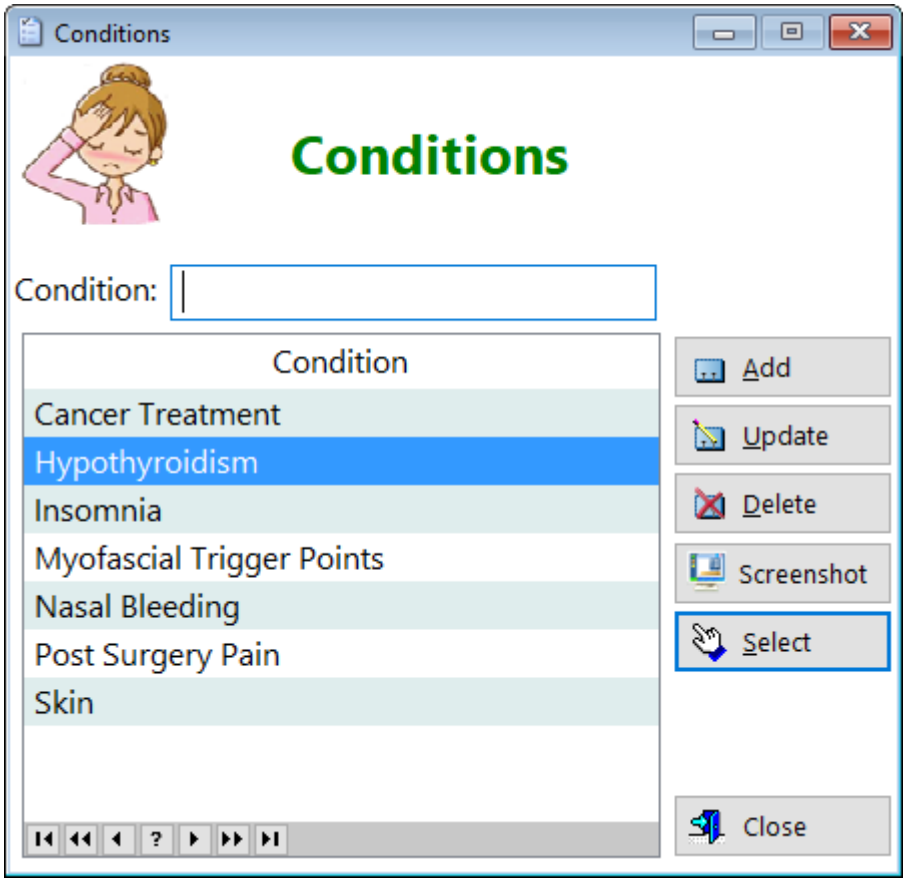
See also...

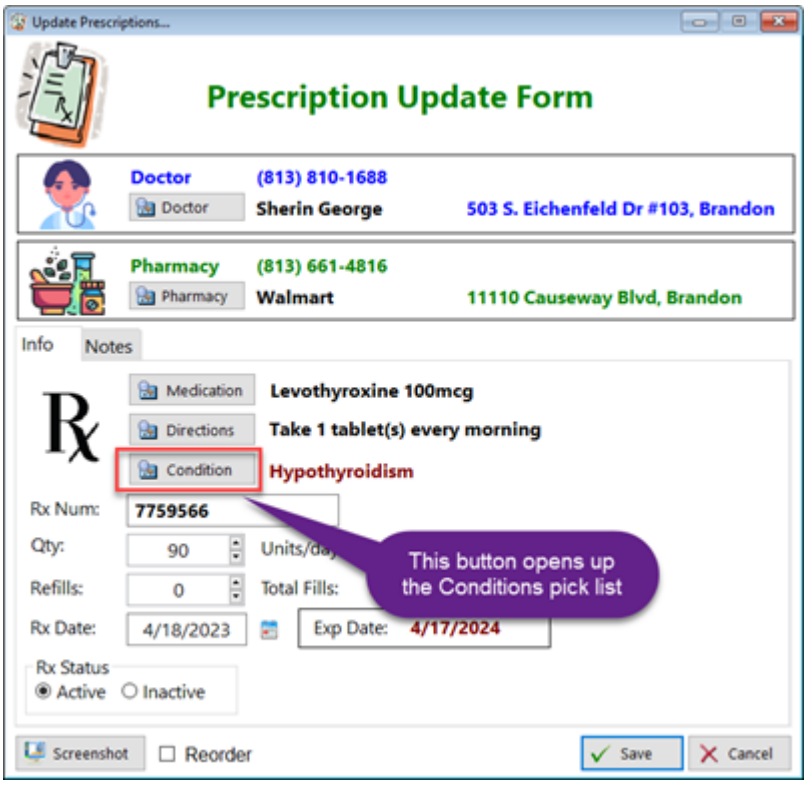
- UpdateCcompanies

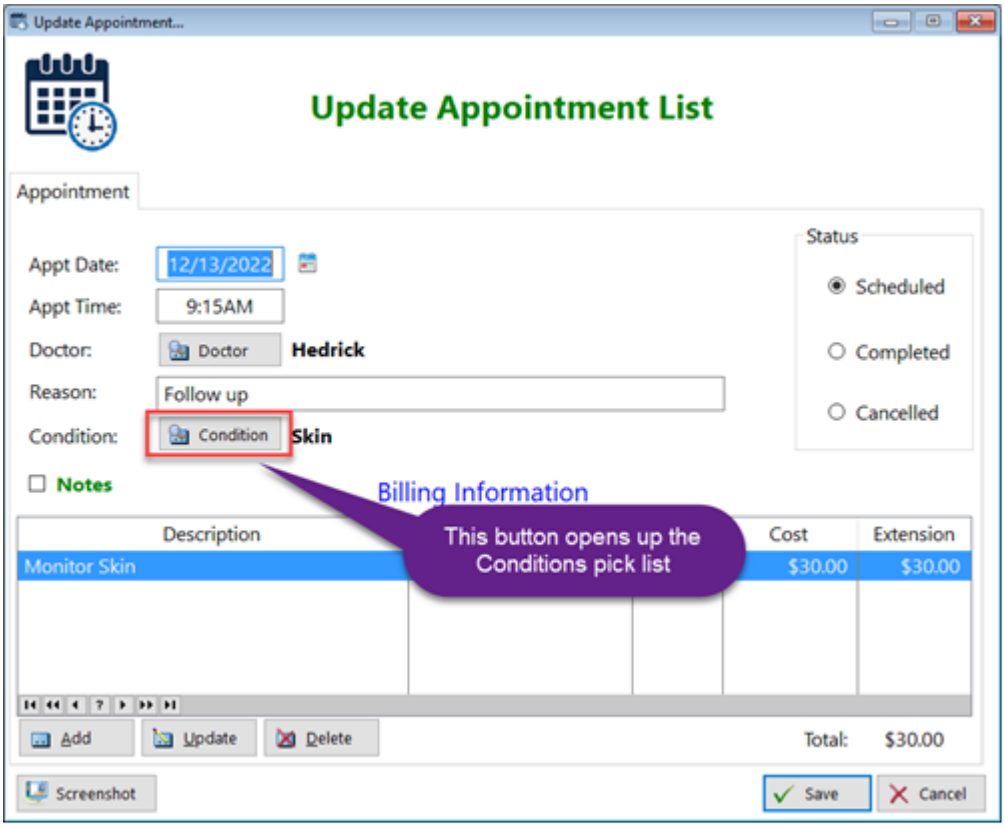
HelpID: Companies

Conditions

The Conditions table is a pick list that inserts information in both the Prescriptions and the Appointments table





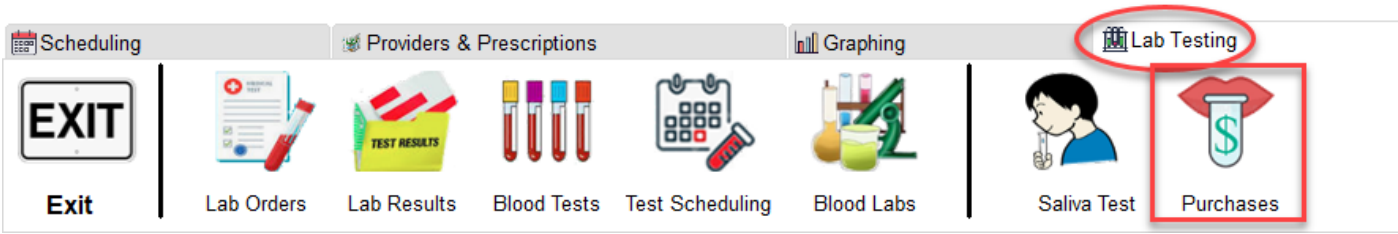


Condition - Displays the condition field

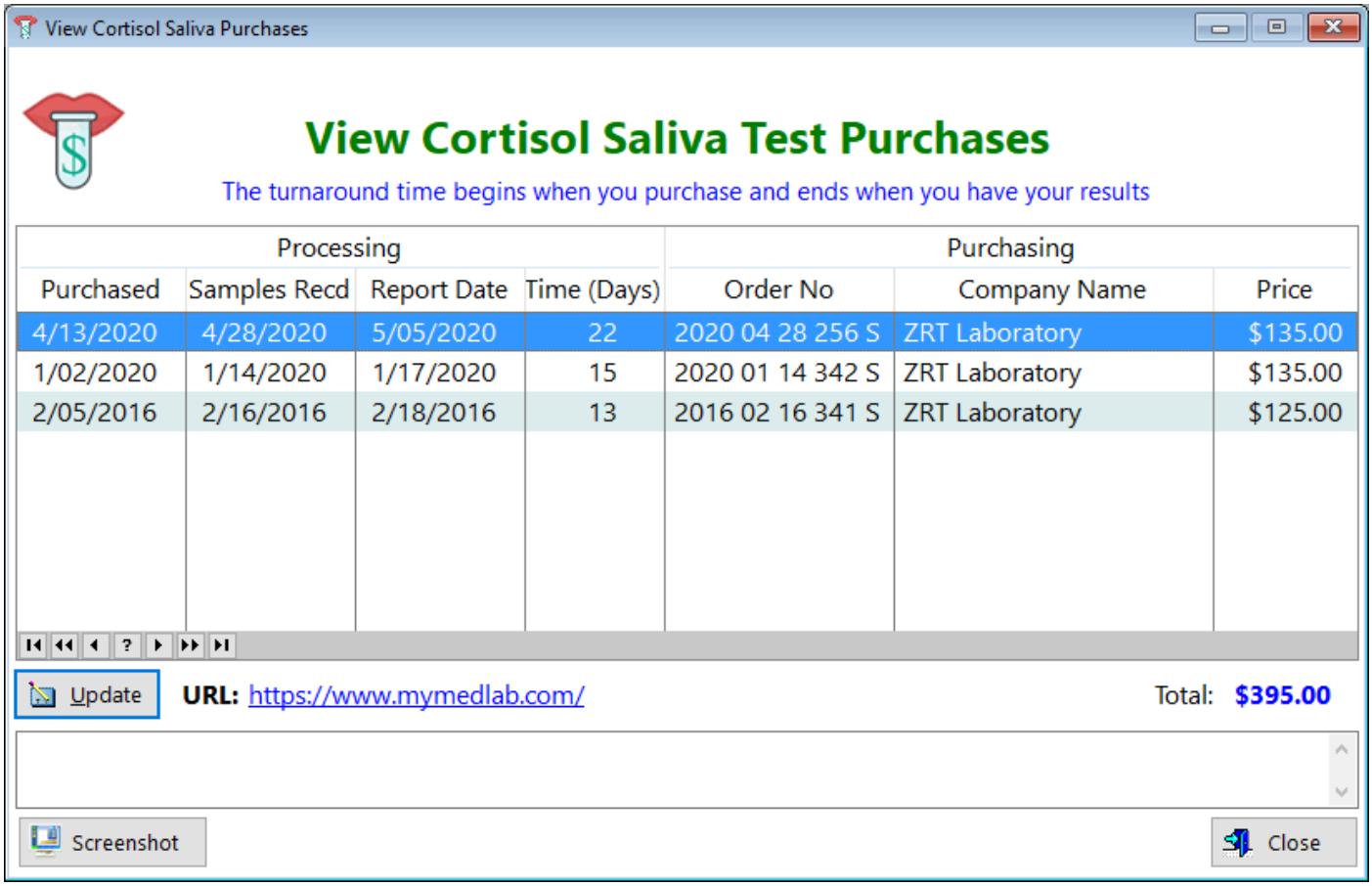
HelpID: Conditions

Cortisol Kit Purchases

You can find the Cortisol Saliva Purchases under the Lab Testing tab



The Cortisol Kit Purchases module enables you to look at how much you've spent on this form of testing



Purchased - Displays the date you purchased a cortisol saliva kit
Samples Recd - Displays when the lab began to process your samples
Report Date - Displays the date when you received your test results
Time (Days) - Displays the amount of time from ordering the test kit until you had your results
Order No - Displays the invoice number of your purchase
Company Name - Displays the name of the lab company that sells and processes your saliva samples
Price - Displays the amount you paid for the cortisol saliva test kit

URL - Displays the website location where you ordered your test kit. This will usually be the same unless you switch lab companies
Notes - This box displays any comments you've written about this order.
Total Spent - Displays the total amount you've invested in cortisol saliva kits

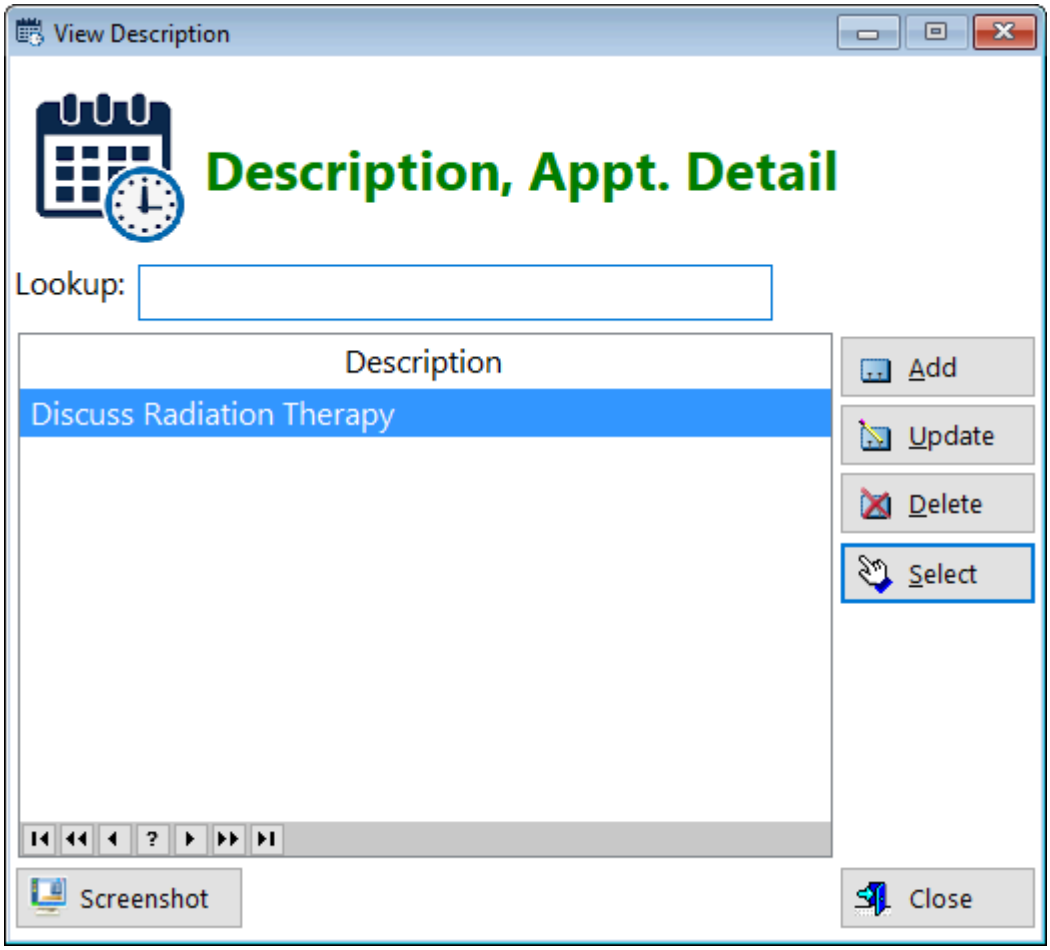
See also...

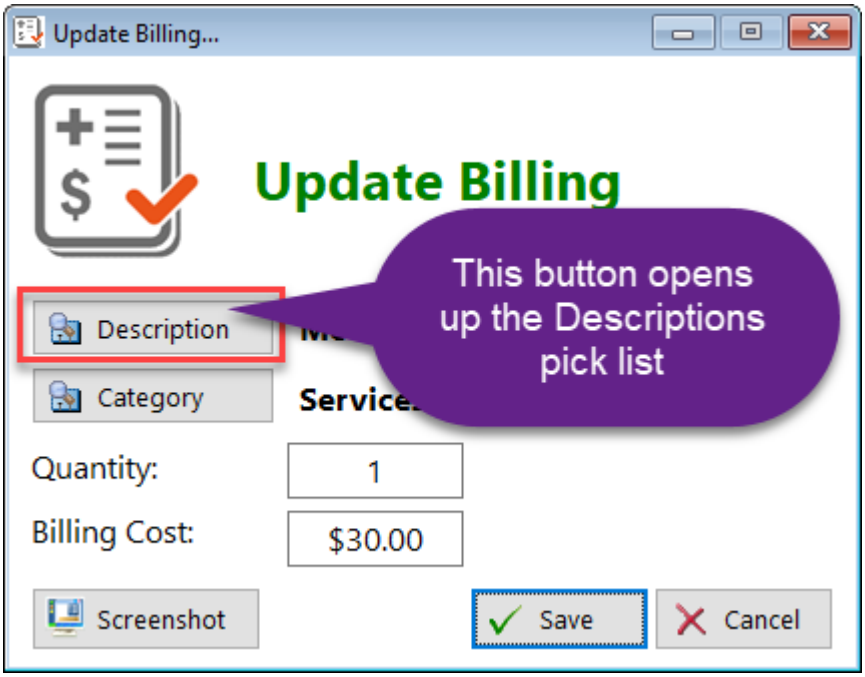
- UpdateSalivaTestPurchases

HelpID: CortisolKitPurchases

Description, Appointment Detail

The Appointment Detail Description Table enables you to enter what the appointment is about



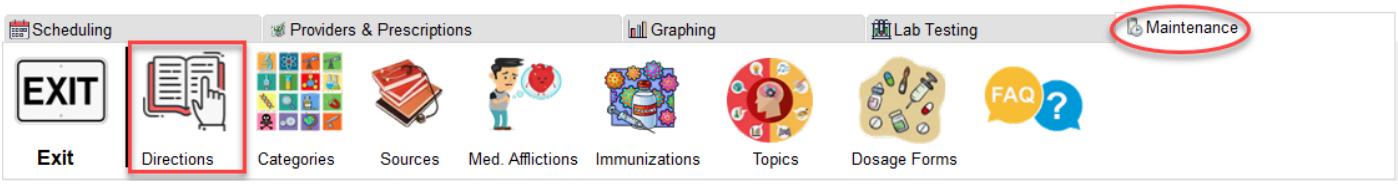


Description - Displays the description field

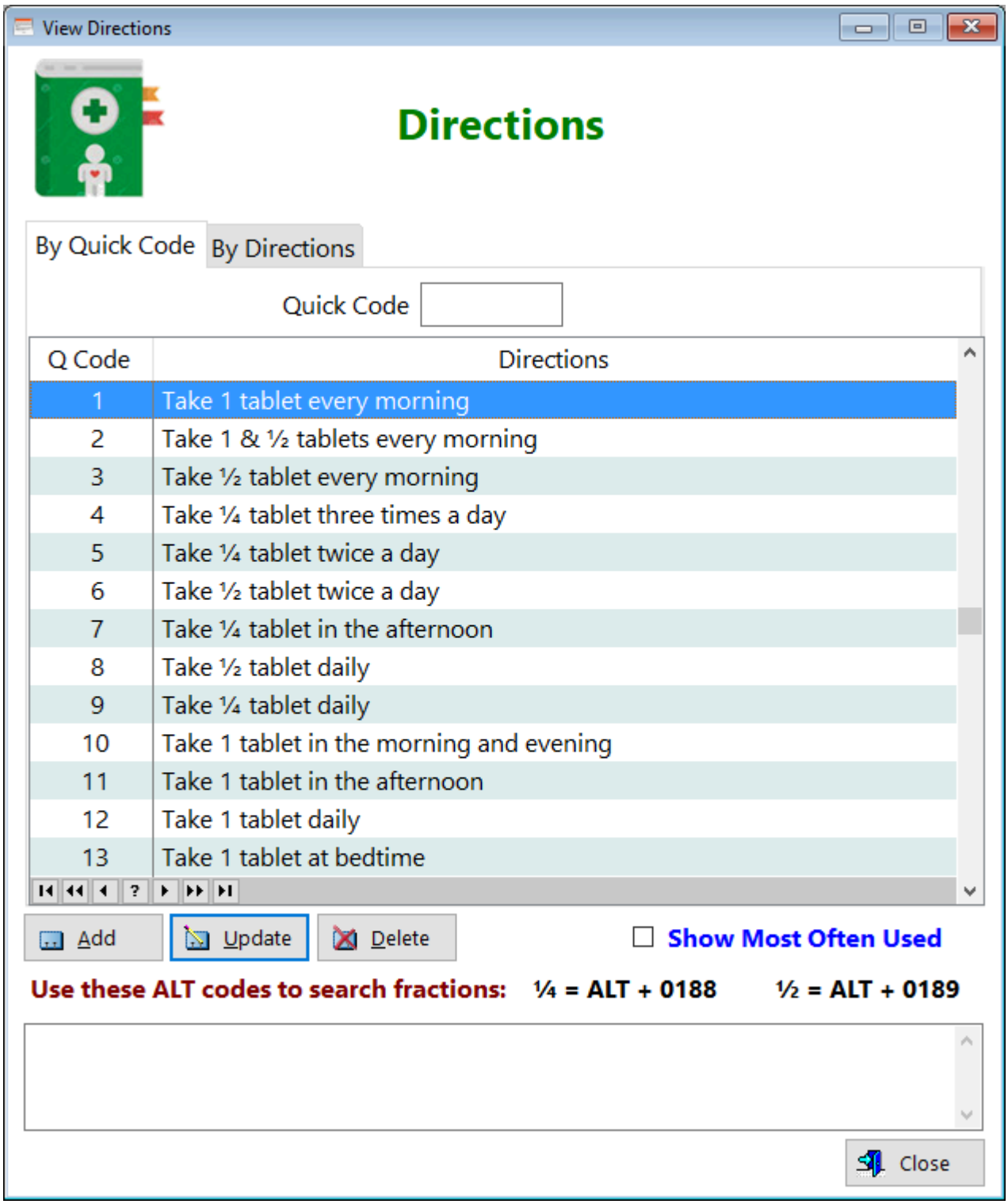
HelpID: Description

Directions

You can find the Directions module under the Maintenance tab



The Directions table will enable you to describe how you'll be taking your medication or supplement



QCode - This is a number that is assigned by the program for each record. You can memorize the ones you use most often and enter them at the top of the list. Your record will be highlighted.
Directions - This 'sig' is displayed as one sentence.

Show Most Often Used(checkbox) - If you have many directions records, you can narrow down the number by clicking this checkbox. This assumes you selected the checkbox within the update form.

NOTE: When searching using the 'By Directions' tab, you must use the ALT codes to find directions with 1/4 or 1/2 in them

TABS

By Quick Code - This tab is the default tab for those of you who memorize your most-used directions. Just type the code in the window.
By Directions - Use this tab to alphabetize the directions in case you haven't memorized your most-used directions

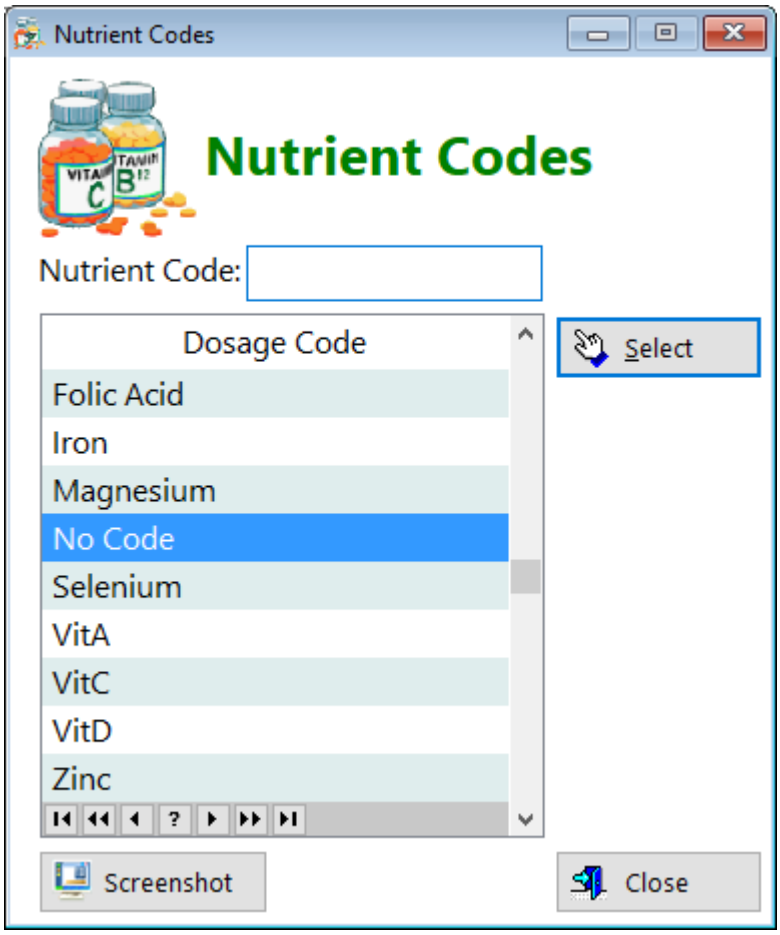
See also...

- UpdateDirections

HelpID: Directions

Nutrient Codes

The Nutrient Codes table enables you to select an item that you want totalled. For example, if you're taking a selenium tablet, you would want to select Selenium. There are a total of 10 codes you can use. Every medication and supplement is assigned a code.



Dosage Code - This table is used to categorize your supplements and enable calculations to take place in the MedLog module. It's very important that you select the correct code when adding supplements in the Medications table.

This list box is setup for you. You can't add, update or delete the records

List of Codes

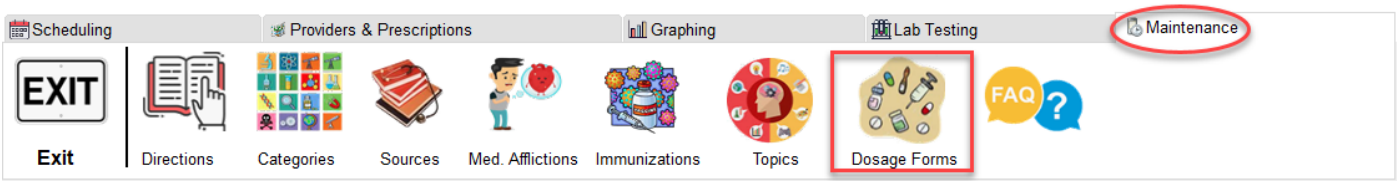
1. B12
2. Biotin
3. Folic Acid
4. Iron
5. Magnesium
6. Selenium
7. VitA
8. VitC
9. VitD
10. Zinc

No Code - Any item not in the list above should be assigned **No Code**
For example, **ALL** thyroid medications should have a **No Code** designation
If you find that a particular vitamin doesn't add up correctly, check to make sure that you assigned the appropriate code.

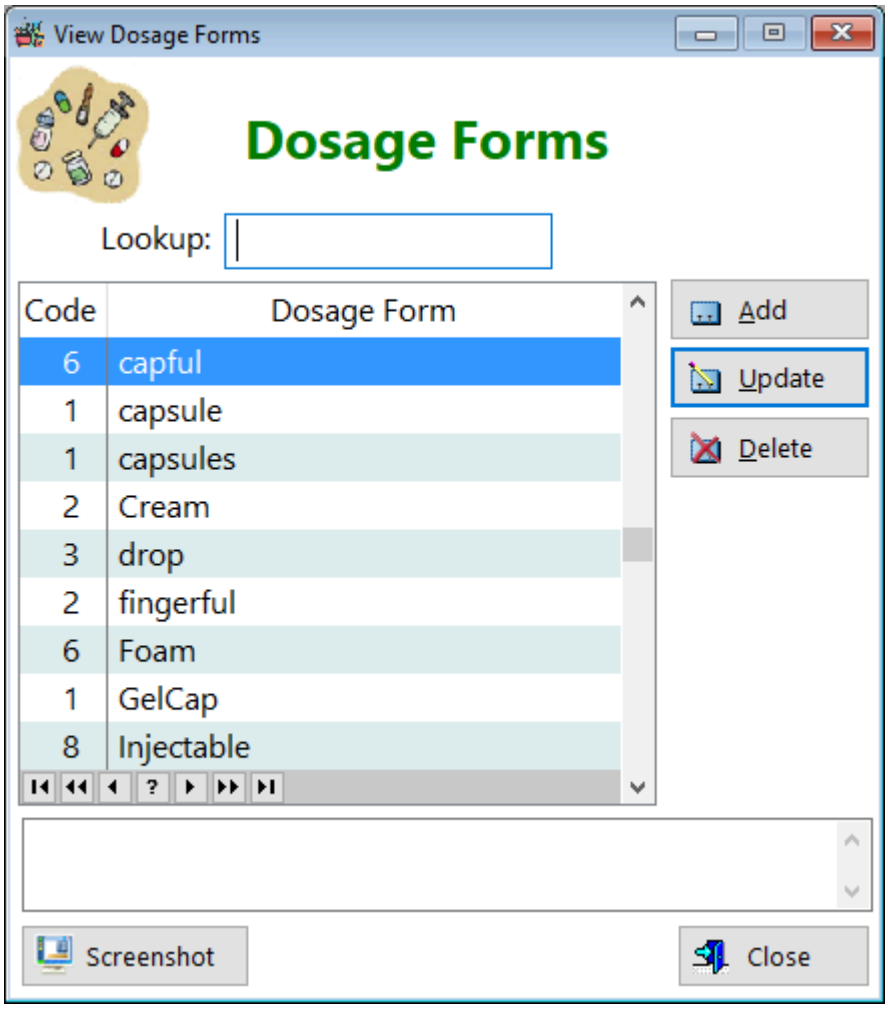
HelpID: DosageCodes

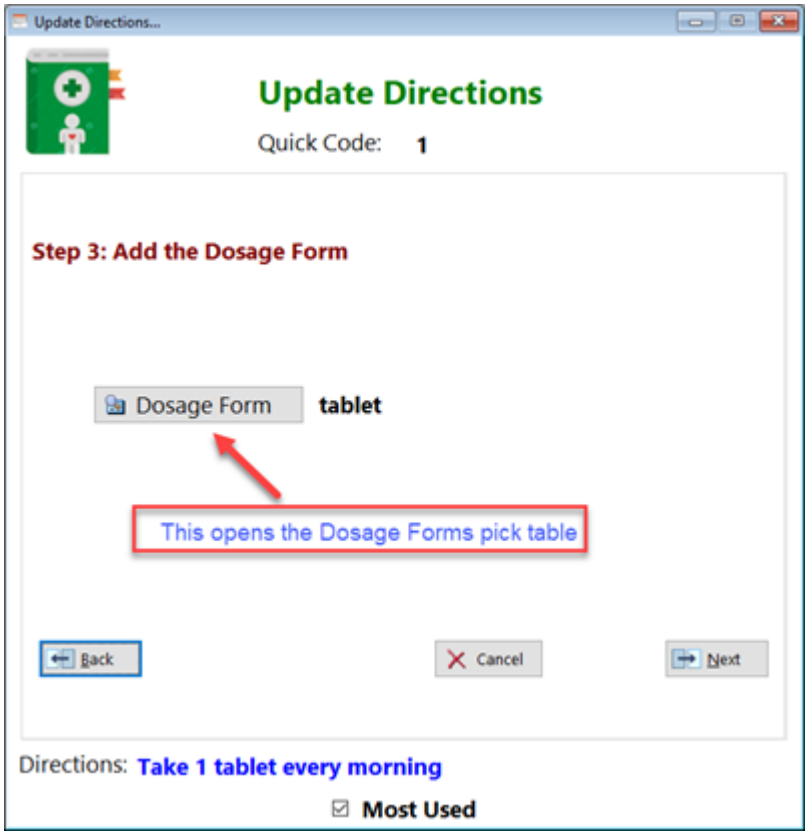
Dosage Forms

You can find the Dosage Forms module under the Maintenance tab



The Dosage Form module is a pick table that enables you to select the proper type of pill or application form within the medications table.





Code - Displays the unique code assigned to each dosage form. There are a total of 9 possible categories of dosage forms.
Dosage Form - Displays the name of the dosage form. Most often you'll be using Code 1, which is tablets and capsules.

Notice that there is a column labelled 'Code'. This refers to the administration method. The following list are those methods:

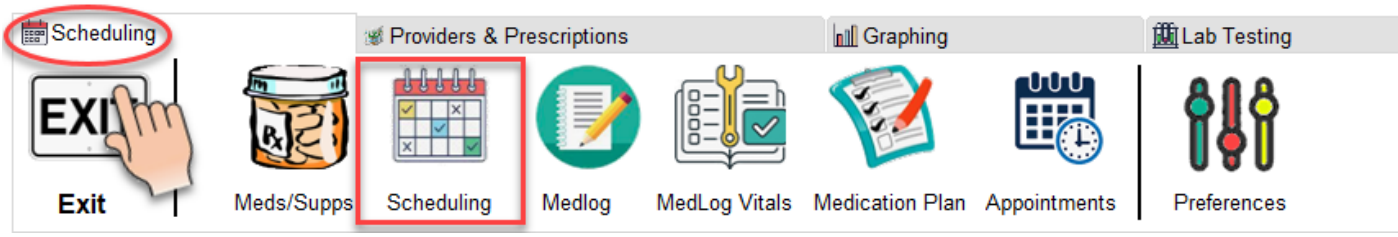
1. Solid dosage forms like capsules, tablets
2. Semi-solid dosage forms like creams, ointments, pastes
3. Opthalmic (eye) and Otic (ear) solutions
4. Oral liquids
5. Insulin products with U100, U300 or U500
6. Foam products like minoxidil foam
7. Spray products like estradiol transdermal spray
8. Injectables other than insulin, like Dulaglutide
9. Patches, like estradiol transdermal patches

NOTE: Rather than entering both capsule and capsules, you can just concatenate the form such as capsule(s). Same with tablet (tablet(s)

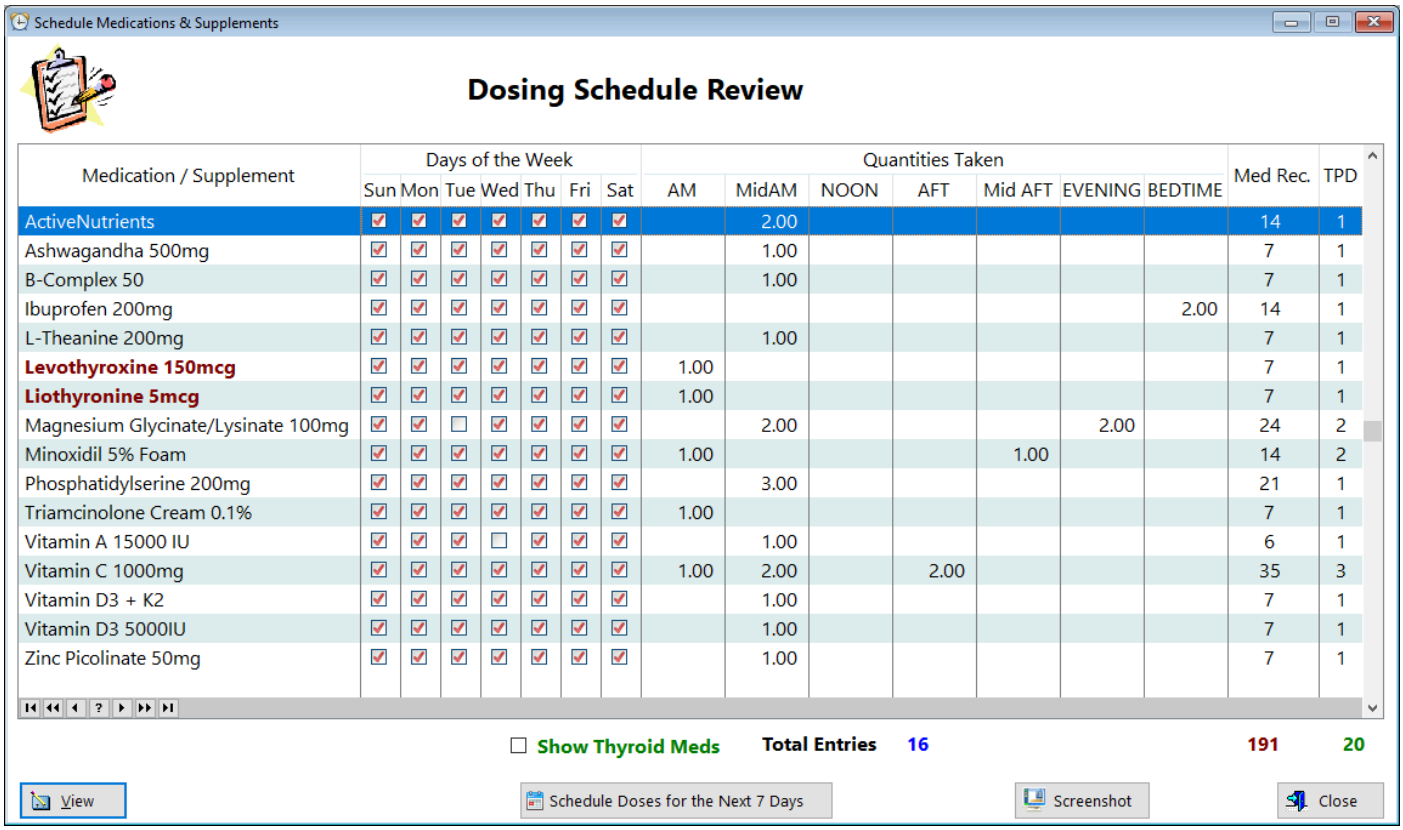
HelpID: DosageForms

Dosing Schedule

The Dosing Schedule enables you to schedule a week's worth of medications and supplements. It's based on the Medications table. Anything that is active will be scheduled.



In the screen below, you can see a number of medications and supplements populated for scheduling.
Days of the Week - You can select which days you want to take certain medications as well as the time you intend to take them.



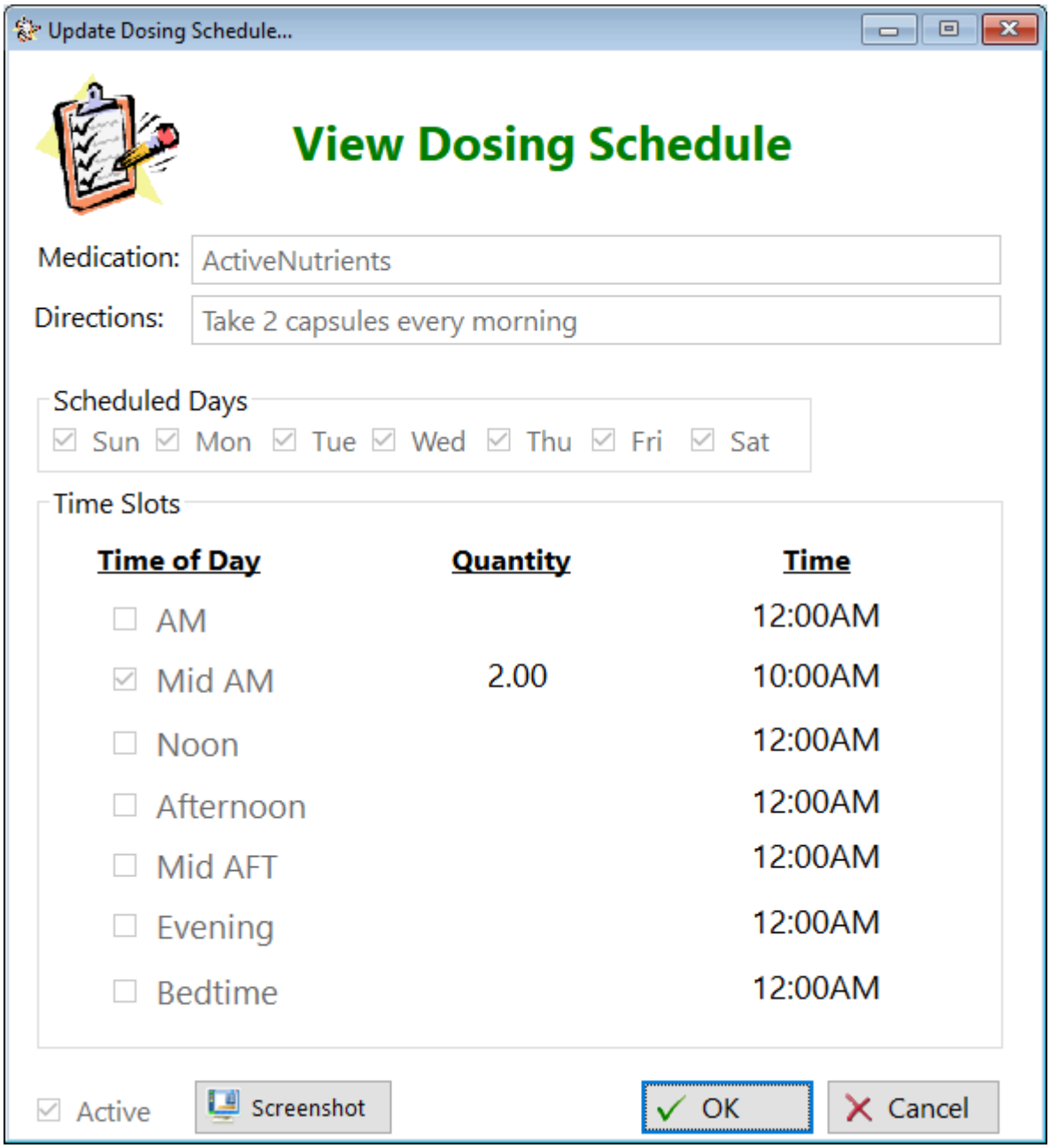
Medication / Supplement	Days of the Week							Quantities Taken							Med Rec.	TPD
	Sun	Mon	Tue	Wed	Thu	Fri	Sat	AM	MidAM	NOON	AFT	Mid AFT	EVENING	BEDTIME		
ActiveNutrients	☑	☑	☑	☑	☑	☑	☑		2.00						14	1
Ashwagandha 500mg	☑	☑	☑	☑	☑	☑	☑		1.00						7	1
B-Complex 50	☑	☑	☑	☑	☑	☑	☑		1.00						7	1
Ibuprofen 200mg	☑	☑	☑	☑	☑	☑	☑							2.00	14	1
L-Theanine 200mg	☑	☑	☑	☑	☑	☑	☑		1.00						7	1
Levothyroxine 150mcg	☑	☑	☑	☑	☑	☑	☑	1.00							7	1
Liothyronine 5mcg	☑	☑	☑	☑	☑	☑	☑	1.00							7	1
Magnesium Glycinate/Lysinate 100mg	☑	☑	☐	☑	☑	☑	☑		2.00				2.00		24	2
Minoxidil 5% Foam	☑	☑	☑	☑	☑	☑	☑	1.00				1.00			14	2
Phosphatidylserine 200mg	☑	☑	☑	☑	☑	☑	☑		3.00						21	1
Triamcinolone Cream 0.1%	☑	☑	☑	☑	☑	☑	☑	1.00							7	1
Vitamin A 15000 IU	☑	☑	☑	☐	☑	☑	☑		1.00						6	1
Vitamin C 1000mg	☑	☑	☑	☑	☑	☑	☑	1.00	2.00		2.00				35	3
Vitamin D3 + K2	☑	☑	☑	☑	☑	☑	☑		1.00						7	1
Vitamin D3 5000IU	☑	☑	☑	☑	☑	☑	☑		1.00						7	1
Zinc Picolinate 50mg	☑	☑	☑	☑	☑	☑	☑		1.00						7	1

Medication/Supplement - Displays the name of the medication or supplement
Days of the Week - Displays which days you intend to take the medication or supplement
Quantities Taken - Displays which time slot(s) you intend to take the medication or supplement
Med Rec. - Displays the calculation of how many dosage units this particlar medication or supplement will be taken
TPD - Displays how many times-per-day you're taking this medication or supplement

Click on the **'Schedule Doses for the Next 7 Days'** button to begin the process.

Show Thyroid Meds(Checkbox) - Click this checkbox to filter the list to show only the thyroid medications you're taking. For those of you taking liothyronine multiple times a day, this gives a bird's eye view of the frequency that you dose yourself.
Total Entries - Displays the total number of items you'll be taking and will be scheduled for you
Schedule Doses for the Next 7 Days(Button) - Click on this when you're ready to schedule your medications and supplements for the next week.

View - If you click on the **'View'** button, you'll see this window:



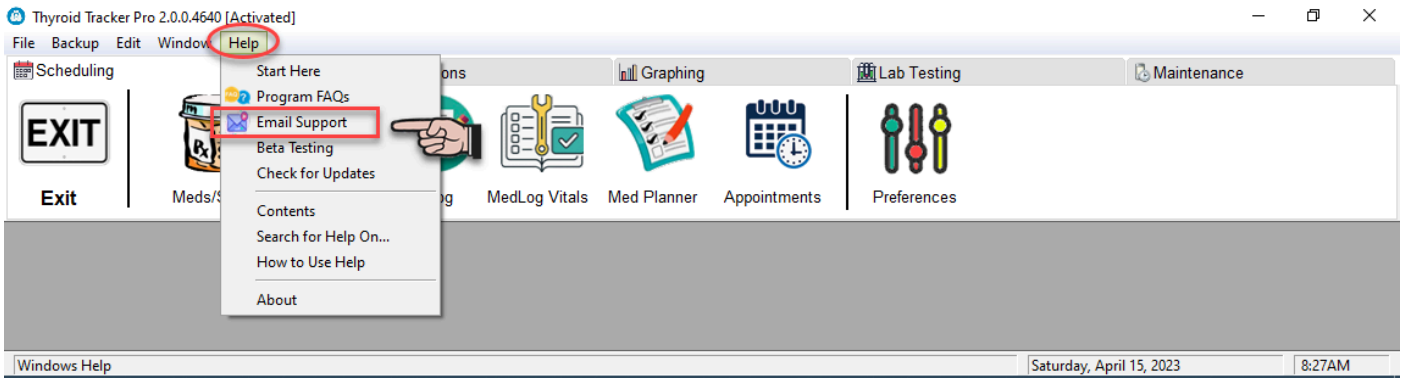
See also...

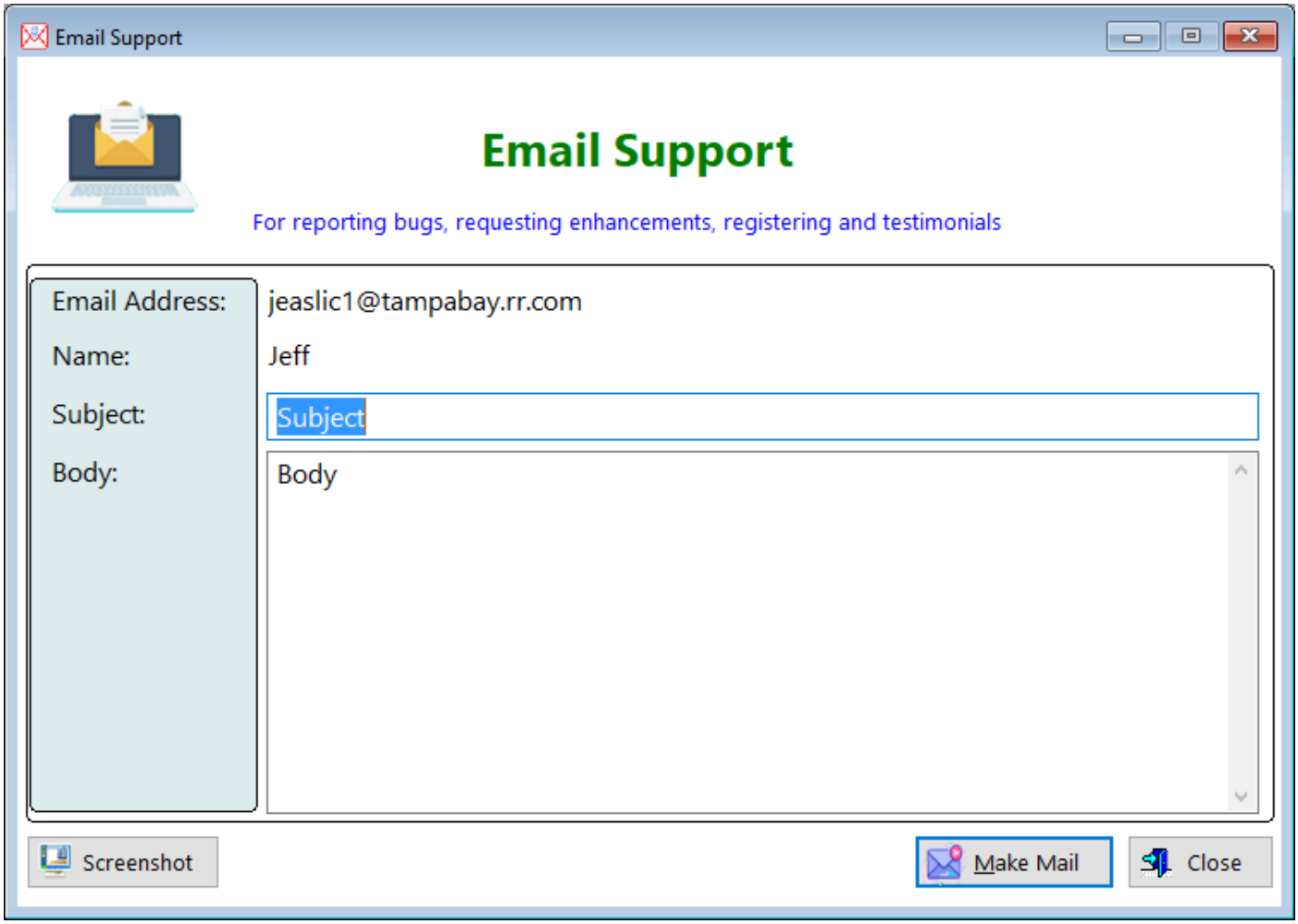
- UpdateDosingSchedule

HelpID: DosingSchedule

Email Support

The Email Support window enables you to contact support regarding questions about anything relating to using the software.



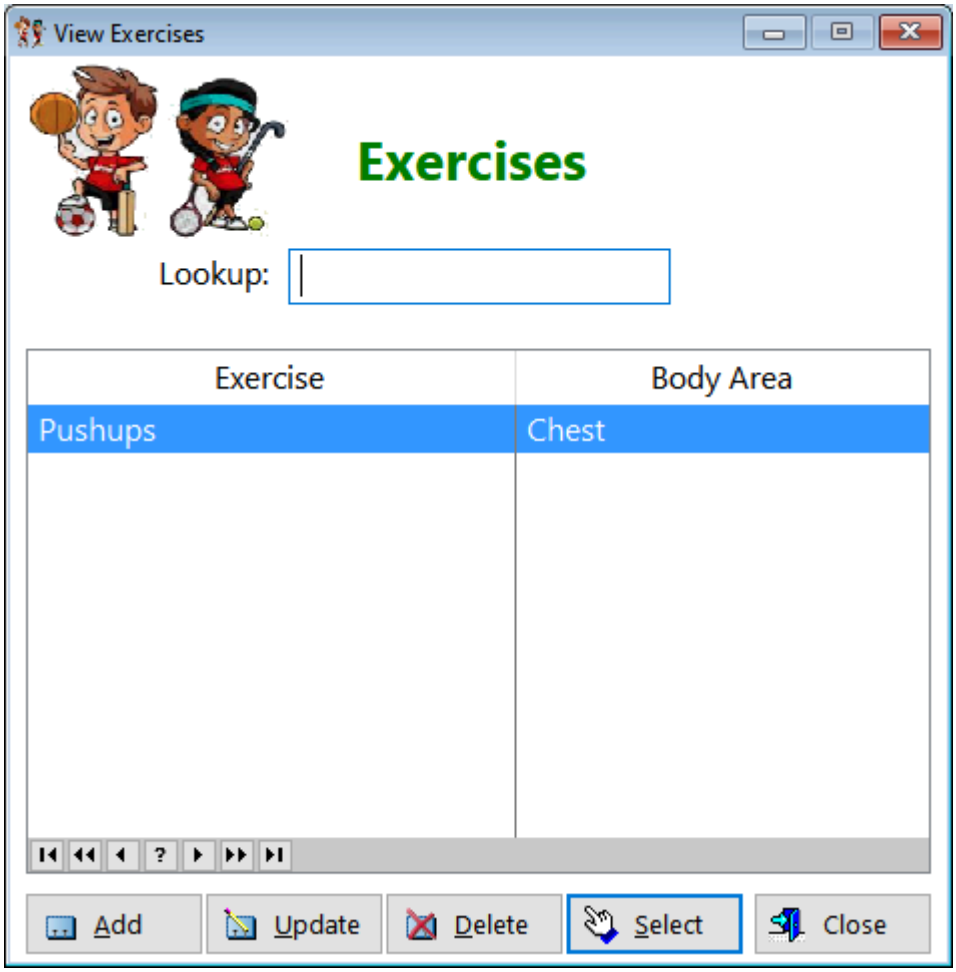


Click on the **'Make Mail'** button and your email program will open up.

HelpID: EmailSupport

Exercises

The Exercises module enables you to enter the types of weight-lifting movements you'll be performing to build your body up.



Exercise - Displays the name of the exercise
Body Area - Displays the name of the body area

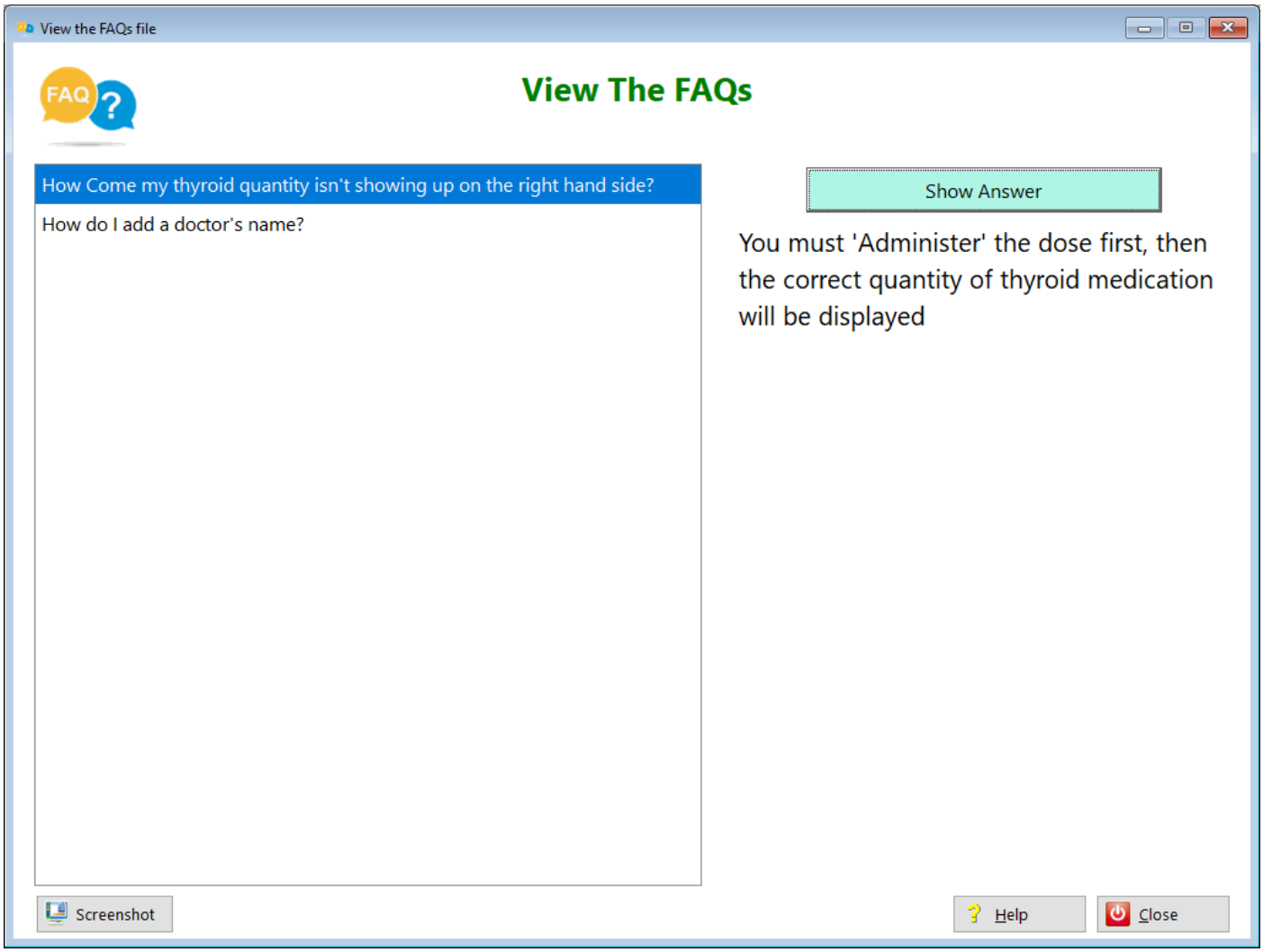
See also...

- UpdateExercise

HelpID: Exercises

FAQ User View

The FAQ User View window will hopefully give you answers to questions you might have that are not explained in this help file.

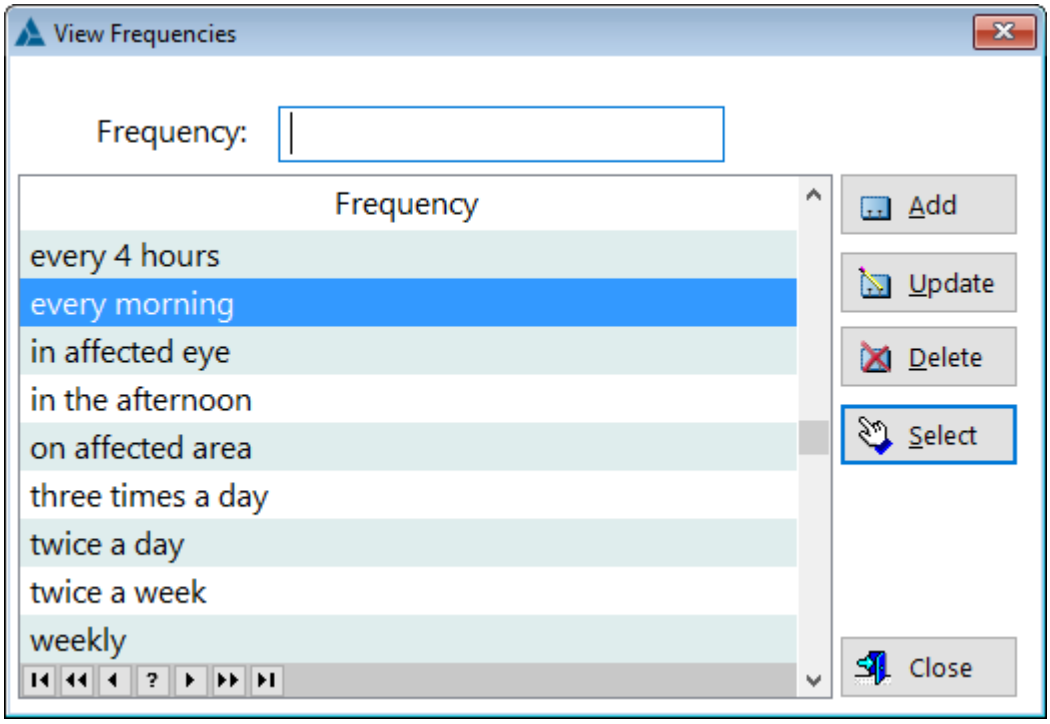


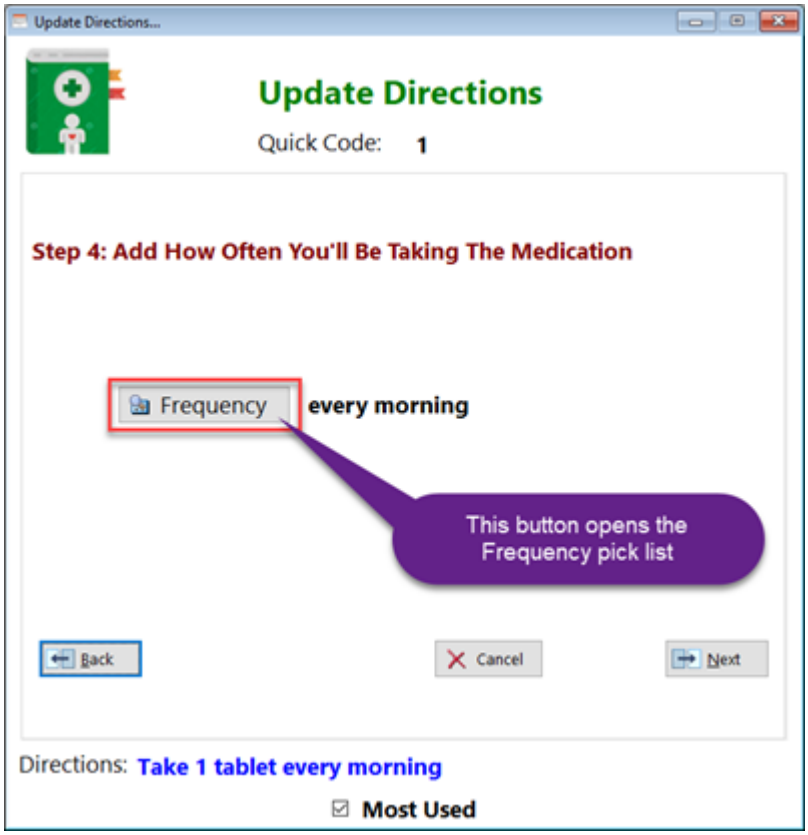
Select a record with the appropriate question, then click the 'Show Answer' button.

HelpID: FAQUserView

Frequency

The Frequency table is a pick list table that enables you to select the number of times you take a medication or supplement. It's used when you're creating additional directions for a medication or supplement.





Frequency - Displays the field frequency

See also...

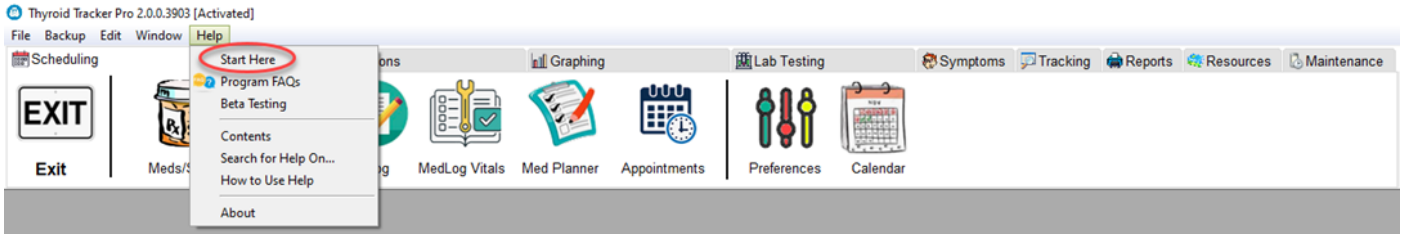
- UpdateFrequency

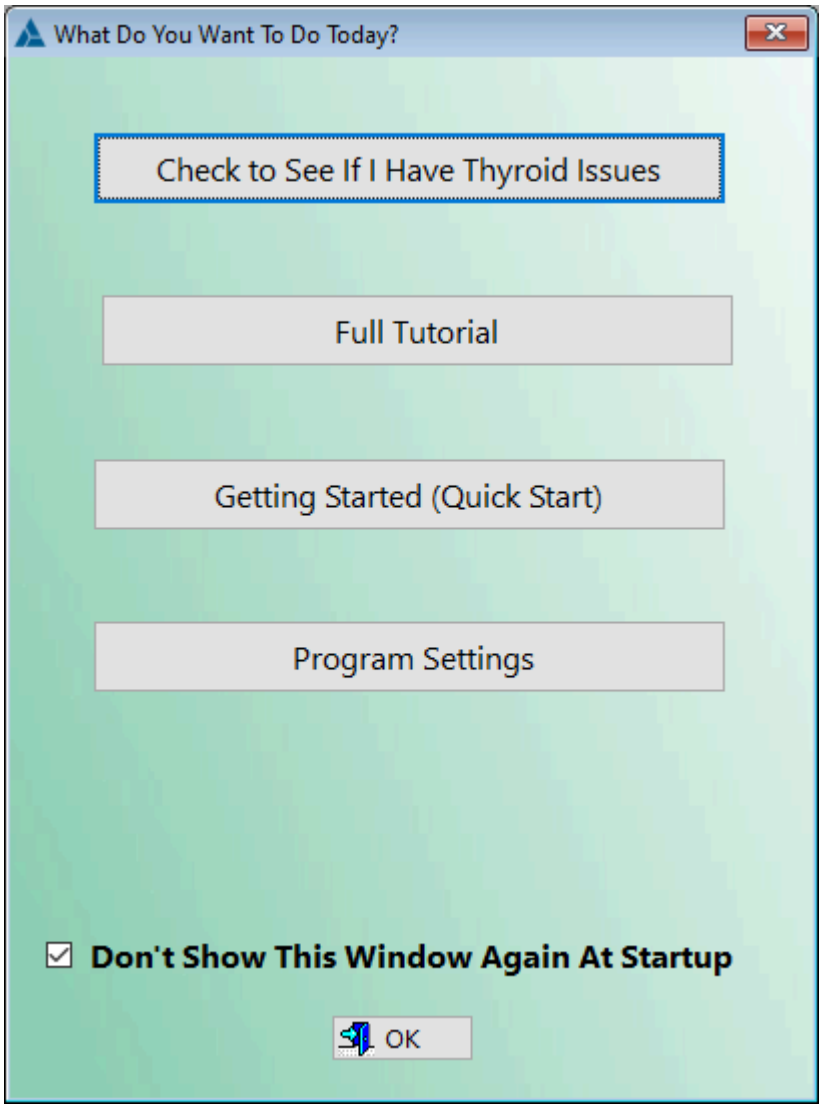
HelpID: Frequency

Startup Screen

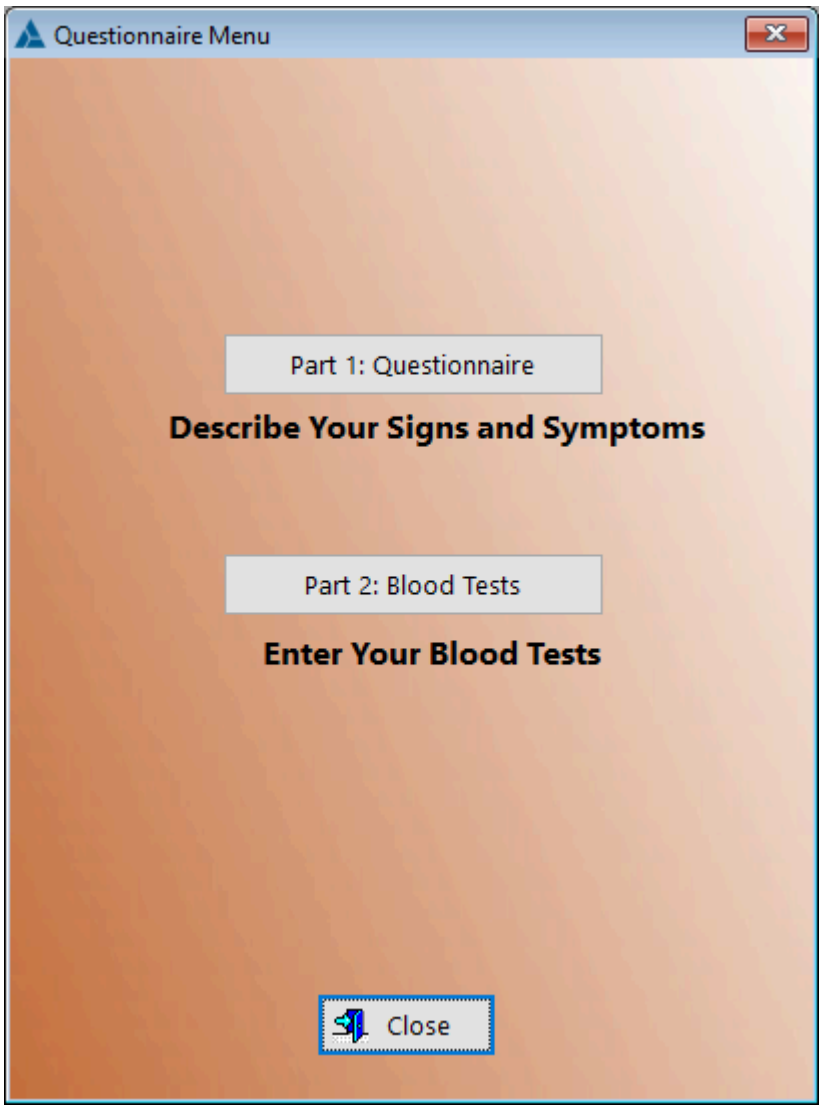
When you first start the program, you'll see a screen with some options. You can click on the checkbox to not show the window during startup.

If you do check the box, you can always return to the screen by going to the Help menu item, click on Start Here, and access the screen again.



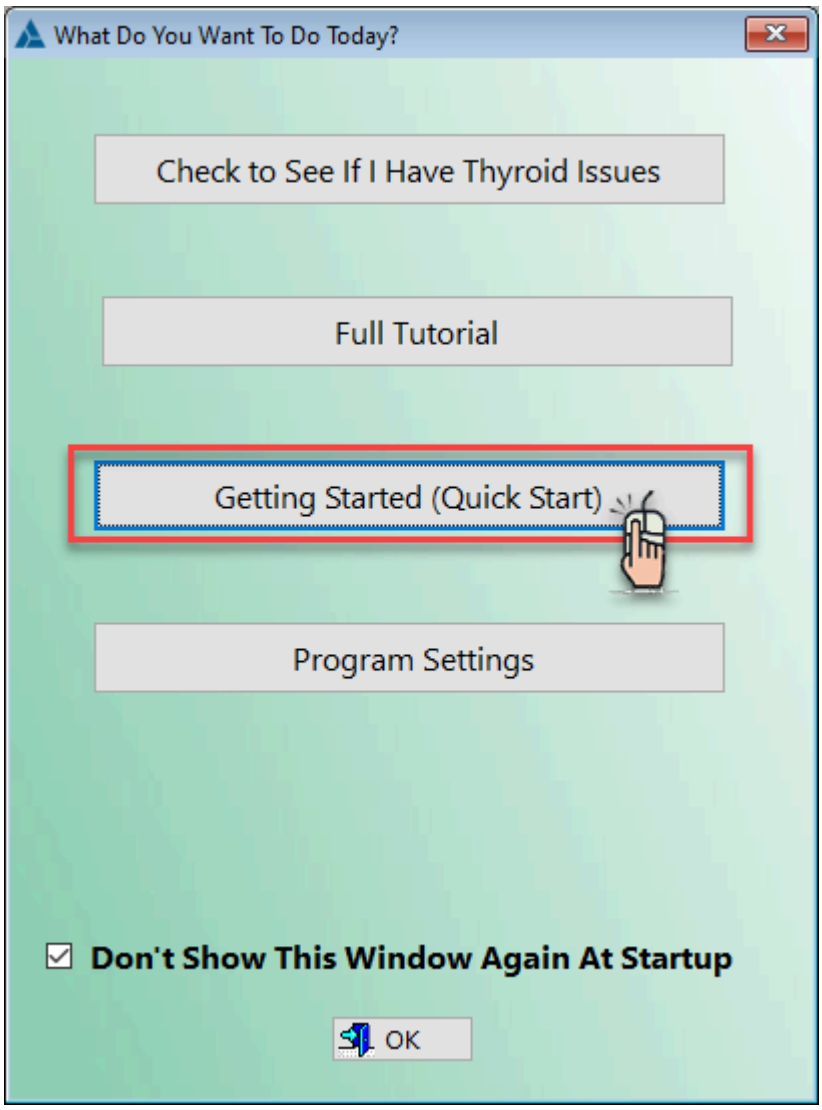


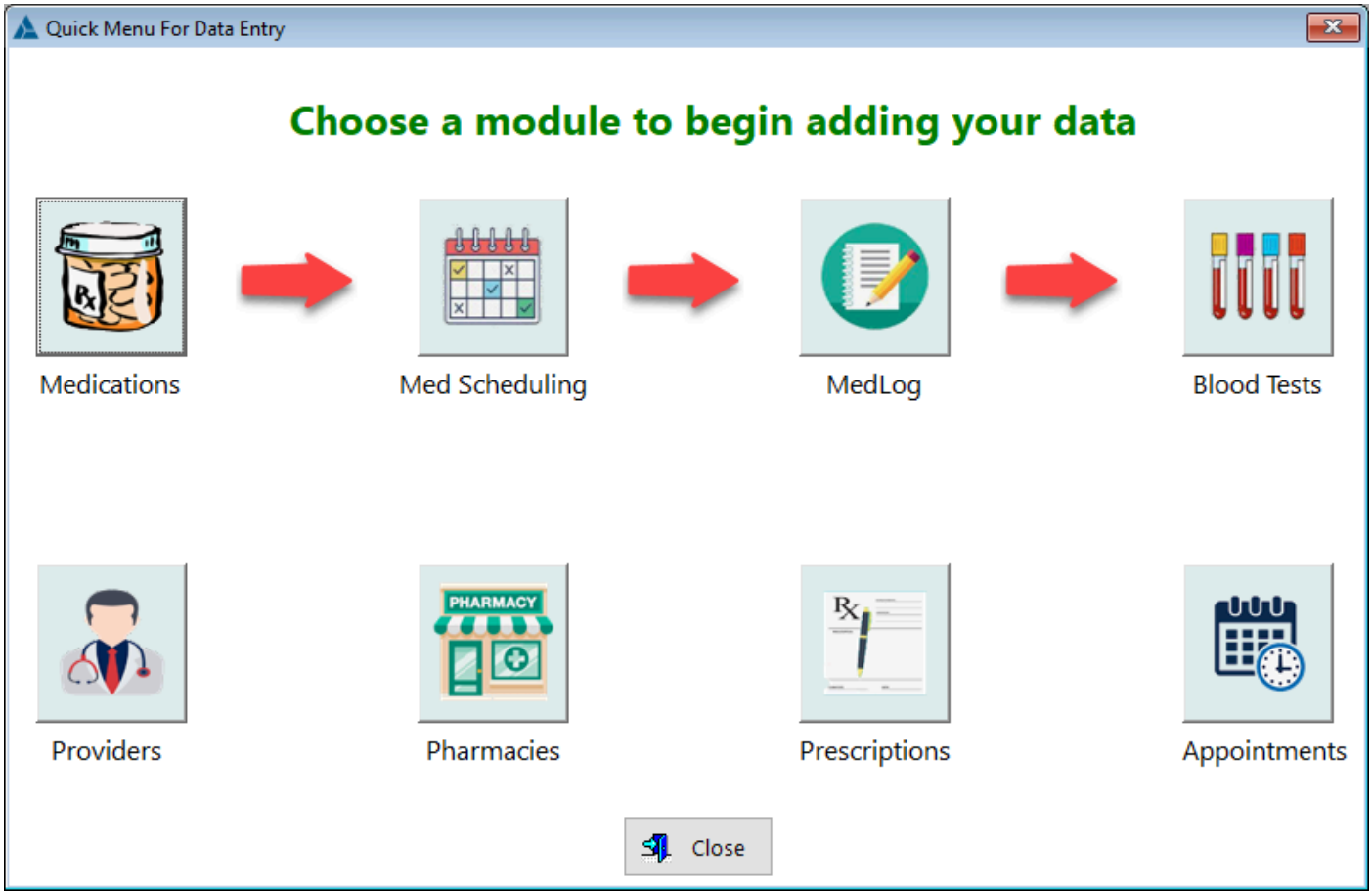
Check to See If I Have Thyroid Issues - This will open up another screen:



Part 1: Questionnaire -It is highly recommended that you take Part 1. You'll have a better understanding prior to any blood testing if you have an underactive thyroid gland

Part 2 : Blood Tests - Once you've finished with Part 1, you'll want to click on the Part 2 button and select the date (if there is more than one date) corresponding with Part 1.


What Do You Want To Do Today?
Check to See If I Have Thyroid Issues
Full Tutorial
Getting Started (Quick Start)
Program Settings
Don't Show This Window Again At Startup
OK



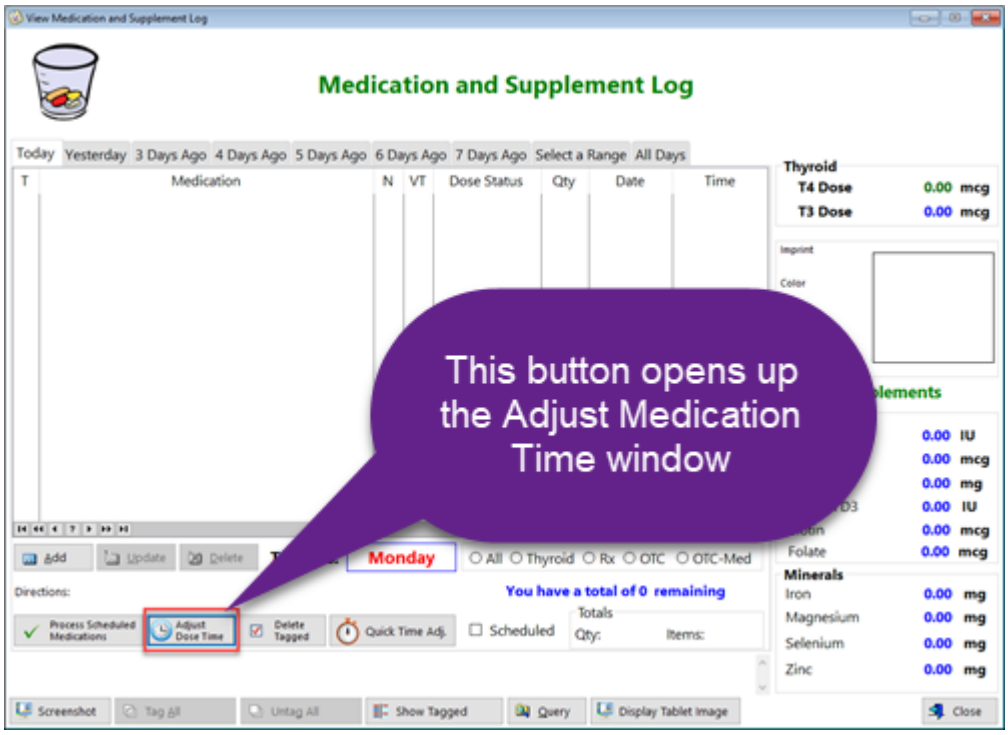
See also...

- Appointments
- BloodTests
- DosingSchedule
- Medications
- MedLog
- Pharmacies
- Prescriptions
- Providers

HelpID: AddData

Adjust Medication Time

This Adjust Medication Time module enables you to change



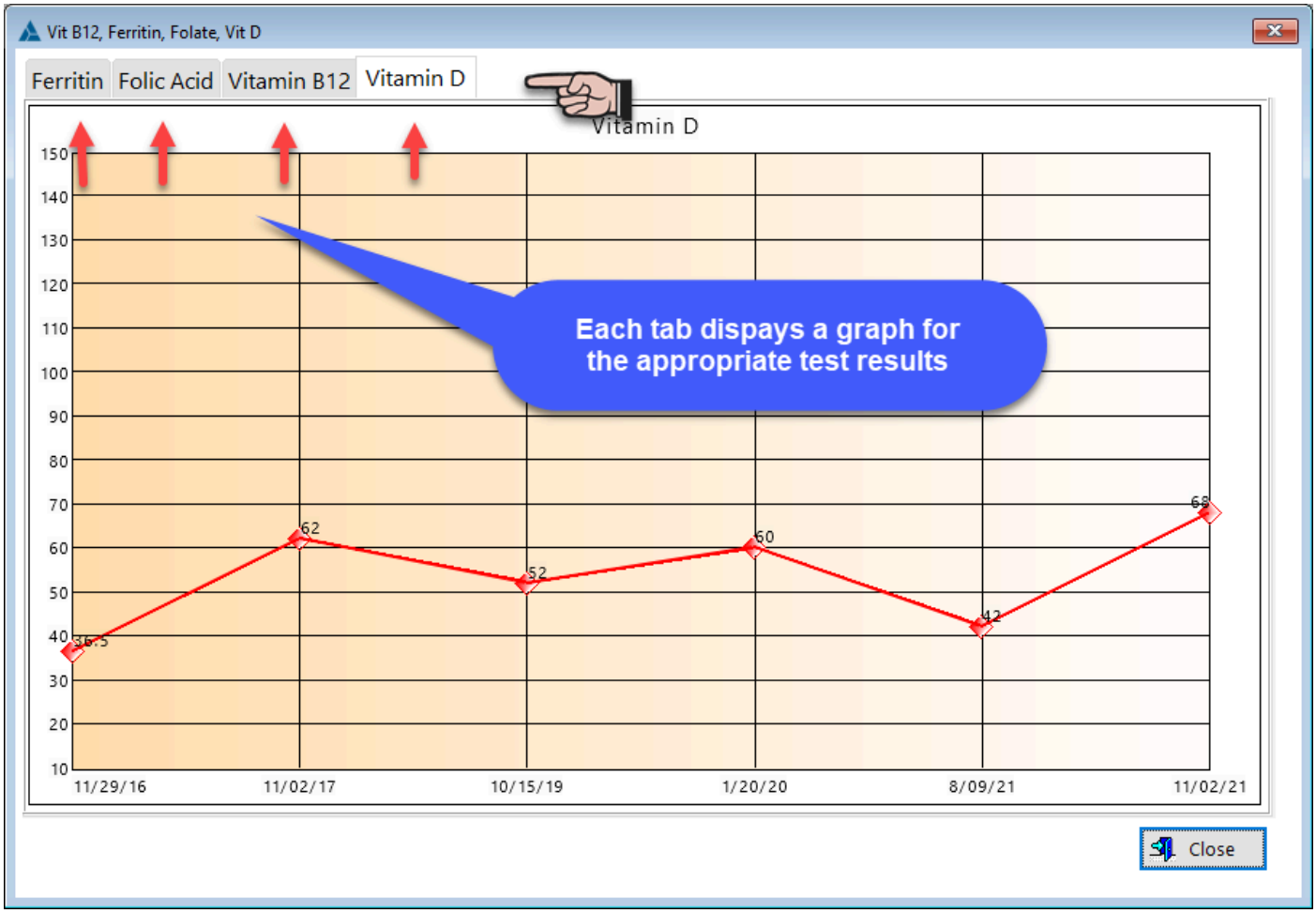
1. Ensure that you've tagged the records whose medication times you want to change
2. **Check Tagged(Button)** - Click this button to enable entering a new time schedule
3. **Enter new Time** - Type in the time you want to batch re-schedule your medication/supplements.

See also...

HelpID: GetNewTime

Ferritin-Folate-Vitamin B12-Vitamin D

This graph has 4 tabs corresponding with nutrients or carrier proteins that are critical to monitor and optimize prior to beginning thyroid hormone replacement therapy. You can observe your levels over time. This data is pulled from the Lab Orders module.



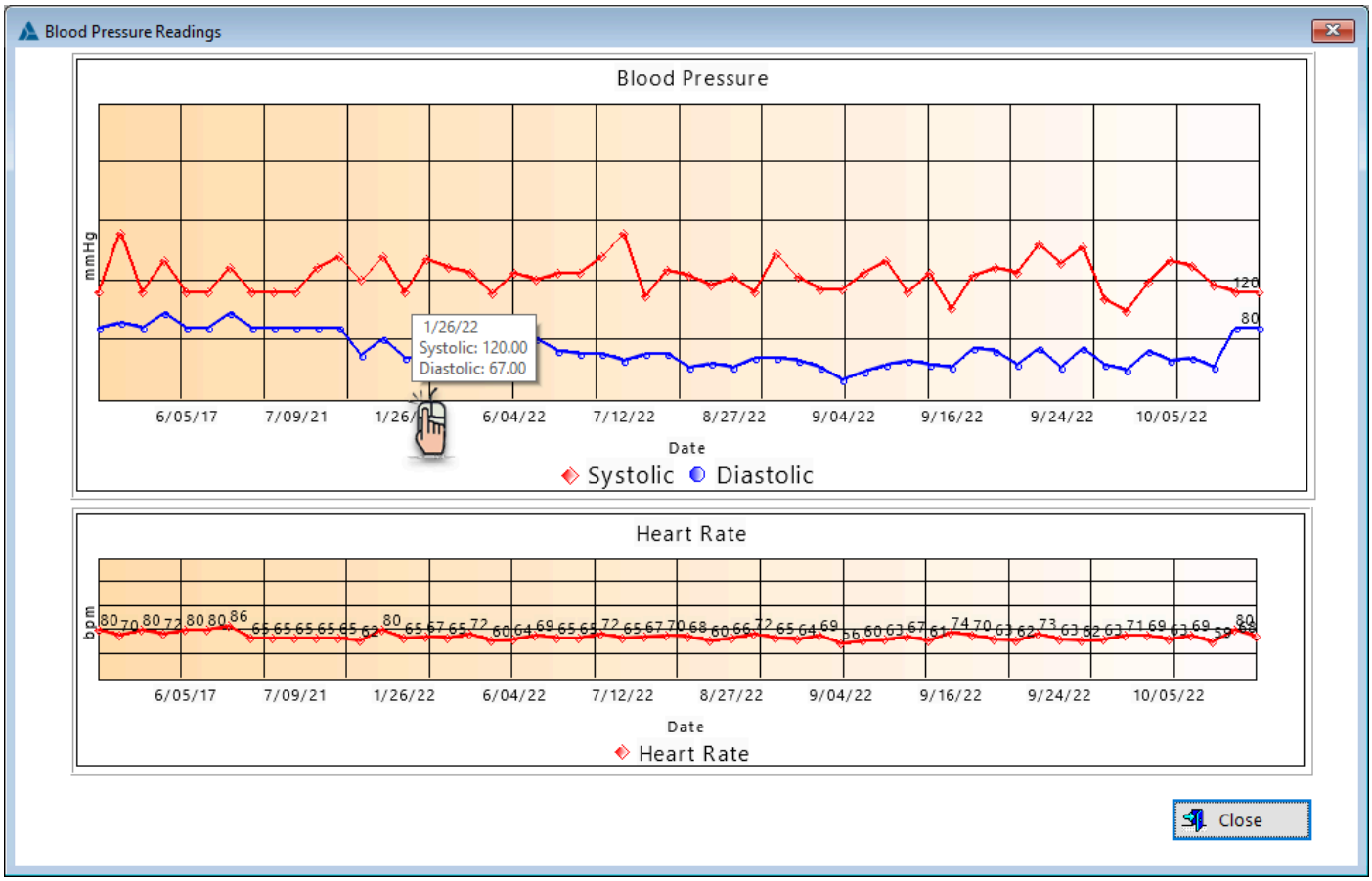
TABS

Ferritin - Displays a graph of your ferritin blood test results
Folic Acid - Displays a graph of your folic acid blood test results
Vitamin B12 - Displays a graph of your Vitamin B12 blood test results
Vitamin D - Displays a graph of your Vitamin D blood test results

HelpID: GraphB12VitDFerFolate

Blood Pressure - Heart Rate Graph

The Blood Pressure graph will enable you to track your blood pressure over time, giving you a visual display. Your heart rate is graphed directly below. This data is pulled from the **Blood Pressure** module



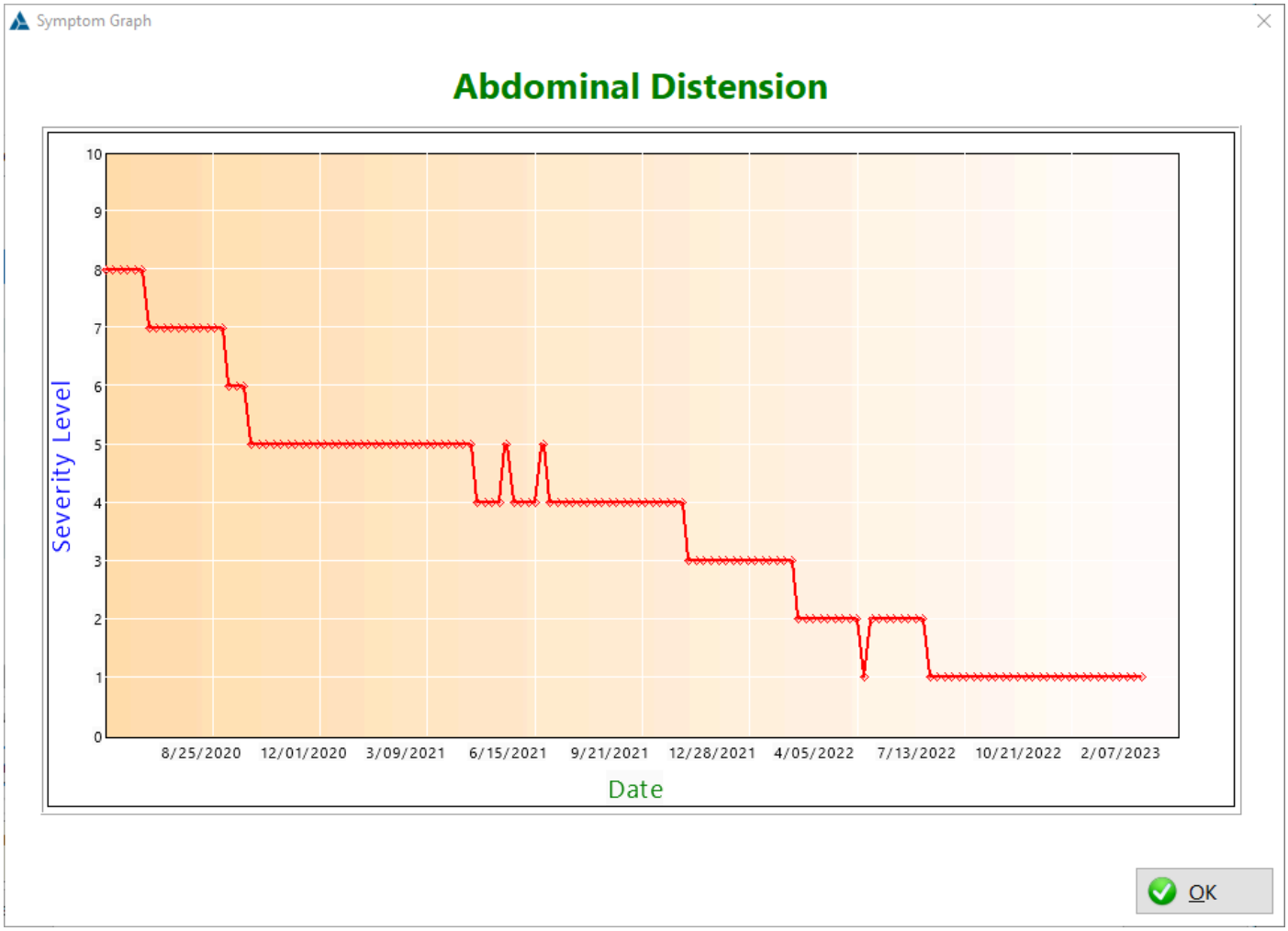
Blood Pressure - The top graph displays your systolic and diastolic blood pressure readings
Heart Rate - The bottom graph displays your heart rate readings.

This graph is designed to interpret one (1) reading per day. If you take your blood pressure *more than once per day*, there is a possiblity that the graph won't display the data properly.
If you Right-Click on the face of the graph, you have more options, such as printing the graph.
If you hover over a particular node, the systolic and diastolic readings will display, along with the date.

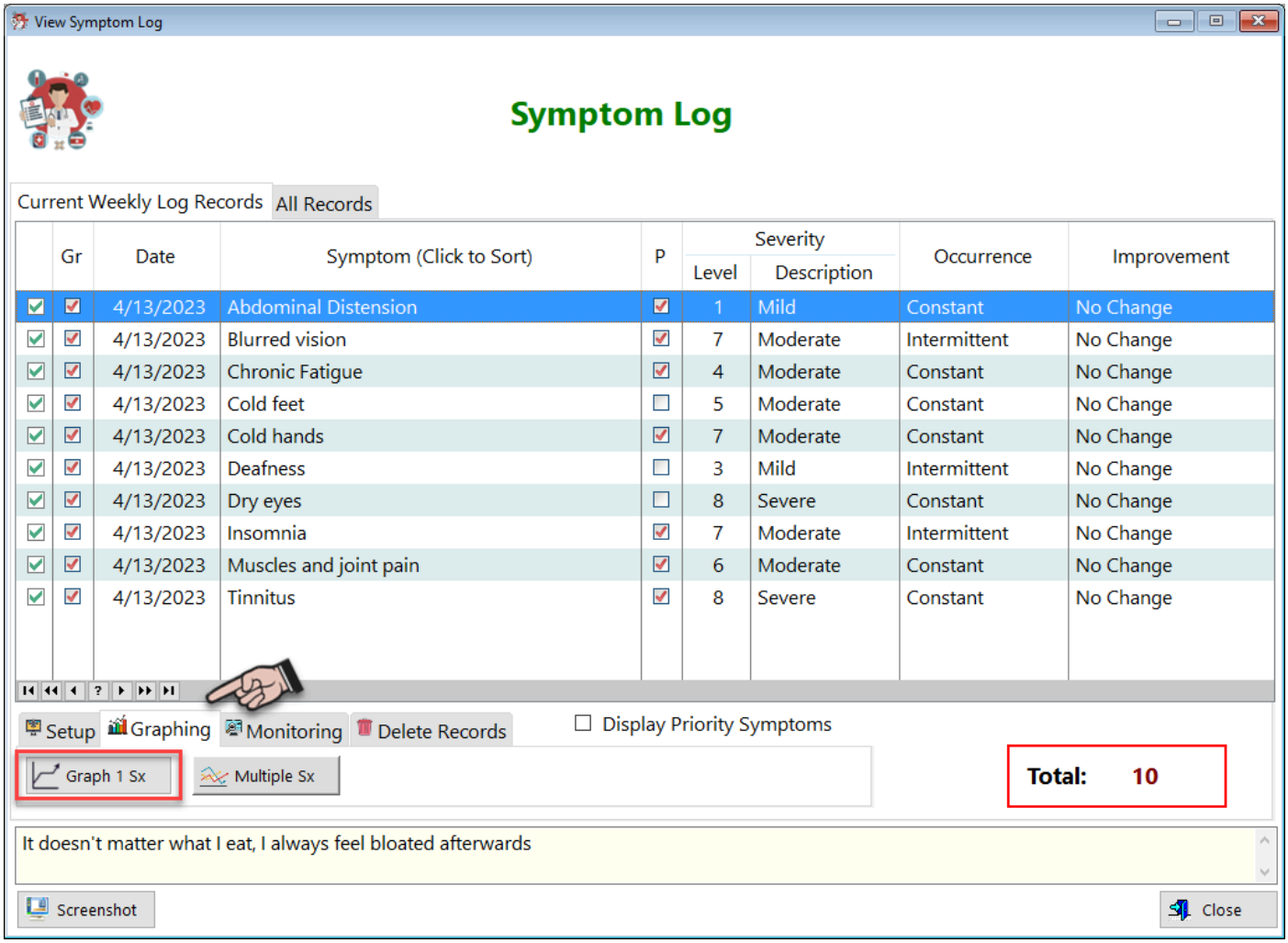
HelpID: GraphBloodPressure

Single Symptom Log Graphs

The graph below is an example of a single symptom display of a symptom (abdominal distension) over time. It provides a visual representation of how well you're coming along regarding that particular symptom.



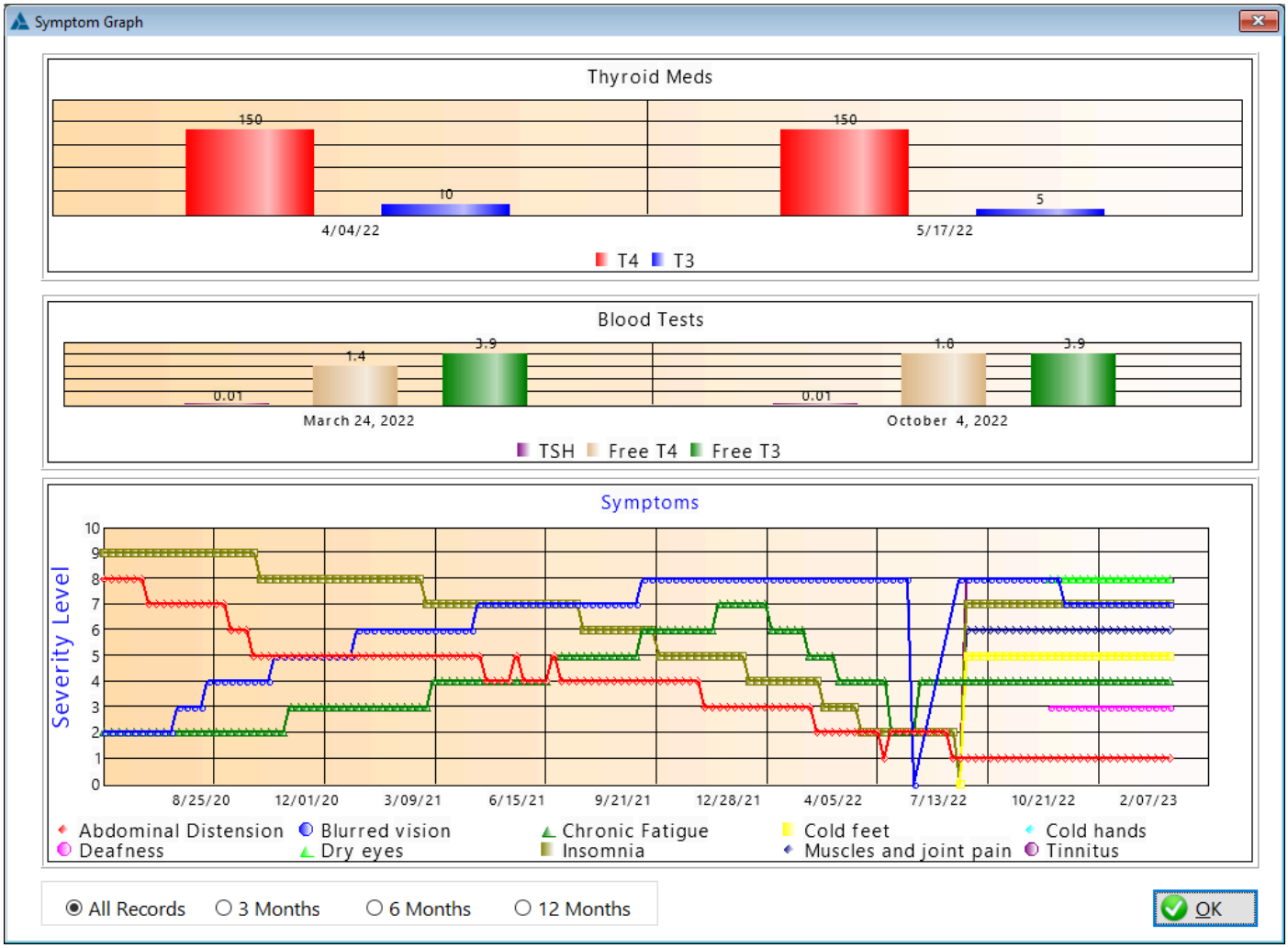
You can find this graph within the **Symptoms Log** module:



HelpID: GraphSymptomLog

Graph Symptom Log MultiSet

The Multiset graph takes your top 10 symptoms and correlates them with the thyroid meds you take and the blood tests you complete to give you a picture on how well your thyroid hormone therapy is working for you.



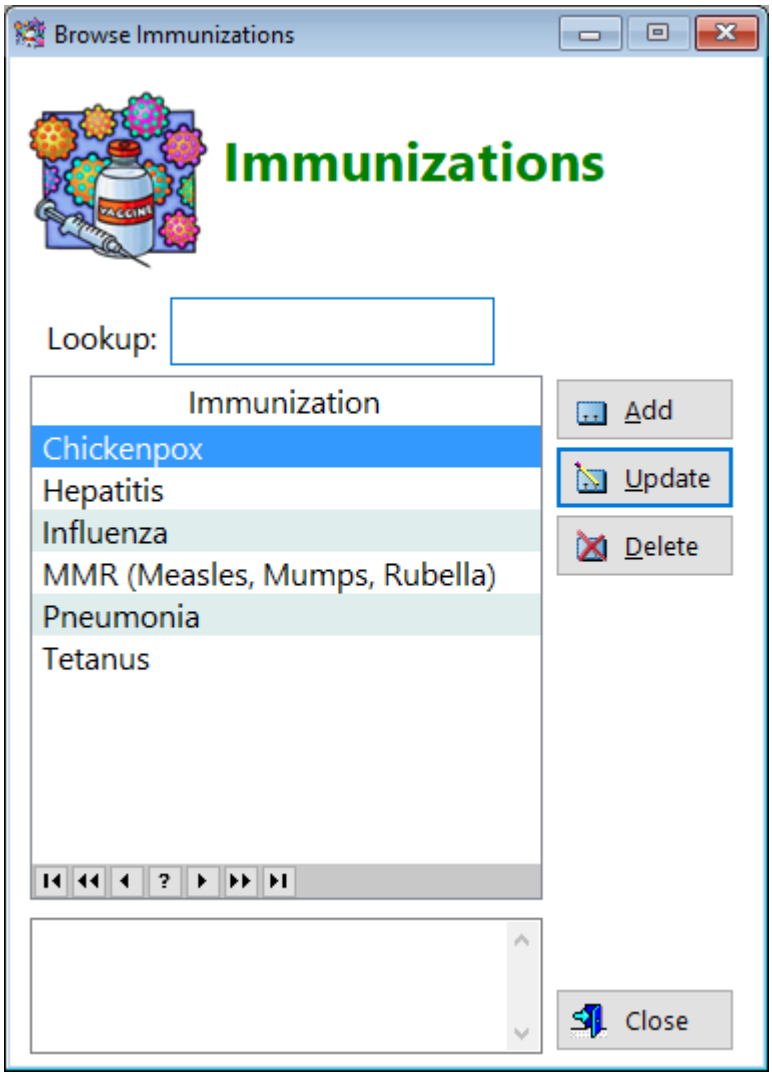
You don't have to monitor all 10 of your top symptoms (The maximum is 10) as the graph can become very busy.

HelpID: GraphSymptomLogMultiSet

Immunizations

You can find the Immunizations module under the Maintenance tab

The Immunizations table is a pick table for use when filling out your medical records

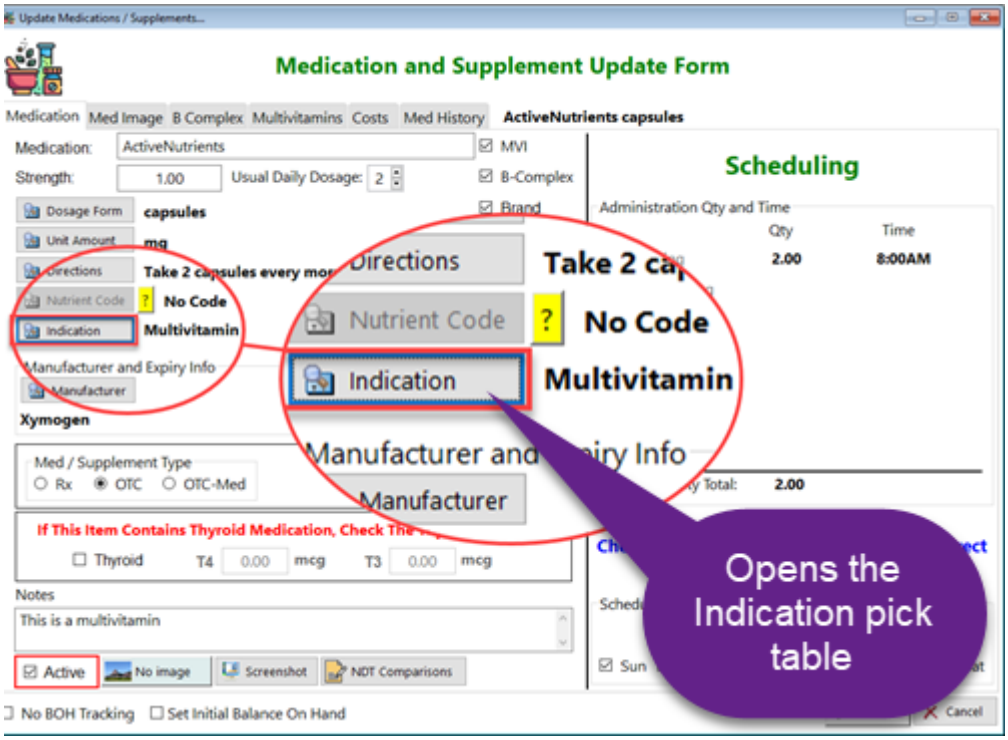


Immunization - Displays the field immunization

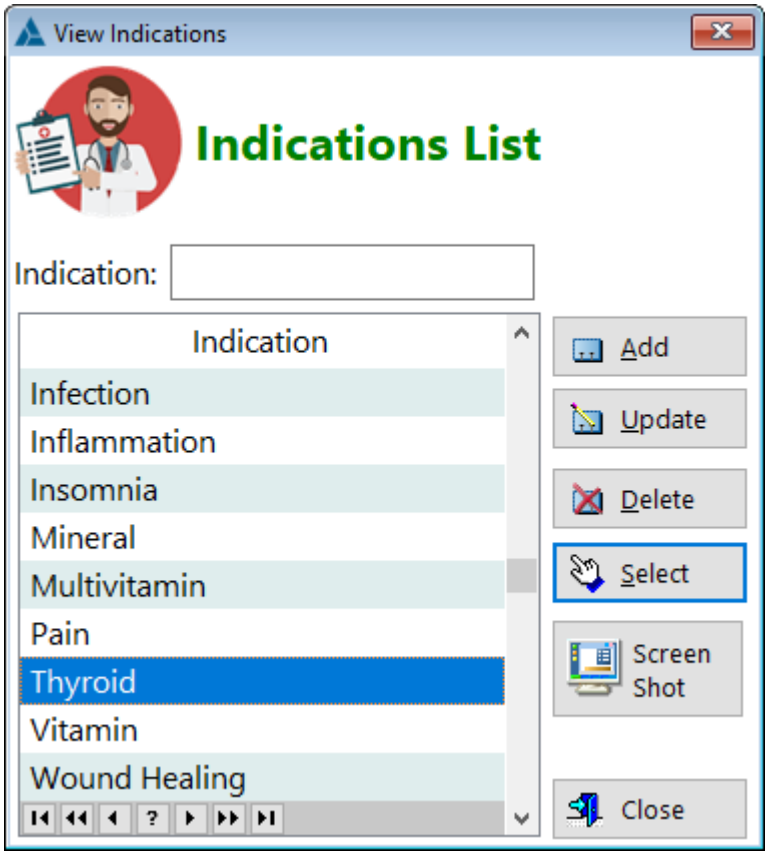
HelpID: Immunizations

Indications

The Indications List is a pick list that you'll use when filling out the Medications table on the update form



You can add anything that reflects why you're taking this medication or supplement.

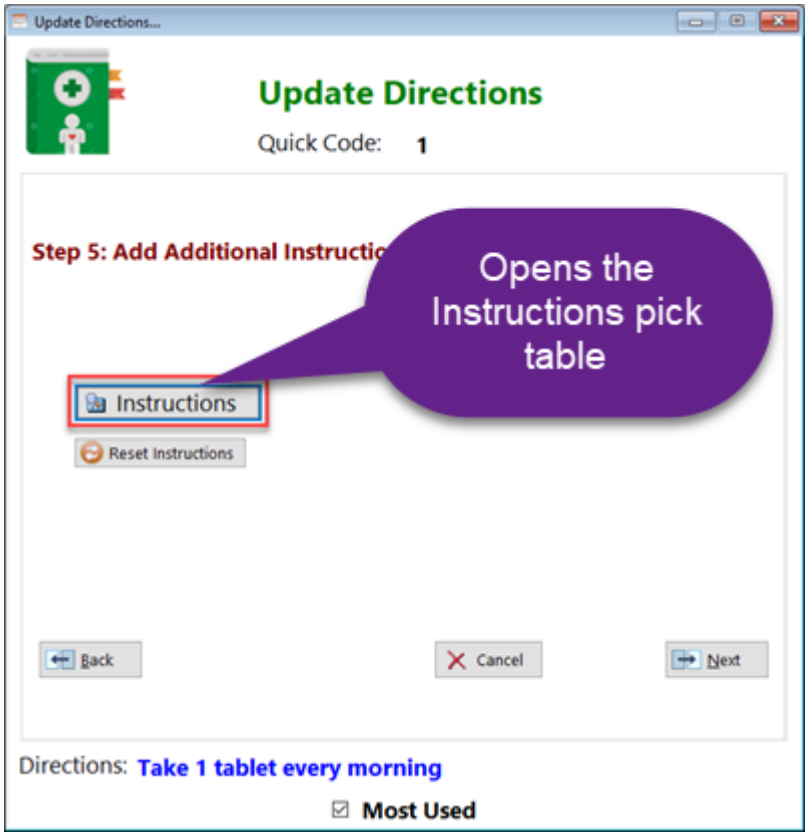


Indication - Displays the field indication that will be inserted into the Medications update form and table

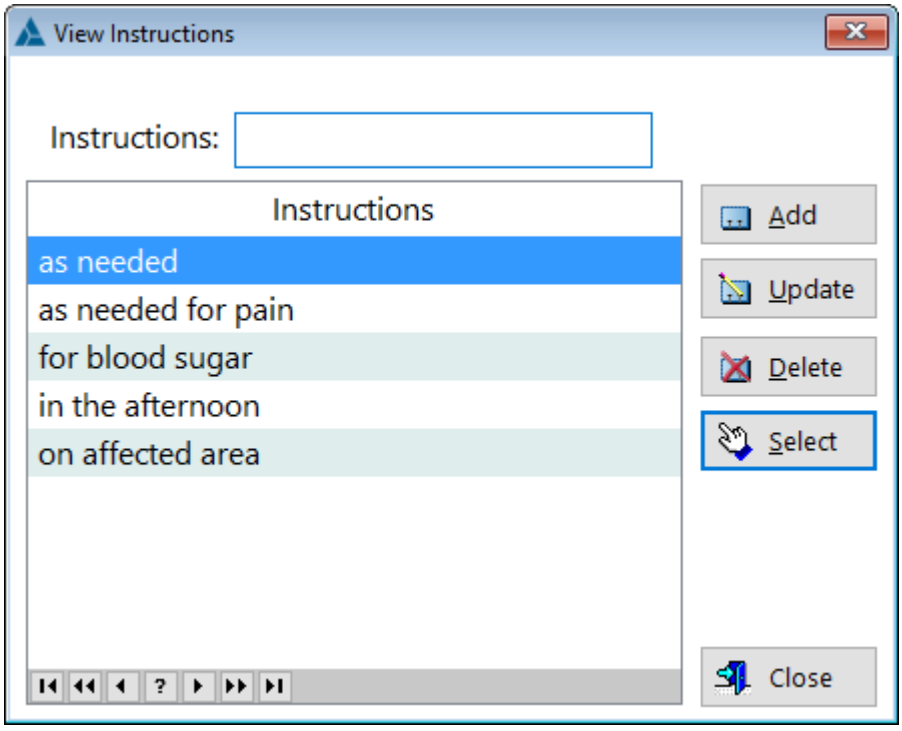
HelpID: Indications

Instructions

The Instructions module is a pick list that you'll use when using the wizard to create a sig (directions)



You can enter anything that assists you in describing in greater detail how you're taking this medication or supplement



Instructions - Displays the field instructions that will be inserted into the Directions update form and table

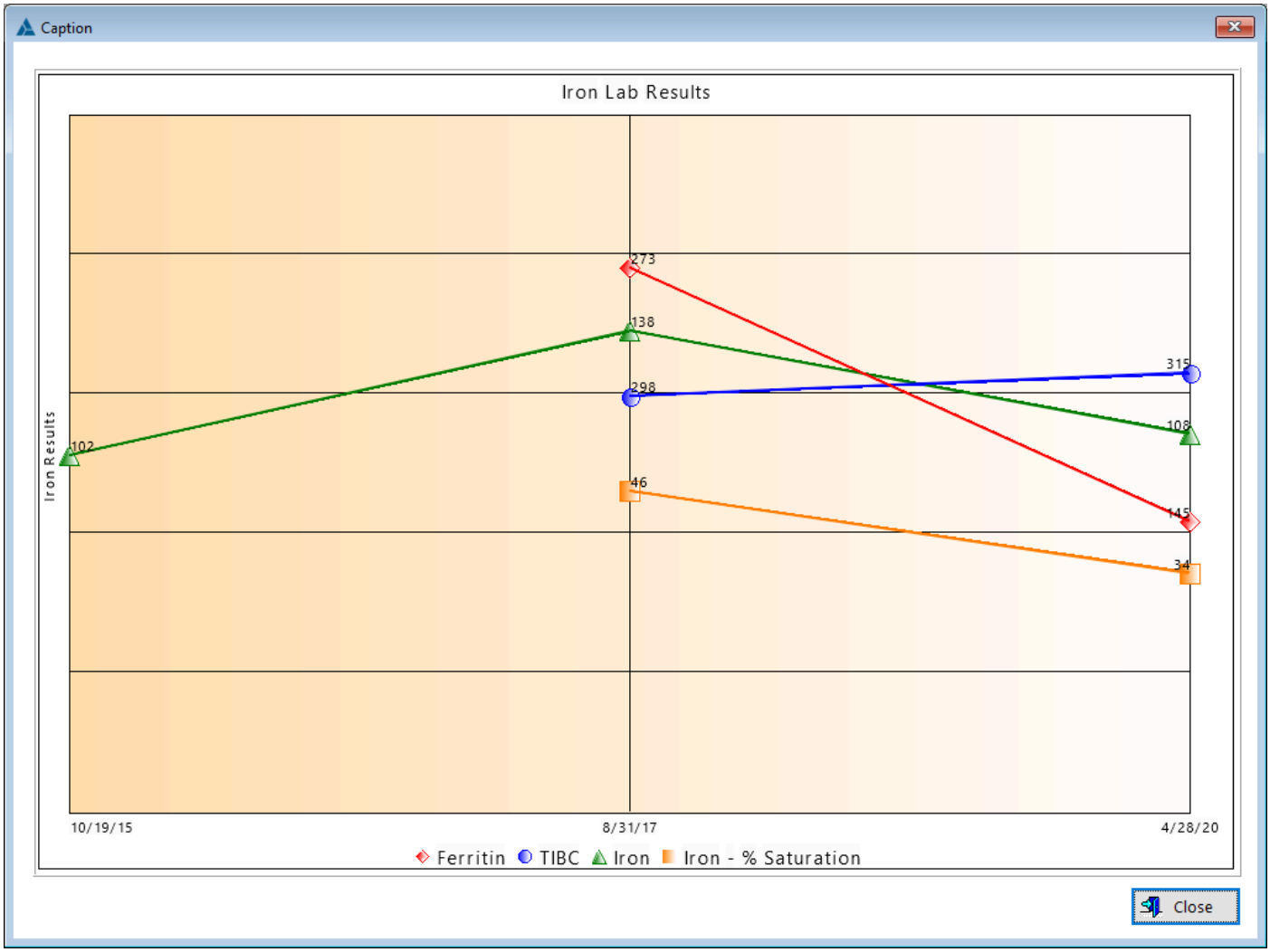
See also...

- UpdateInstructions

HelpID: Instructions

Iron Lab Results

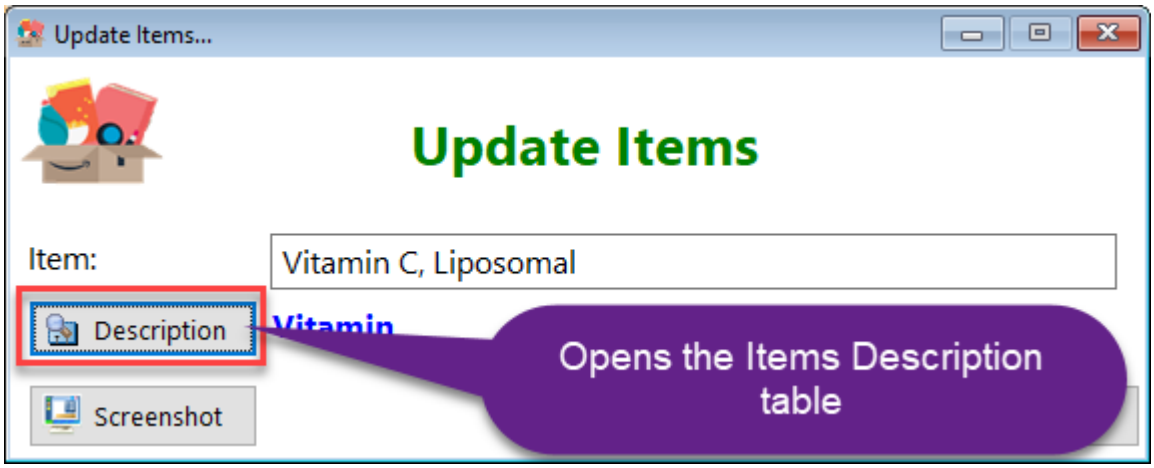
The Iron Lab Results Graph gives you a visual display of your total iron panel



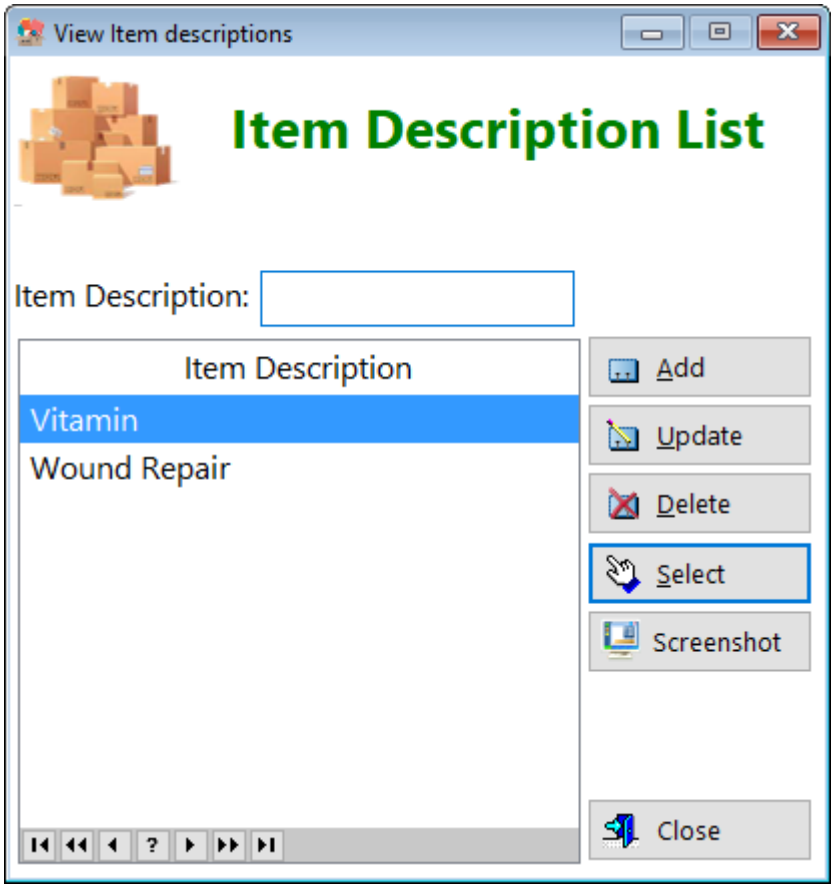
HelpID: IronLabResults

Item Descriptions

The Item Descriptions window is used as a pick list in the Purchases Module



You can store any description that helps explain what the item is for.

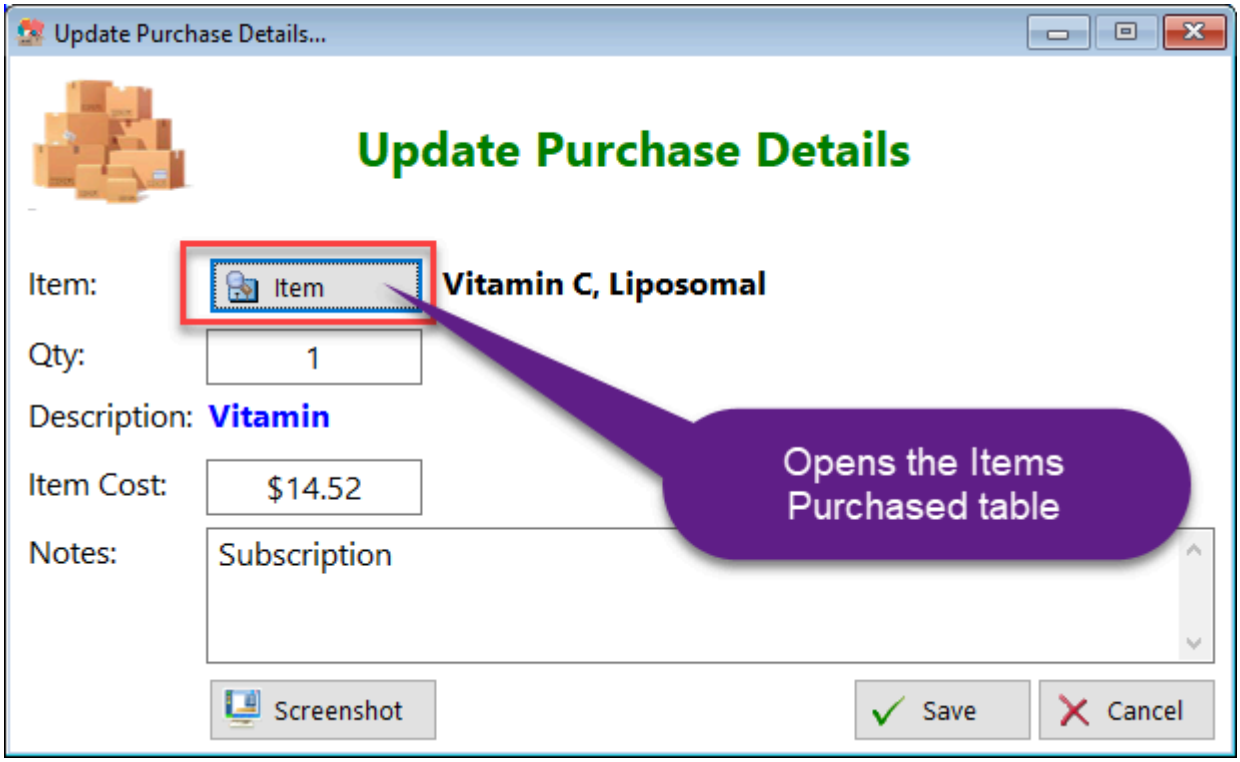


Item Description - Displays the item description field

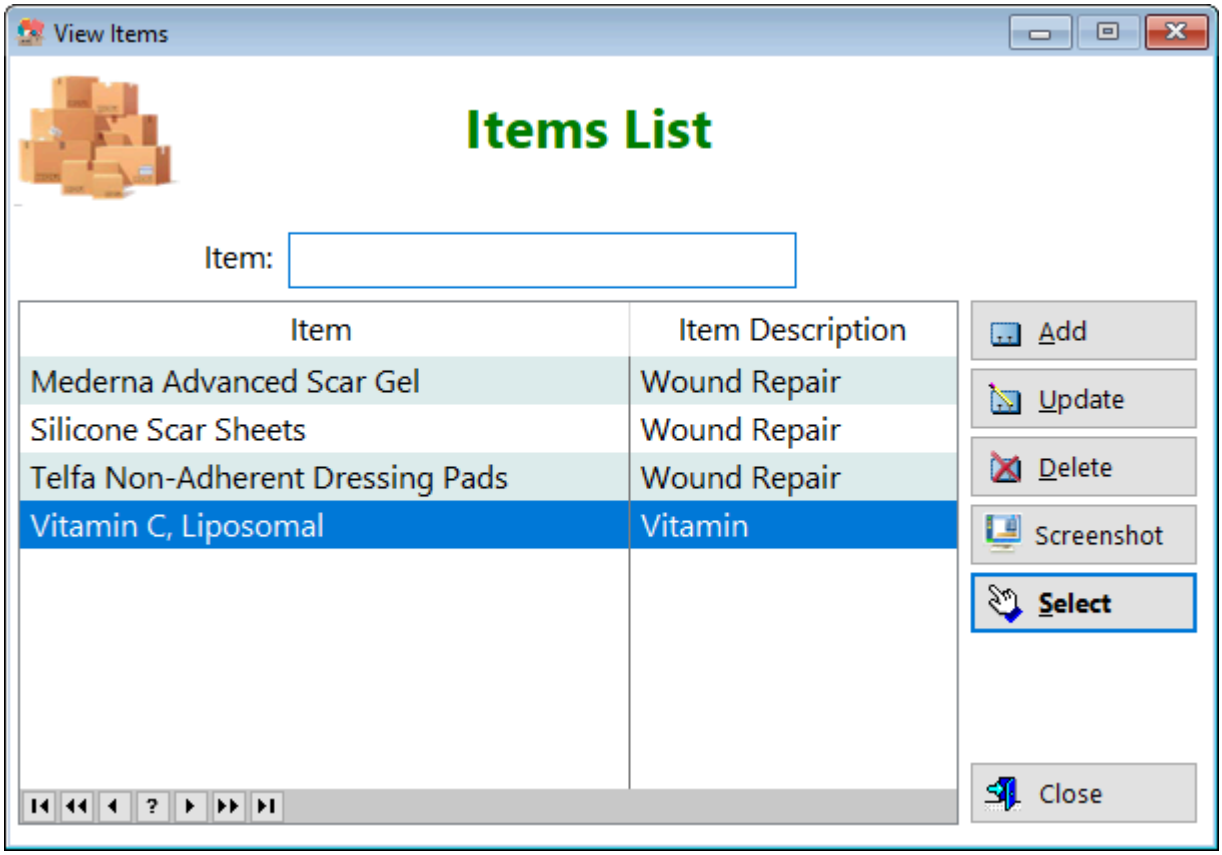
HelpID: ItemDescriptions

Items List

The Items List is a pick list used in the Purchases Module. It stores both an item name and its description.



You can add the name of the item that you purchased into this table



Item - Displays the name of the item
Item Description - Displays the description of the item

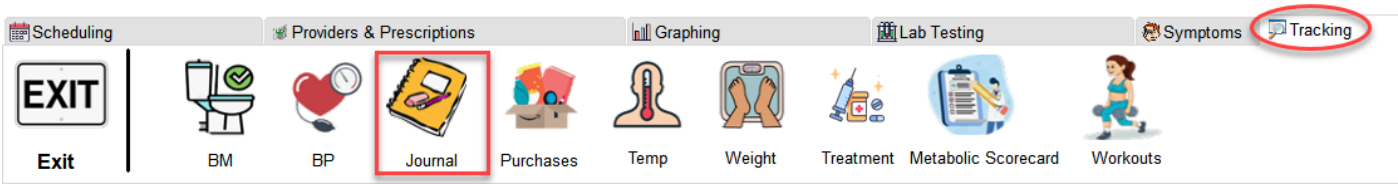
See also...

- ItemDescriptions

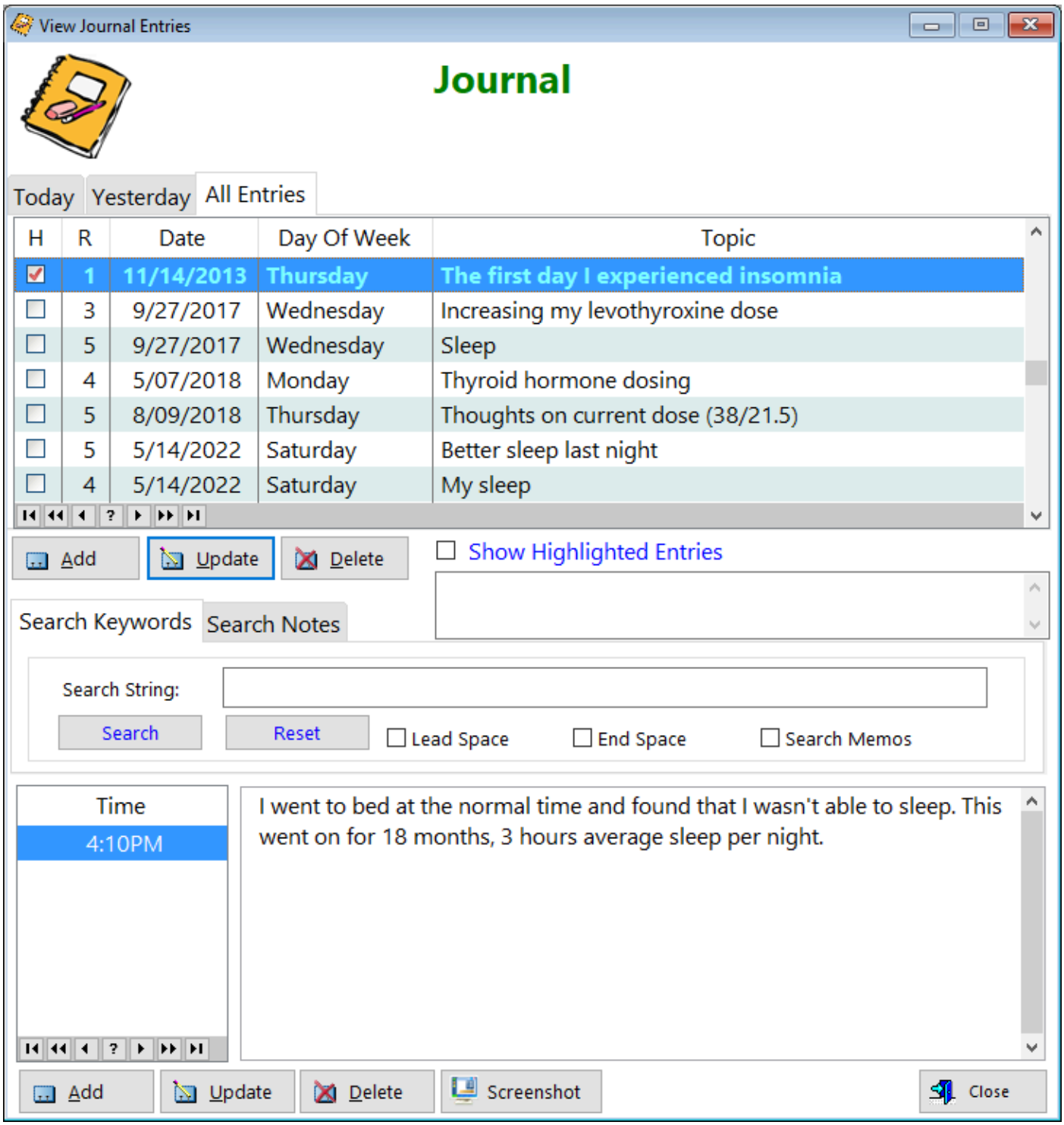
HelpID: Items

Journal

You can find the Journal module under the **Tracking** Tab



The Journal enables you to track your thoughts throughout the day. It's a general purpose digital diary.



H - Displays records you want to highlight
R - Displays a rating of your day
Date - Displays the date you wrote in your journal
Day Of Week - Displays the day
Topic - Displays a name for your journal entry

Show Highlighted Entries - Click this checkbox to filter all the highlighted records

Search Keywords Tab

Search String - Enter a keyword here to find all journal entries with those keywords

Search Notes Tab

Search Notes - Enter a keyword here to find all records with the same keyword

Time - Displays the time of day you entered notes

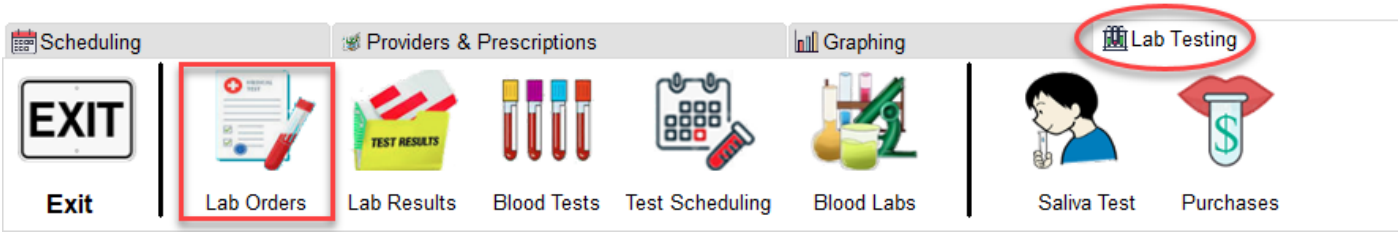
See also...

- UpdateJournal
- UpdateJournalDetail

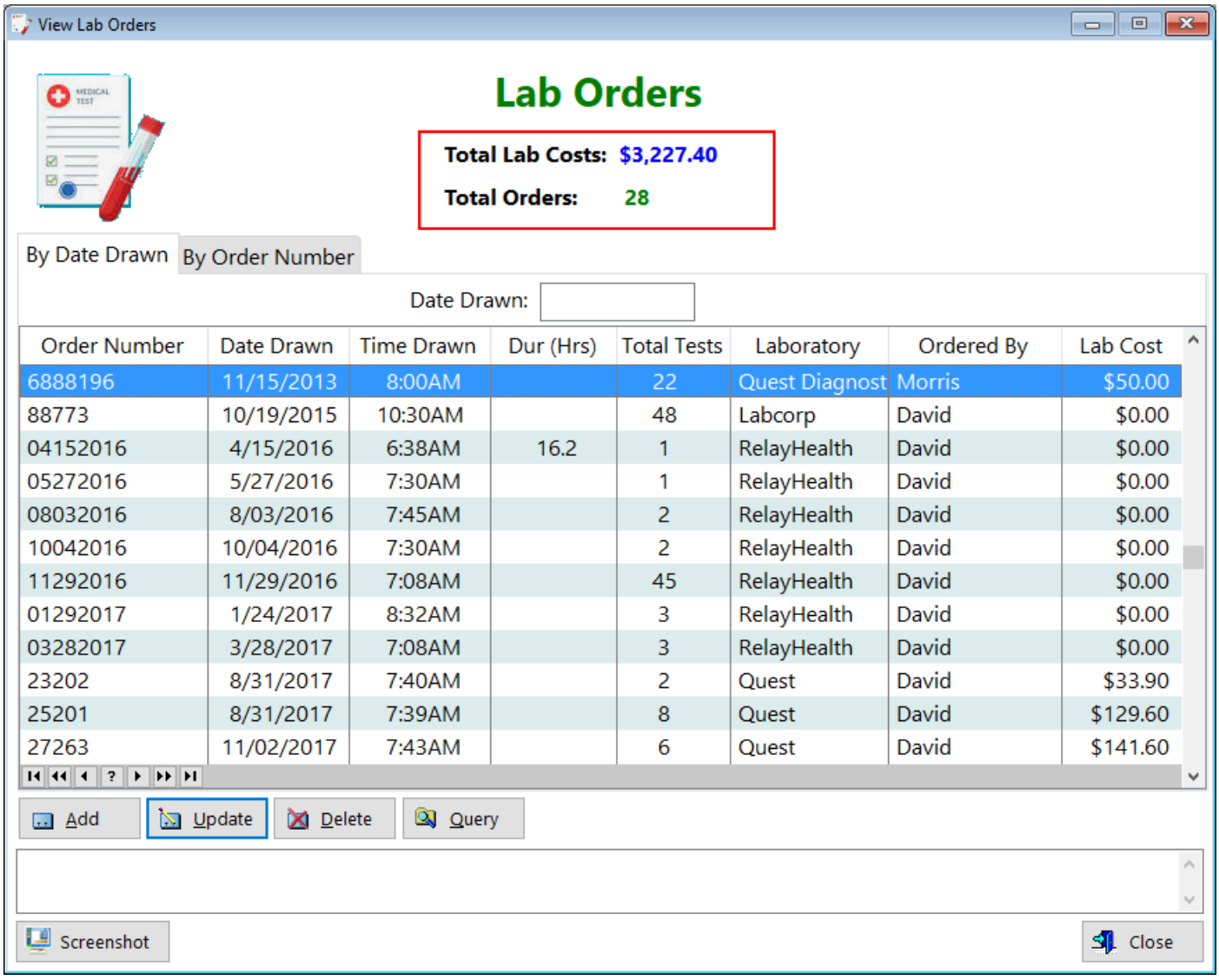
HelpID: Journal

Lab Orders

You can find the Lab Orders module under the Lab Testing Tab



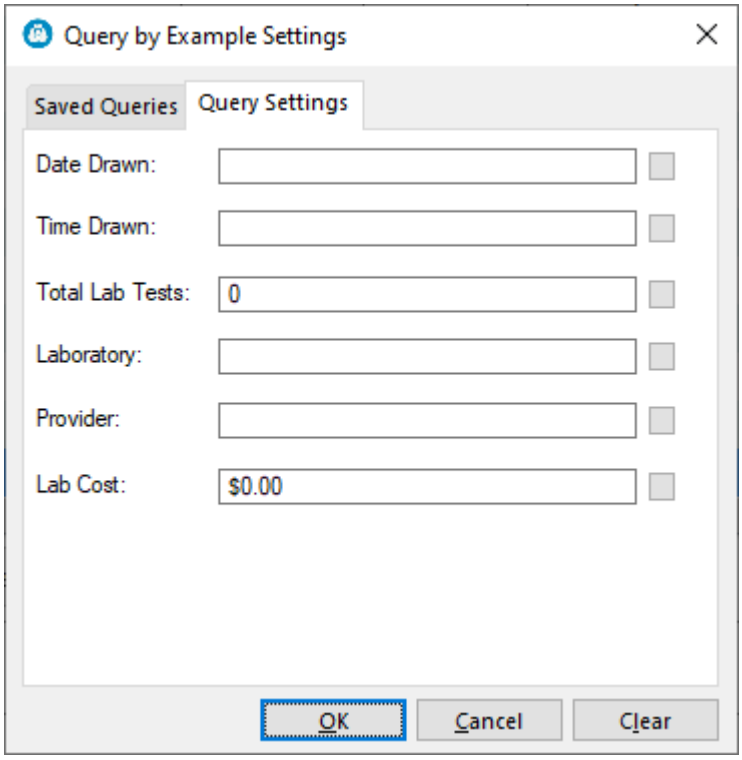
The Lab Orders module enables you to track all of your blood test orders, for the purpose of evaluating thyroid medication efficacy.



Order Number - Displays the order number on the lab order
Date Drawn - Displays the date your blood was drawn
Time Drawn - Displays the time your blood was drawn
Dur (Hrs) - Displays the time elapsed between the last thyroid dose you took and the time your blood was drawn.

Total Tests - Displays the total number of blood tests that were ordered
Laboratory - Displays the name of the lab where you went to have your blood drawn
Ordered By - Displays the name of the physician who wrote the lab order
Lab Cost - Displays the total you paid for the blood tests

Query(button) - Enables you to filter records based on certain criteria



Date Drawn - Enter the date you went to the blood lab and click on the little box to the right. You'll have 4 choices:
1. =
2. <=
3. >=
4. <>

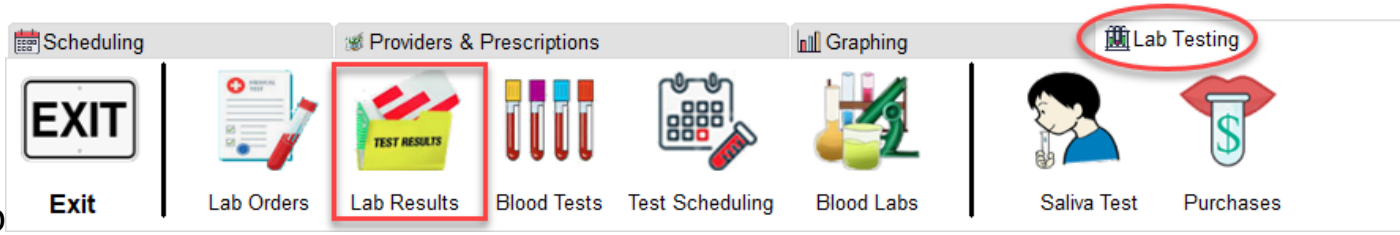
Each of the fields in this query box work in the same way...enter information in the appropriate field, click the box to select the filtering criteria, then click OK.

See also...
- UpdateLabOrder

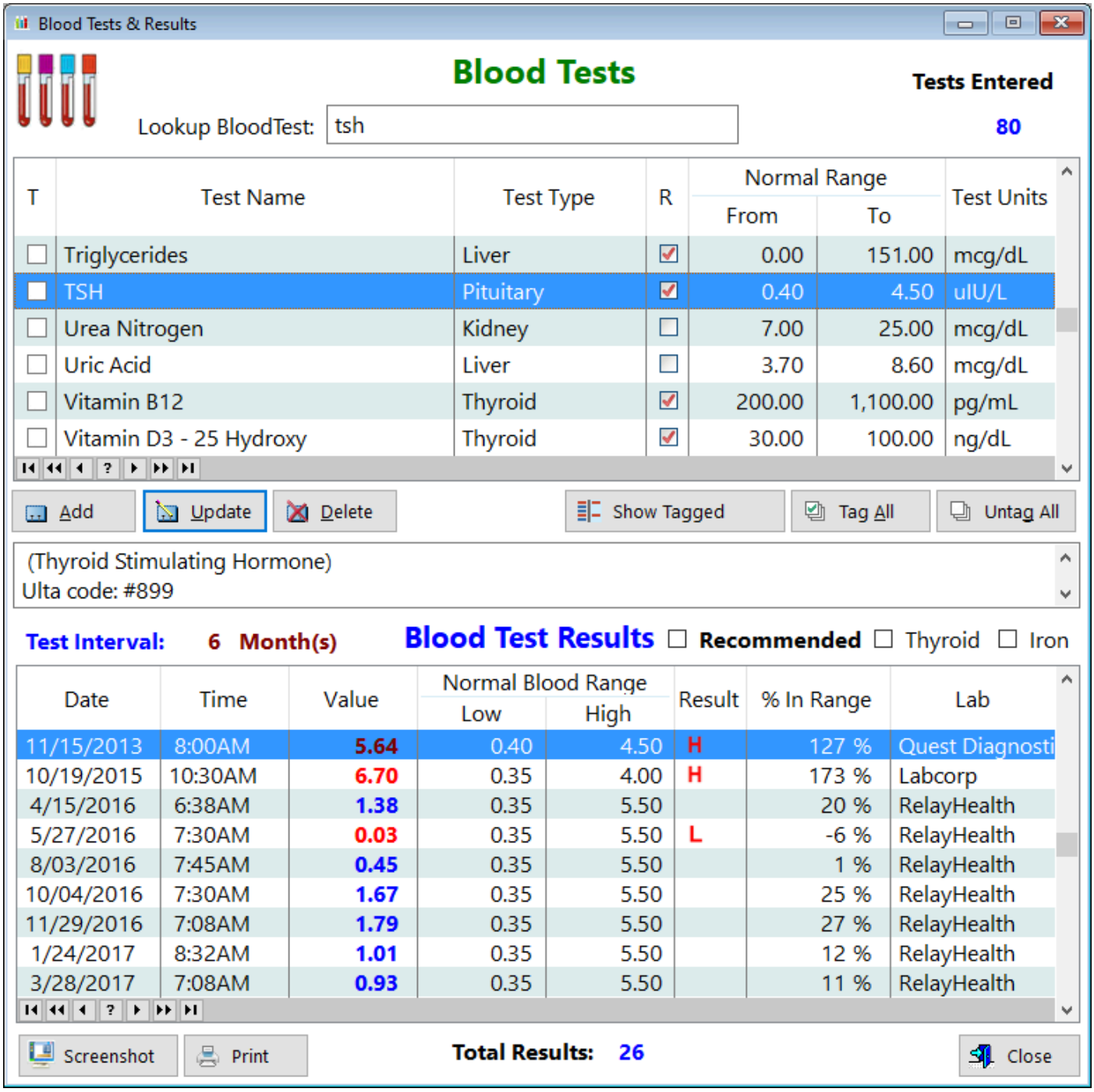
HelpID: LabOrders

Lab Results

You can find the Lab Results module under the Lab Testing Tab



The Blood Tests module enables you to enter blood tests necessary for tracking your health.



T - Tag - Enables you to selectively tag various records
Test Name - Displays the name of the test
Test Type - Displays the category of test
R - Displays checked if you decided this test is recommended for you
Normal Range
From - Displays the starting range for this blood test
To - Displays the ending range for this blood test
Test Units - Displays the concentration of the blood test results

Blood Test Results - This listbox displays all of the records for the highlighted blood test above (TSH)
Date - Displays the Date of the the blood test
Time - Displays the time of the blood test
Value - Displays the blood test result
Normal Blood Range
Low -
High -
Result - Displays '**H**' for any result that is high, '**L**' for any result that is low, and nothing if the result is normal
% In Range - Displays how much as a percentage the blood test result is
Lab - Displays the name of the lab you had your blood drawn from

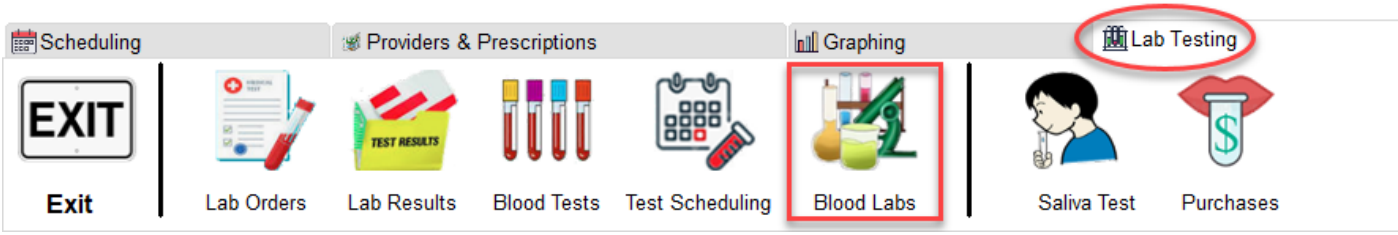
Total Results - Displays a sum of the number of times you had this particular blood test performed

See also...
- UpdateBloodTests

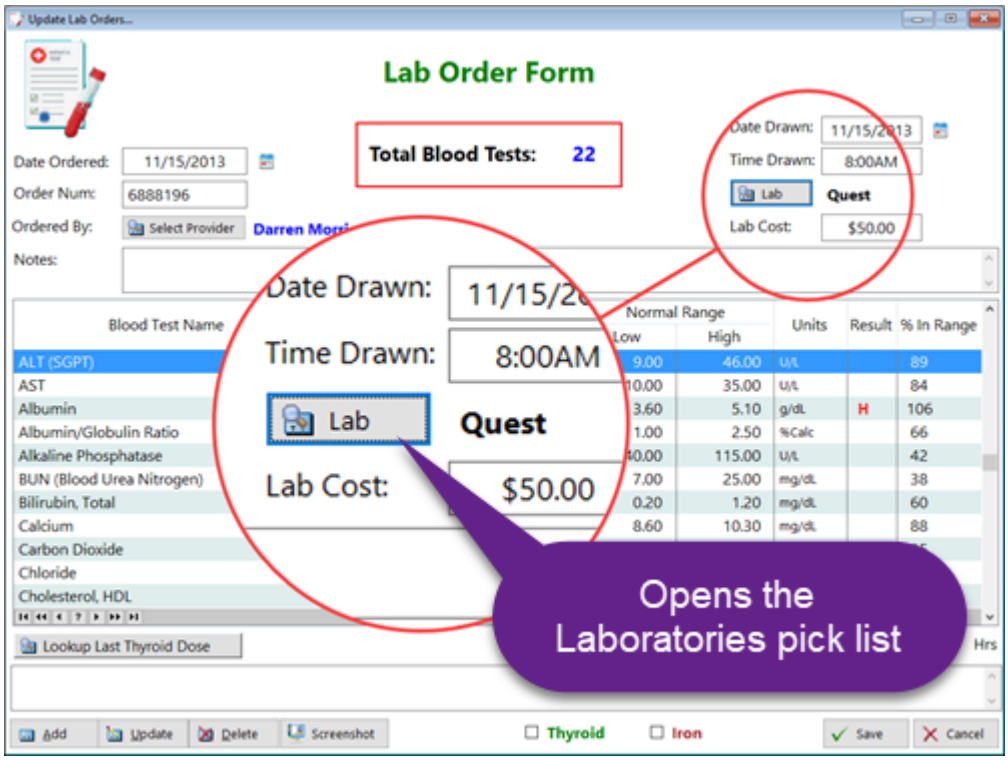
HelpID: LabResults

Labs

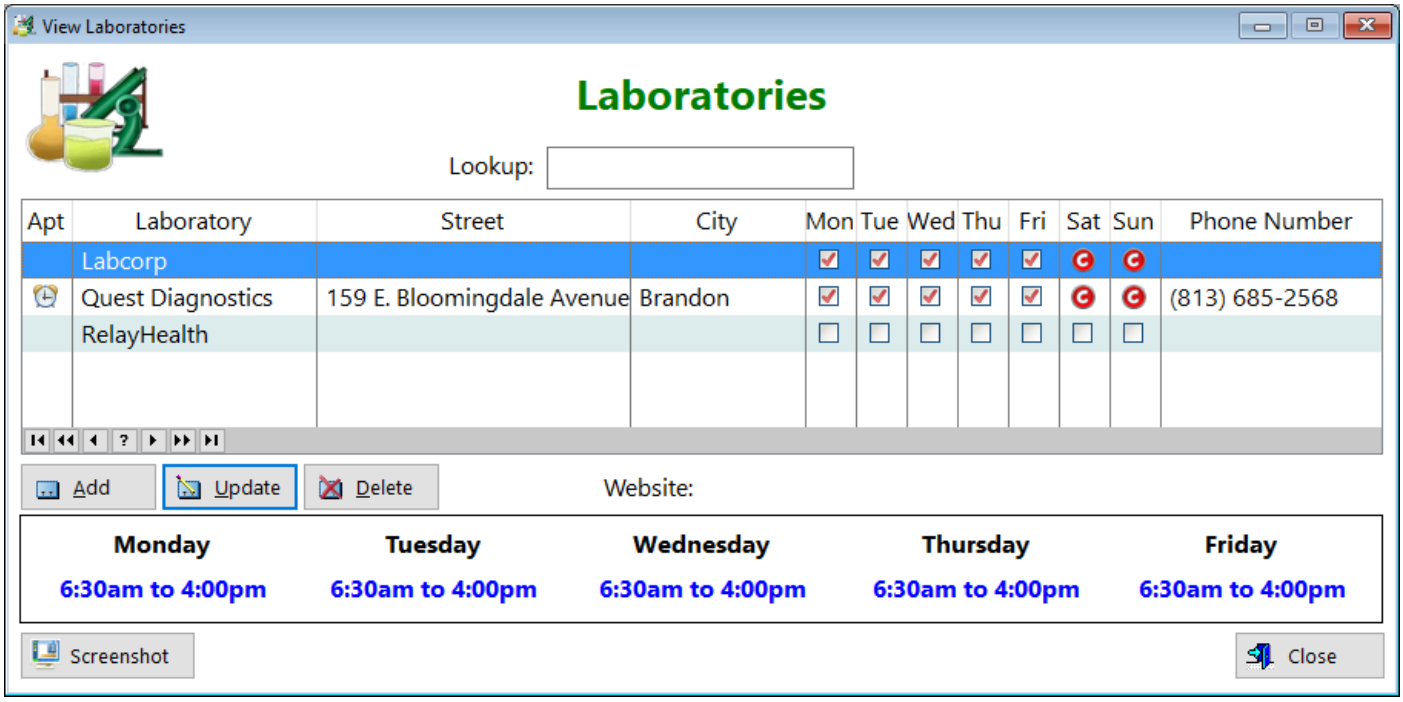
You can find the Blood Labs module under the Lab Testing tab



The Labs module contains the blood drawing facilities that you go to for blood testing.



You'll enter the name of the laboratory you use and this table becomes a pick list for the Lab Order Form (above).



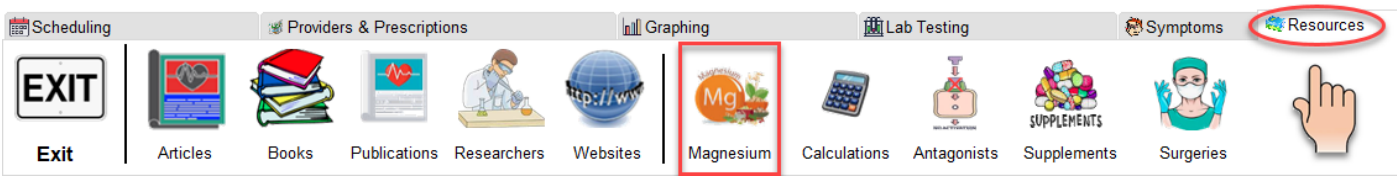
Apt - Displays an icon if an appointment is required.
Laboratory - Displays the laboratory field in a table
Street - Location of the laboratory you use for the blood draw
City - Location of the city where the lab resides
Mon - Displays Monday and if checked, means the lab is open
Tue - Displays Tuesday and if checked, means the lab is open
Wed - Displays Wednesday and if checked, means the lab is open
Thu - Displays Thursday and if checked, means the lab is open
Fri - Displays Friday and if checked, means the lab is open
Sat - Displays Saturday. Usually, labs are not open this day. You'll see the icon 'C' meaning closed
Sun - Displays Sunday. Usually, labs are not open this day. You'll see the icon 'C' meaning closed
Phone Number - Displays the telephone number of the lab
Website - Displays the online location of the lab

See also...
• UpdateLabs

HelpID: Labs

Magnesium

You can find the Magnesium module under the Resources Tab



The Magnesium Salts module contains the names of various magnesium compounds. Some are more bioavailable than others.

Magnesium can be taken in a variety of dosage forms, such as orally, transdermally, or IV. It's available orally as a solid (tablet) and liquid.

Magnesium Salt - Displays the salt form of magnesium

Brand Name - Displays the brand associated with this salt form
Admin - Refers to the type of administration.
PO - Orally
TrD - Transdermally
IV - Intravenously

Salt - Every form of magnesium for therapeutic use is produced in salt form, that is, it's combined with a number of negatively charged ions to make it more stable, more soluble, etc.
mg - Refers to the strength of the dosage form. 500mg is the amount on the label. For example, Magnesium Oxide 500mg.
Elemental
mg - Refers to the actual amount of elemental magnesium contained in the dose. For example, Magnesium Oxide contains 300mg of elemental Mg.
Factor - Displays the decimal amount of elemental magnesium in the dosage form.
Ionization - Displays the degree to which this salt can dissolve in liquid
Absorption - Displays the degree to which this salt can be absorbed through the small intestine.

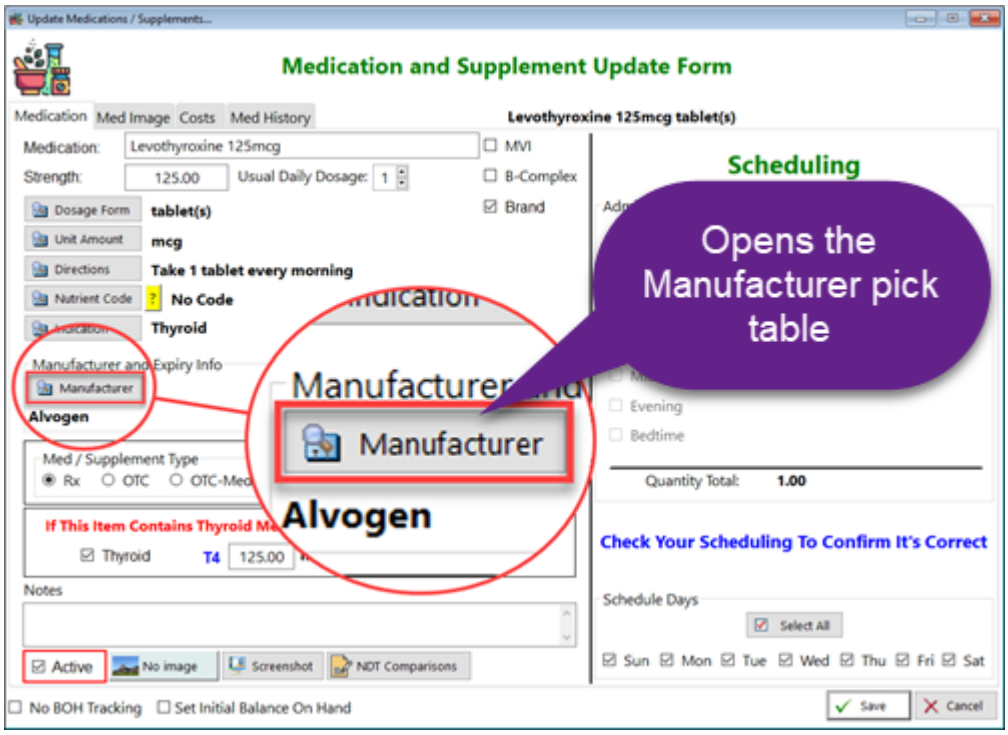
See also...

- UpdateMagSalts

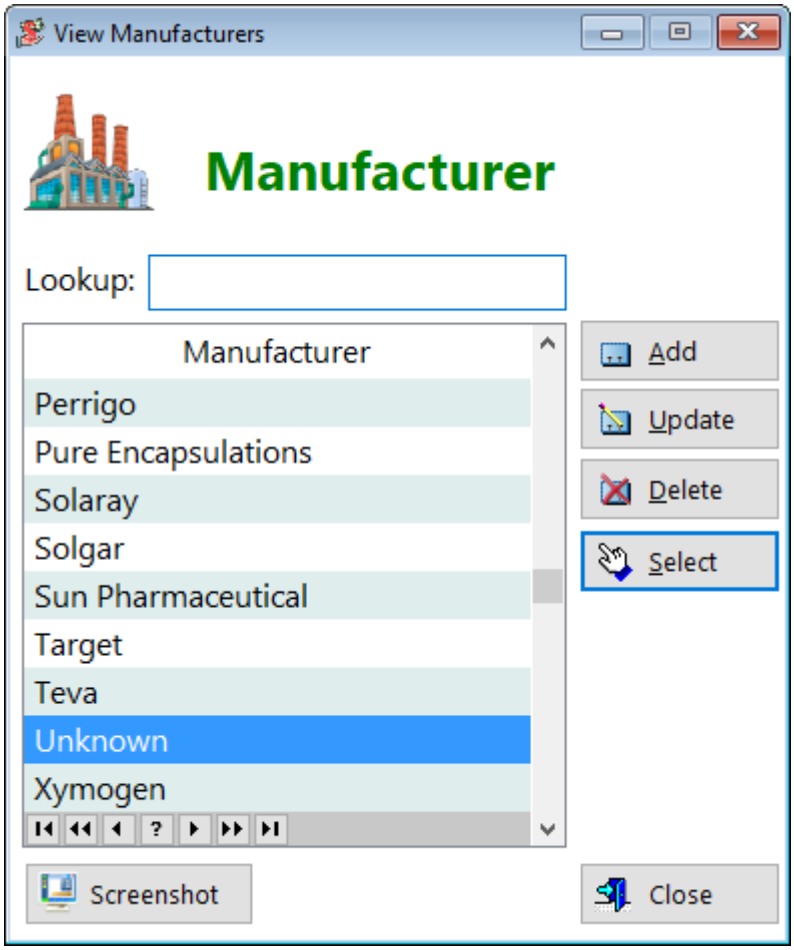
HelpID: Magnesium

Manufacturers

The Manufacturers table is a pick list for the Medications update form



This table contains all of the manufacturer's names and the one you select is inserted into the Medications table when you create a new record.



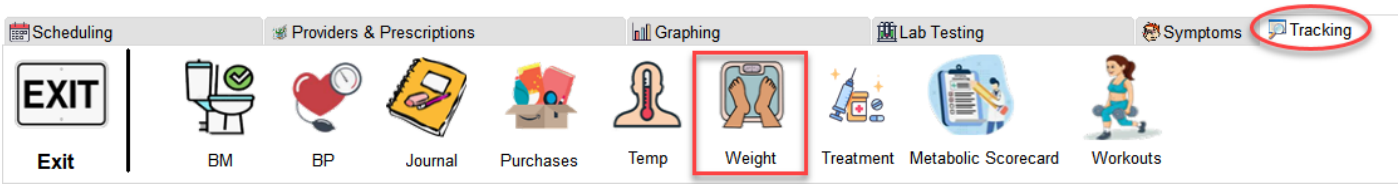
Manufacturer - Displays the manufacturer field

UpdateManufacturer

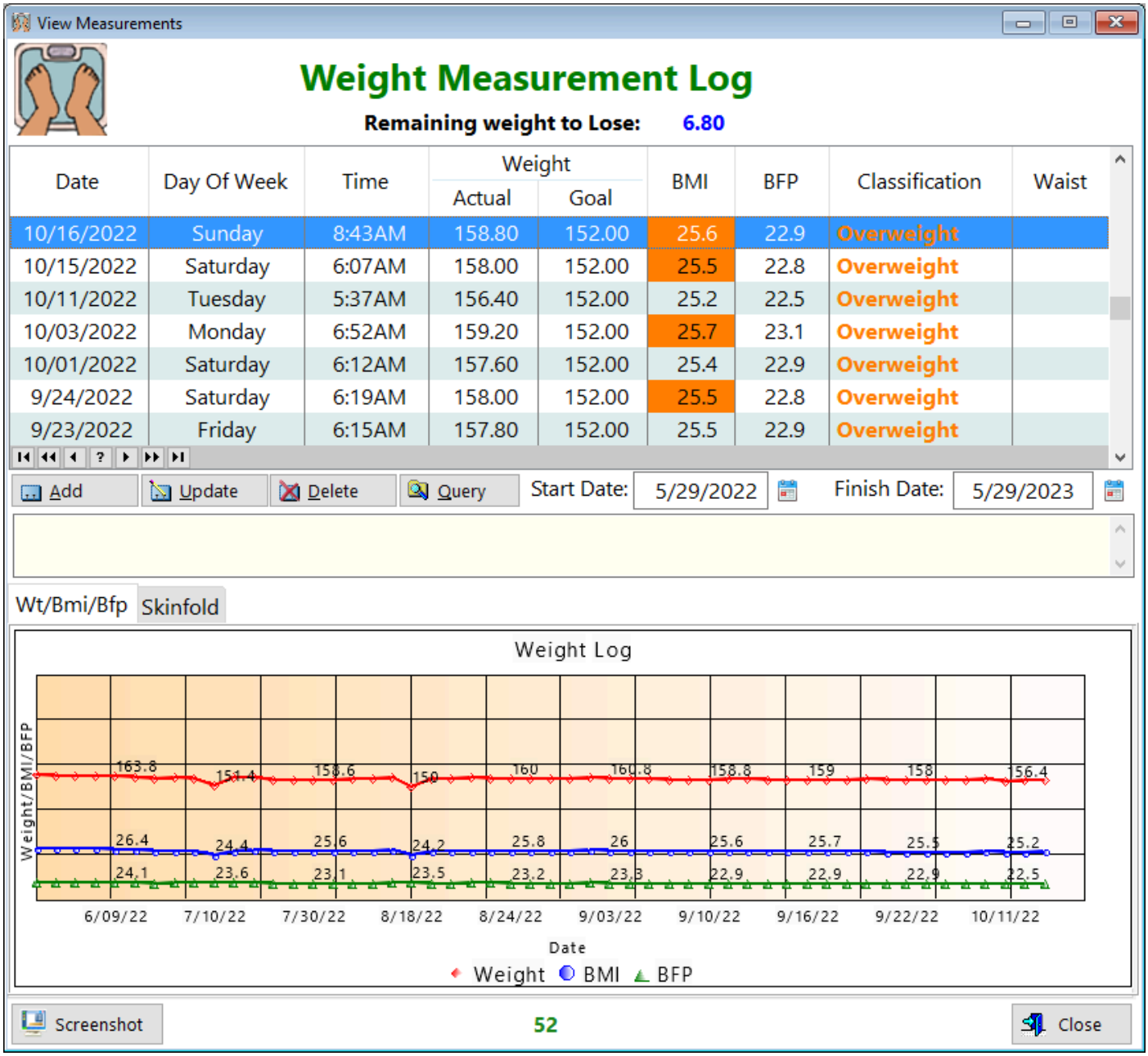
HelpID: Manufacturers

Measurement Log

You can find the Measurement Log under the Tracking Tab



The Weight Measurement Log module enables you to track your weight in any way you feel comfortable, daily, weekly or however. You can set your goal in the Preferences module, and based on that setting, you're given indications of how close you are to your weight goal. You may also have a 'waist' goal, which is the true goal...to reduce your bodyfat percentage to a normal level. The program calculates your BMI (body mass index) and gives you a classification. If you don't have a digital scale to measure bodyfat %, you could also use calipers and check certain skinfold areas. This type of measurement often underestimates actual bodyfat percentage, but it still provides feedback. If you lose fat, your records will naturally show a decrease in caliper measurements.



Date - Displays the date you measured your weight
Day - Displays the day of the week you measured your weight
Time - Displays the time you measured your weight
Weight - Shows a comparison between what you weigh now and what your goal is
-Actual - Displays your actual weight
-Goal - Displays your goal weight
BMI - Displays your body mass index (height divided by weight)
BFP - Displays your body fat percentage
Classification - Displays an evaluation based on the relationship between your actual weight and your desired weight
Waist - Displays the size of your waist

GRAPH TABS

Wt/Bmi/Bfp - Displays your weight, height and body fat percentage
Skinfold - Displays any skinfold measurements (abdominal and suprailiac only) you've performed

While some experts will recommend only weighing yourself once weekly, I would suggest that you weigh yourself *daily*. The reason is simple: If you're not eating correctly you'll want to know this as soon as possible. Waiting an entire week to discover that you've been overeating is more disappointing, in my opinion. With daily weigh-ins you'll see that if you've eaten a lot of salty foods, your weight may increase by as much as 2 pounds in one day! But that increase will very quickly go down, as it's only the salt retaining water. Overall, you'll want to see (If you're attempting to lose weight) a steady net decline of 1 to 2 pounds every week.

There's a formula for determining how much weight you can lose per week before you begin losing muscle:
Stan desires to lose body fat. Here are his numbers:
He weighs 200 lbs and has a bodyfat percentage of 20 percent
1) Stan will *multiply* his body weight (200) X his bodyfat *percentage* (20), then divide by 100
200 X 20/100 = 40 lbs. This is how much body fat Stan has.
2) Then he'll multiply his body fat (40) X 31 cal/gram
40 X 31 = 1240. This is how many calories Stan can eat *daily* to burn fat *without* losing muscle
3) Stan takes that number (1240) and multiplies it by 7 to get the total calories he can eat in a week
1240 X 7 = 8680 Kcalories (total for the week)
4) Stans divides this number (8680) by 3500 Kcal/lb
8680 / 3500 = 2.48 lbs.
This is how many pounds Stan can safely lose per week (at that weight & bodyfat percentage) without sacrificing muscle

As Stan loses weight, the amount per week he can lose without penality of *losing muscle decreases*.

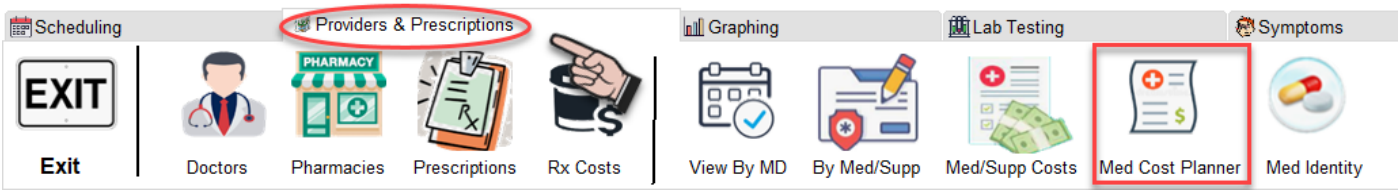
See also...

- UpdateMeasurements

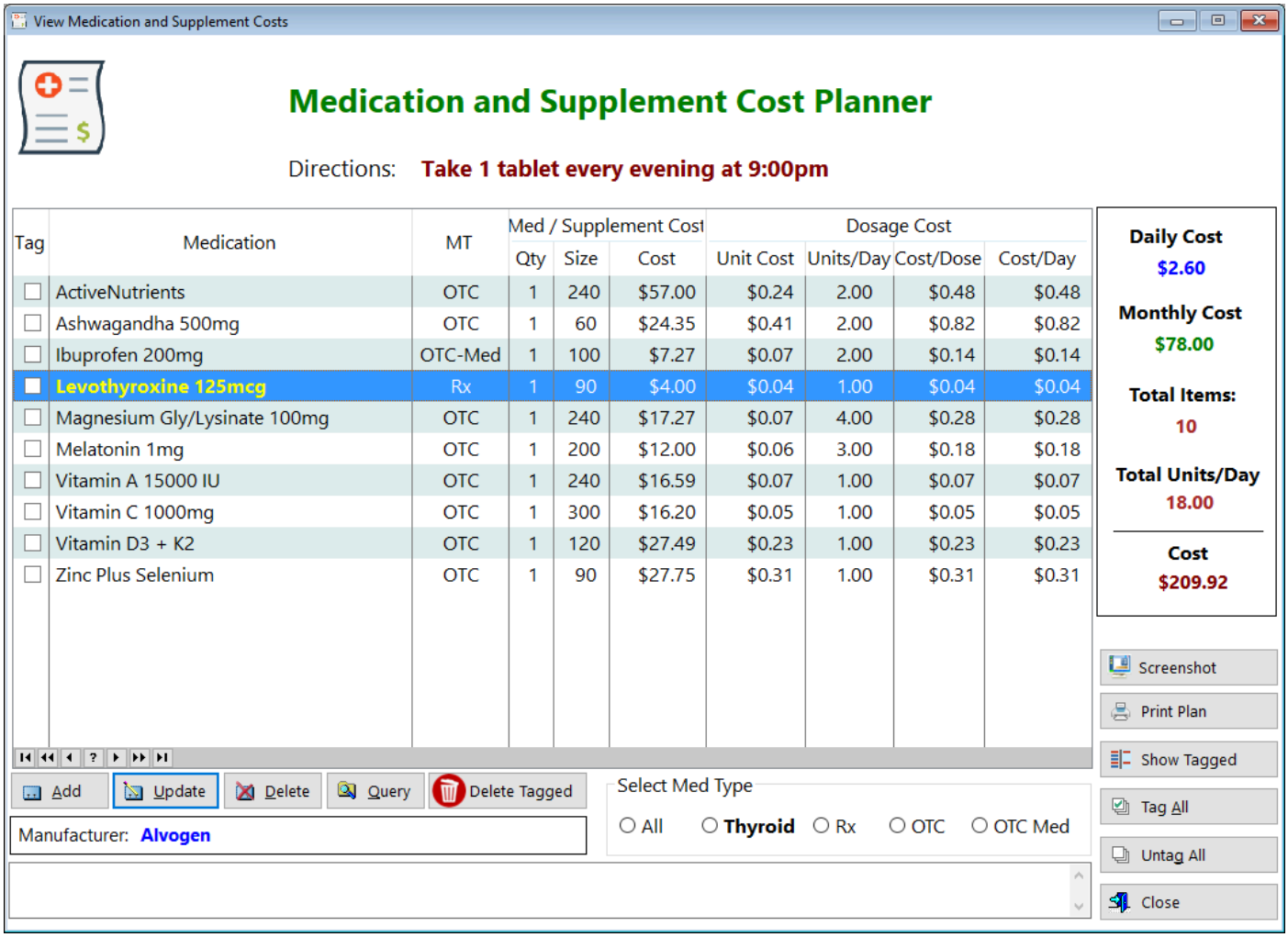
HelpID: MeasurementLog

Med Cost Planner

You can find the Med Cost Planner module under the Providers & Prescriptions Tab



The Medication and Supplement Cost Planner module enables you to add or subtract items without interfering with your active medications that you've listed in the Medications module. It's a 'what if' scenario for you. What if you decreased a certain supplement? How much would it save you over 6 months?



Tag - This column enables you to tag individual records
Medication - Displays the name of the Medication
MT - Displays the Medication Type (OTC, OTC-Med, Rx)
Med/Supplement Cost
-Qty - Displays the typical quantity (1 bottle for example)
-Size - Displays the amount of tablets or dosage units in the bottle

-Cost - Displays the cost paid for this bottle

Unit Cost - Displays the cost per unit. For example, ActiveNutrients contains 240 capsules and costs $57. So 57 ÷ 240 = 0.2345. Rounded off ,that's 24 cents.
Units/Day - Displays how many dosage units are being taken per day. In this case I'm taking 2 capsules per day
Cost/Dose - Displays how much I'm paying per dose (1 dose = 2 capsules in this example)
Cost/Day - Displays how much I'm paying per day. If 1 dose costs 48 cents, then I'm paying 48 cents per day

CALCULATIONS

Daily Cost - Displays the calculation over all items in the listbox. So I'm paying $3.01 per day for my treatment plan
Monthly Cost - Displays the calculation over all items in the listbox. So I'm paying $90.30 each month for my treatment plan
Total Items - Displays the total number of medications/supplements I'm taking. In my case that's eleven (11)
Total Units / Day - Displays the total number of *dosage units* per day.
Cost - If I were to go out and buy all of the products on this treatment plan, I'd have to spend $245.92. Some would last for a few months, others not as long.

You begin by adding active medications and supplements and evaluate what it's costing you. For many people, the costs are in the supplements taken. We begin 1 supplement, then add on more (we don't want to stop taking the previous one, because maybe it's helping...just a little anyway...). If you're not careful, you'll wind up like some people who are spending $400 to $500 dollars per month without seeing the real benefit. This module will show you exactly what you're paying for each item, and what it's costing you per month.

Although items like vitamin C are fairly inexpensive, it all adds up. Do you really need to take 5 grams per day? Can you actually feel a difference in your level of energy, level of pain, etc.?

Keep in mind that the Placebo effect is possible.

Daily Cost - This is exactly what you might think, how much you're spending each day on this particular regimen
Monthly Cost - Same here, this is what you'll spend every month on this regimen
Total Items - This displays how many unique medications and/or supplements you're taking in this regimen
Total Units/Day - This number represents how many tablets, capsules, drops, etc. you're taking. Obviously, the more you take, the more challenging your therapy will be.

Cost - This is the amount you'd pay if you went to the store and purchased everything in your regimen. Some items will last more than 1 month, which is why your monthly cost will usually be less.

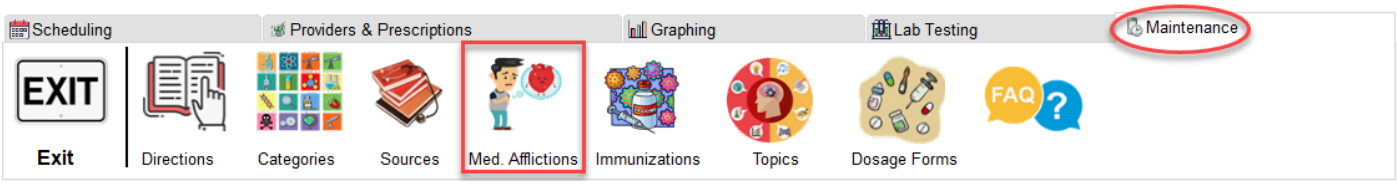
See also...

- PrintMedCosts
- UpdateMedCosts

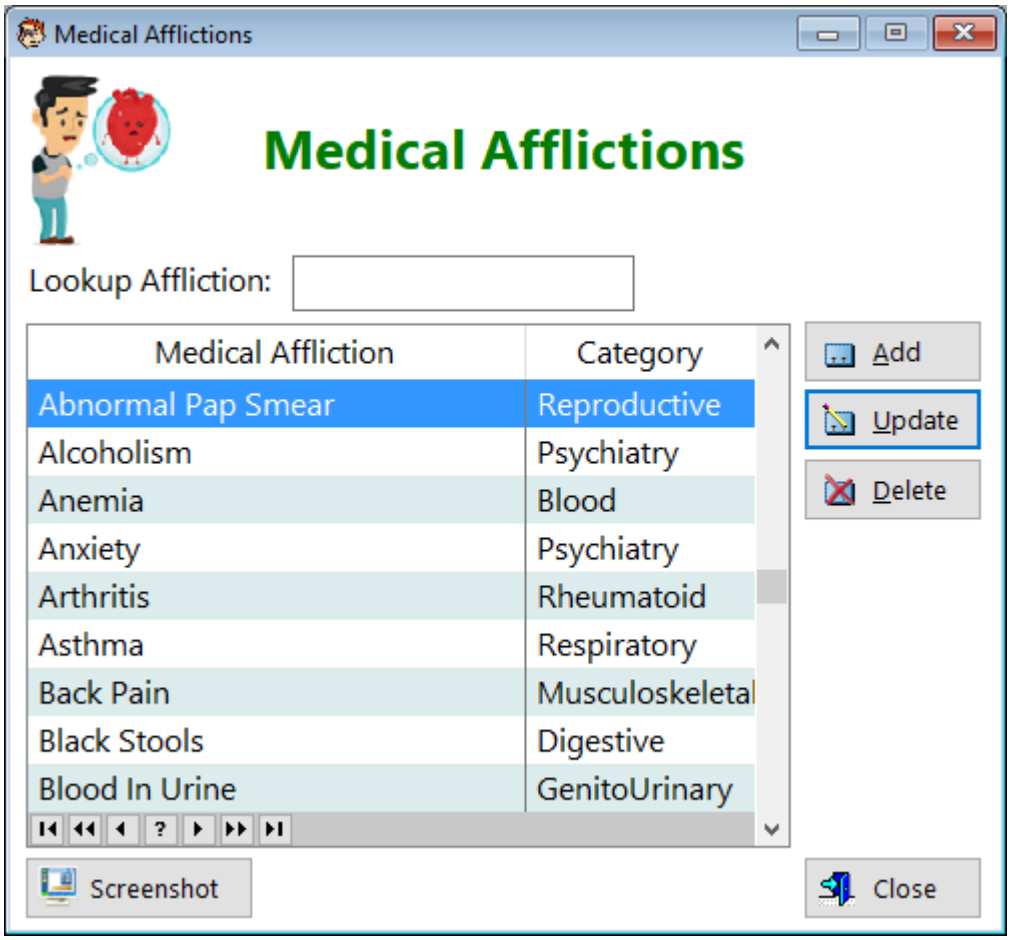
HelpID: MedCostPlanner

Medical Afflictions Log

You can find the Medical Afflictions module under the Symptoms Tab



The Medical Afflictions module is a lookup table for the Medical records module



There are two (2) sections to this module. The top one is where you enter the affliction you're experiencing, a start date and other things.
The bottom area is synched to the top highlighted record and as you progress through the affliction, you can document it including the date and time you entered data.
Affliction - Name of the affliction you're experiencing
Date Started - The date you first noticed the affliction
Date Ended - The date you first noticed the end of the affliction
Dur - How long the affliction lasted (this is calculated for you)
Fvr - A checked box means you experienced an elevated body temperature
Chl - A checked box means you experienced chills

Temp - You can fill in your body temperature here
Med - Check this box if you're using medications to treat this affliction (you have a head cold so you're taking a cough syrup)
MA - Check this box if you required medical assistance (You went to an urgent care facility to receive antibiotics)
Sev - Determine the level of severity of this affliction
Type - Give the affliction a category (infection is probably the most common)

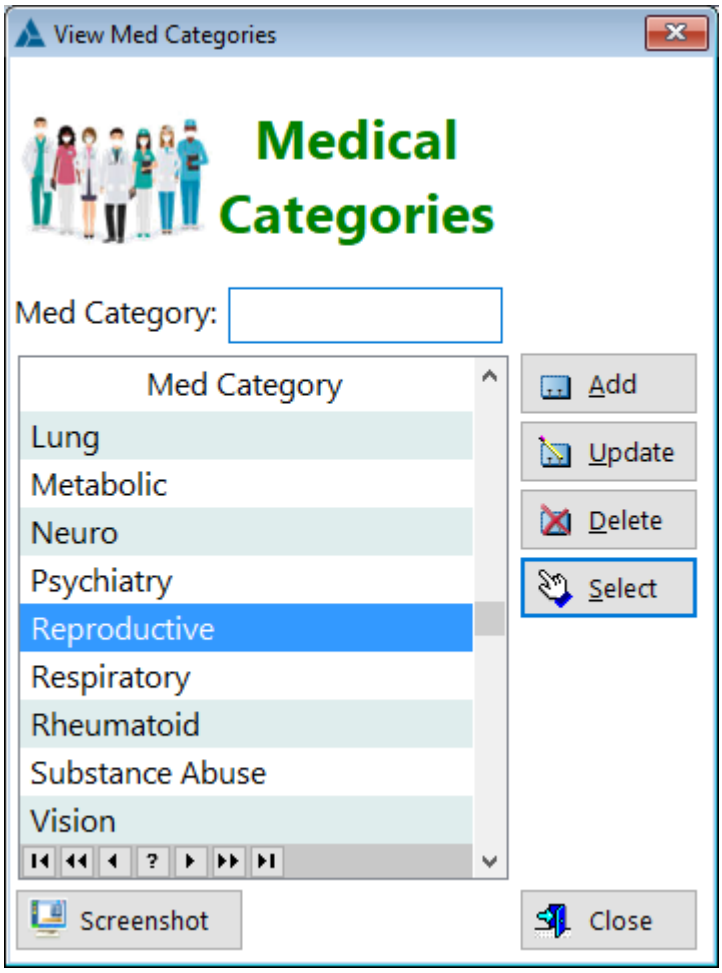
See also...

- UpdateMedicalAfflictions

HelpID: MedicalAfflictions

Medical Categories

The Medical Categories module is a pick list for the Medical Records table

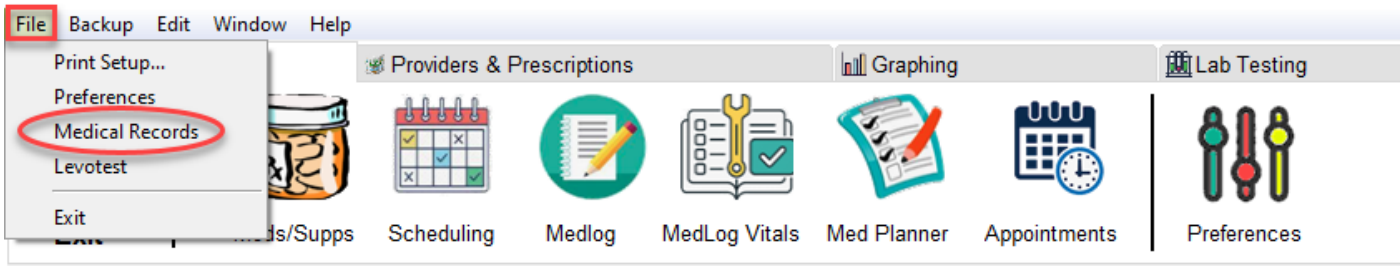


Med Category - Displays the med category field

HelpID: MedicalCategories

Medical Records

You can find the Medical Records module under the File menu



The Medical Records screen enables you to document all of your health records

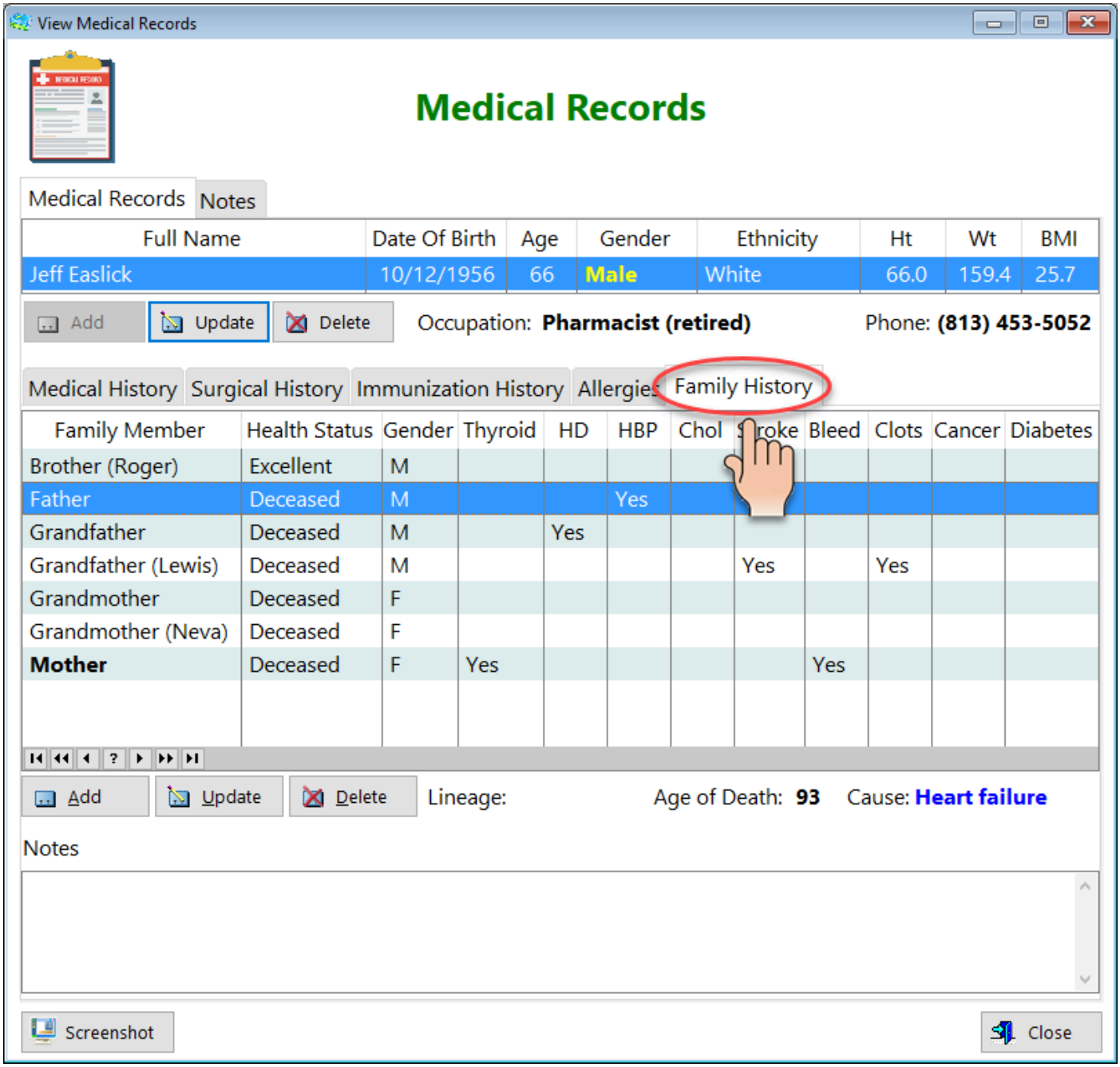
Full Name - Your full name

Date of Birth - Day you were born
Age - Your current age
Gender - Your sex...male or female
Ethnicity - Pick something that suits you
Ht - Height
Wt - Weight
BMI - Body mass index

Occupation - Displays the occupation you placed on the form

TABS

- **Medical History**
    1. **Current Conditions** - Displays conditions for you to evaluate
    2. **Past Conditions** - Displays conditions that you've had previously
    3. **Not Applicable** - Displays conditions that don't apply to you
- **Surgical History** - Displays all the surguries you've undergone
- **Immunization History** - Displays all the shots you've received
- **Allergies** - Displays the allergies you have
- **Family History** - Displays your family as it pertains to their medical conditions



Family Member - Displays your brother(s), sister(s), mother, father, grandparents, etc.
Health Status - Displays each family member's current health status
Gender - Displays their gender (sex)
Thyroid - Displays a 'Yes' if that family member had thyroid disease diagnosed
HD - Displays a 'Yes' if that family member was diagnosed with **heart disease**
HBP - Displays a 'Yes' if that family member was diagnosed with **high blood pressure**
Chol - Displays a 'Yes' if that family member was diagnosed with elevated cholesterol
Stroke - Displays a 'Yes' if that family member was diagnosed as having a stroke

Bleed - Displays a 'Yes' if that family member was diagnosed with a bleeding disorder
Clots - Displays a 'Yes' if that family member was diagnosed with having a clotting disorder
Cancer - Displays a 'Yes' if that family member was diagnosed as having a cancer
Diabetes - Displays a 'Yes' if that family member was diagnosed as having diabetes

Lineage - Displays 'Maternal' or 'Paternal' if the family member is a grandparent of yours
Age of Death - Displays a date if the family member has passed away
Cause - Displays the reason your family member passed away.
Notes - Displays any comments you might want to make regarding the health or death of a family member

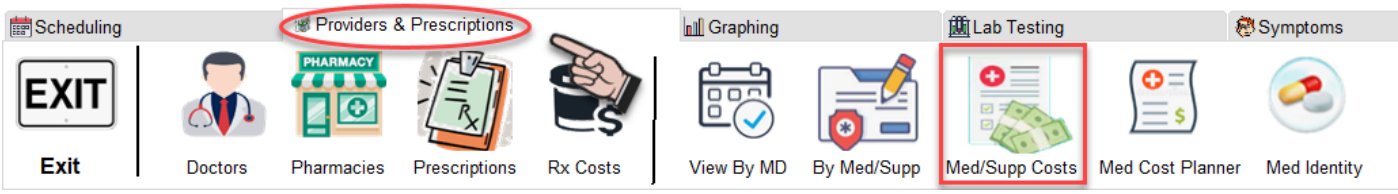
See also...

- UpdateAfflictionDetl
- UpdateFamilyHistory
- UpdateImmunization
- UpdateMedicalRecords
- UpdateSurgicalDetail

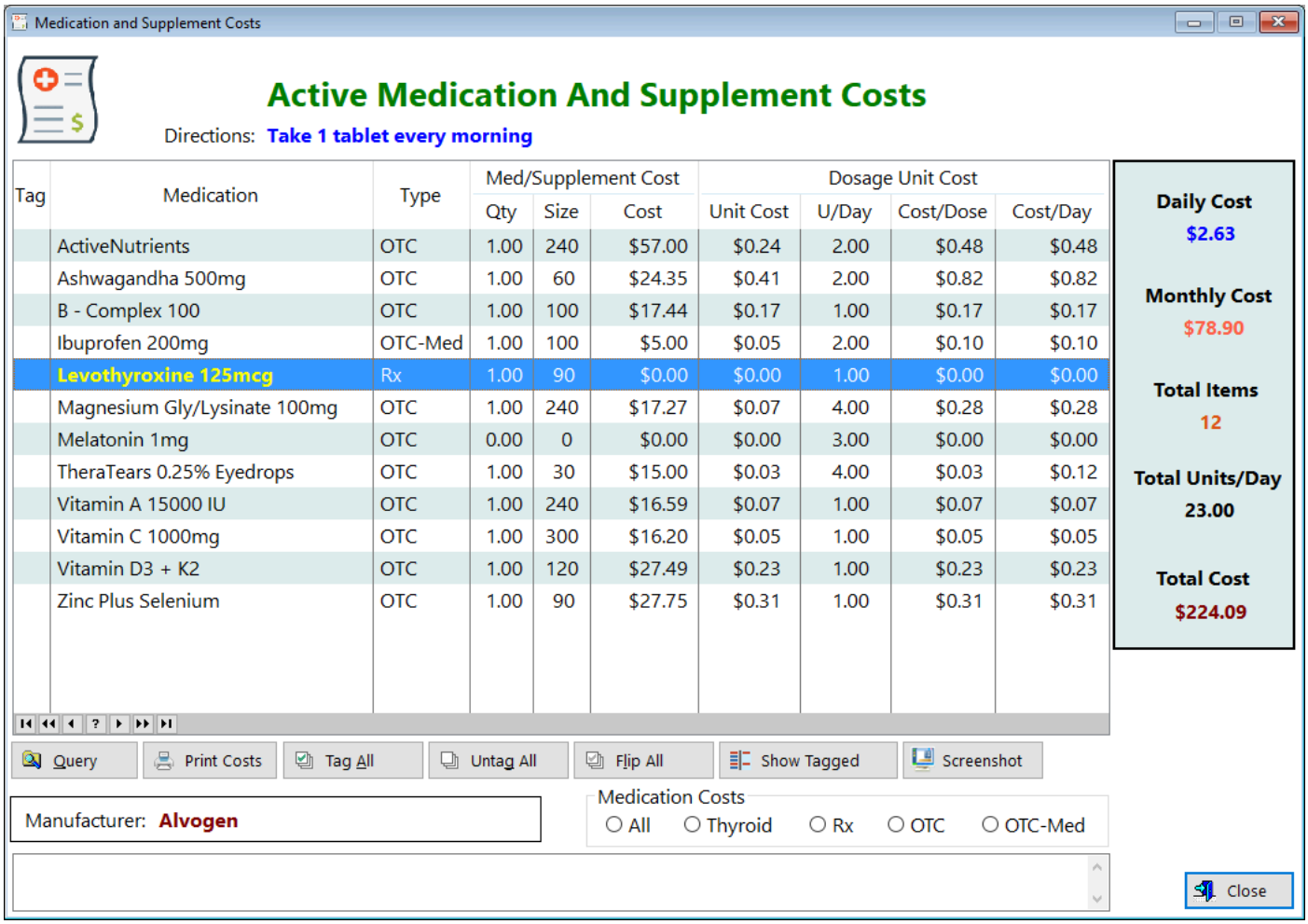
HelpID: MedicalRecords

Medication Costs

You can find the Medication Costs module under the Providers & Prescriptions tab



The Medication Costs module shows you the actual costs in the medications and supplements you've set up in the Medications table. You'll probably notice that this is almost identical to the Med Cost Planner with one important difference. This screen is displaying your *actual medication and supplement intake*, not one that is planned or proposed.



Tag	Medication	Type	Med/Supplement Cost			Dosage Unit Cost			
			Qty	Size	Cost	Unit Cost	U/Day	Cost/Dose	Cost/Day
	ActiveNutrients	OTC	1.00	240	$57.00	$0.24	2.00	$0.48	$0.48
	Ashwagandha 500mg	OTC	1.00	60	$24.35	$0.41	2.00	$0.82	$0.82
	B - Complex 100	OTC	1.00	100	$17.44	$0.17	1.00	$0.17	$0.17
	Ibuprofen 200mg	OTC-Med	1.00	100	$5.00	$0.05	2.00	$0.10	$0.10
	Levothyroxine 125mcg	Rx	1.00	90	$0.00	$0.00	1.00	$0.00	$0.00
	Magnesium Gly/Lysinate 100mg	OTC	1.00	240	$17.27	$0.07	4.00	$0.28	$0.28
	Melatonin 1mg	OTC	0.00	0	$0.00	$0.00	3.00	$0.00	$0.00
	TheraTears 0.25% Eyedrops	OTC	1.00	30	$15.00	$0.03	4.00	$0.03	$0.12
	Vitamin A 15000 IU	OTC	1.00	240	$16.59	$0.07	1.00	$0.07	$0.07
	Vitamin C 1000mg	OTC	1.00	300	$16.20	$0.05	1.00	$0.05	$0.05
	Vitamin D3 + K2	OTC	1.00	120	$27.49	$0.23	1.00	$0.23	$0.23
	Zinc Plus Selenium	OTC	1.00	90	$27.75	$0.31	1.00	$0.31	$0.31

Tag - This field enables you to tag individual records and filter them to get a better aspect of how you can possibly save money.
Medication - Displays the name of the medications and supplements
Type - Displays which category the item falls under. OTC (over the counter), Rx (prescription only) OTC-Med (a prescription medication converted to over-the-counter)

Med/Supplement Cost

Qty - Displays the number of containers you've purchased. This number is usually 1
Size - Displays the number of dosage units in the container.
Cost - Displays how much one container (bottle, vial) would cost. Example, 1 vial of 90 tablets of liothyronine would cost $22.52.

Dosage Unit Cost

Unit Cost - Displays how many units you're taking of that particular medication/ supplement each day
U/Day - Displays how many dosage units you're taking of that particular item
Cost/Dose - Displays how much each unit costs
Cost/Day - Displays how much it costs on a daily basis. Example

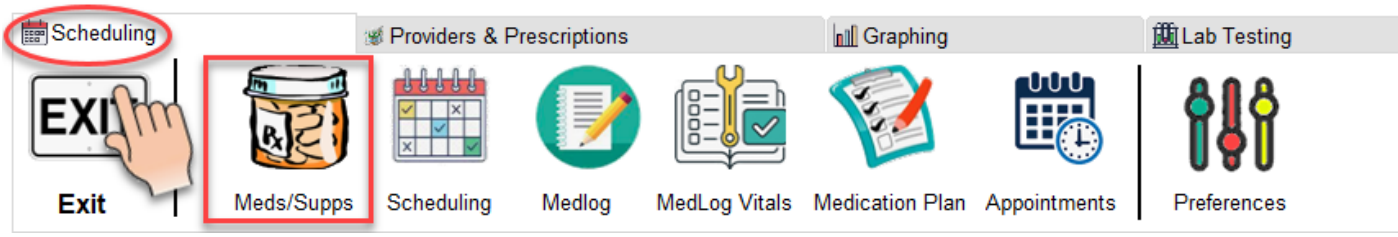
See also...

- PrintMedicationCosts

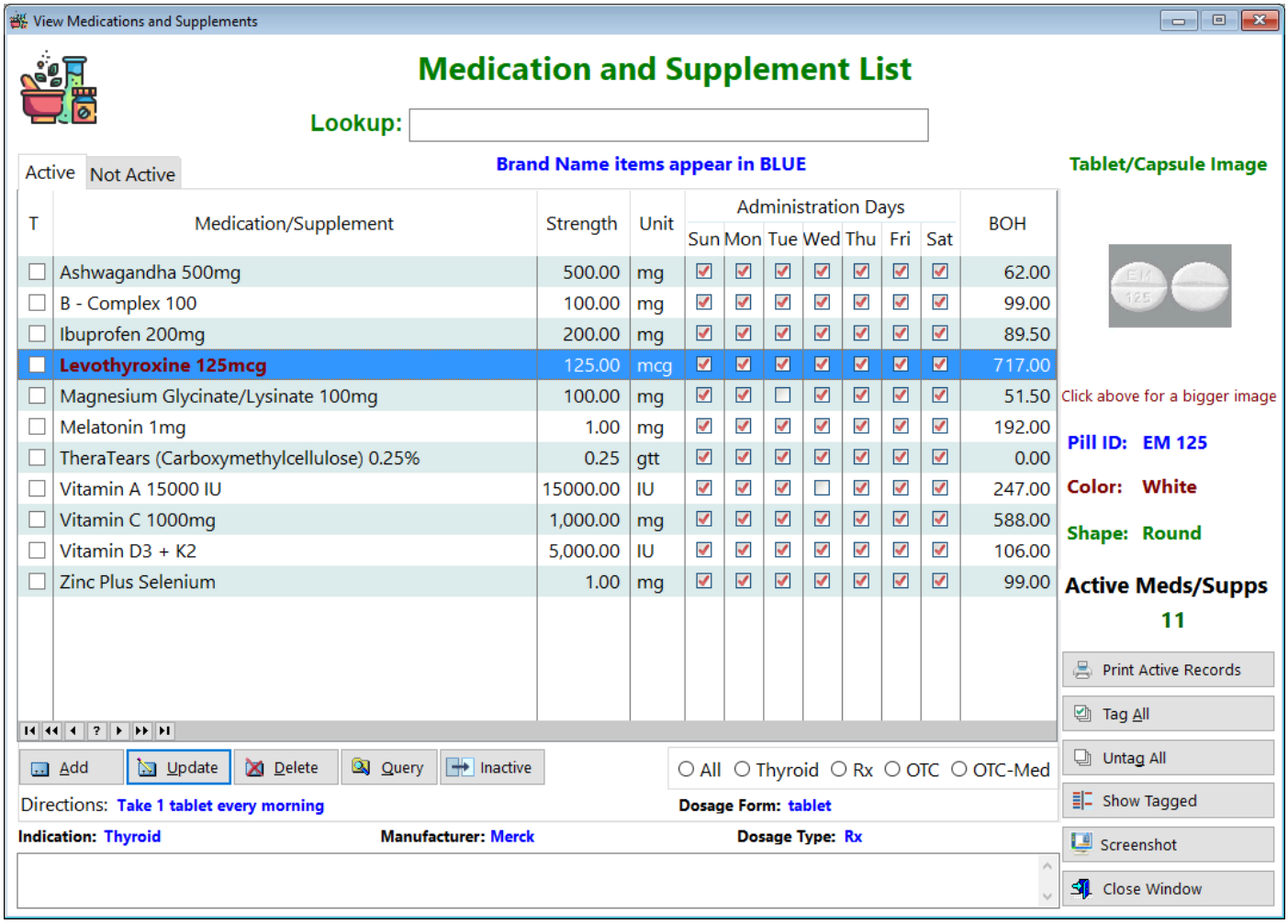
HelpID: MedicationCosts

Medications

You can find the Medications Module under the Scheduling Tab



The Medication and Supplement List screen enables to to enter all of your medications and supplements for the purposes of documenting your personal health plan.



T - Tag column enables you to tag individual records
Medication/Supplement - Displays the name of the medication or supplement.
Strength - Displays the potency of the medication or supplement.
Unit - Displays the unit strength
Administration Days - Displays which days you intend to take the medication or supplement
BOH - Displays the balance on hand of the medication or supplement

Tablet/Capsule Image - Displays a picture of the medication (most supplements have no images posted online)
Pill ID - Displays the numbers and/or letters on the surface of the dose (tablet or capsule, mostly)
Color - Displays the color of the medication or supplement
Shape - Displays the shape of the medication or supplement

Active Meds/Supps - Displays the total items you're currently taking

Directions - Displays the current instructions for taking the medication or supplement
Dosage Form - Displays the type of dosage unit
Indication - Displays why you're taking this particular medication or supplement
Manufacturer - Displays who makes this medication or supplement
Dosage Type - Displays whether this item is sold over-the-counter or by prescription
Notes - Displays any comments you chose to make regarding this medication or supplement

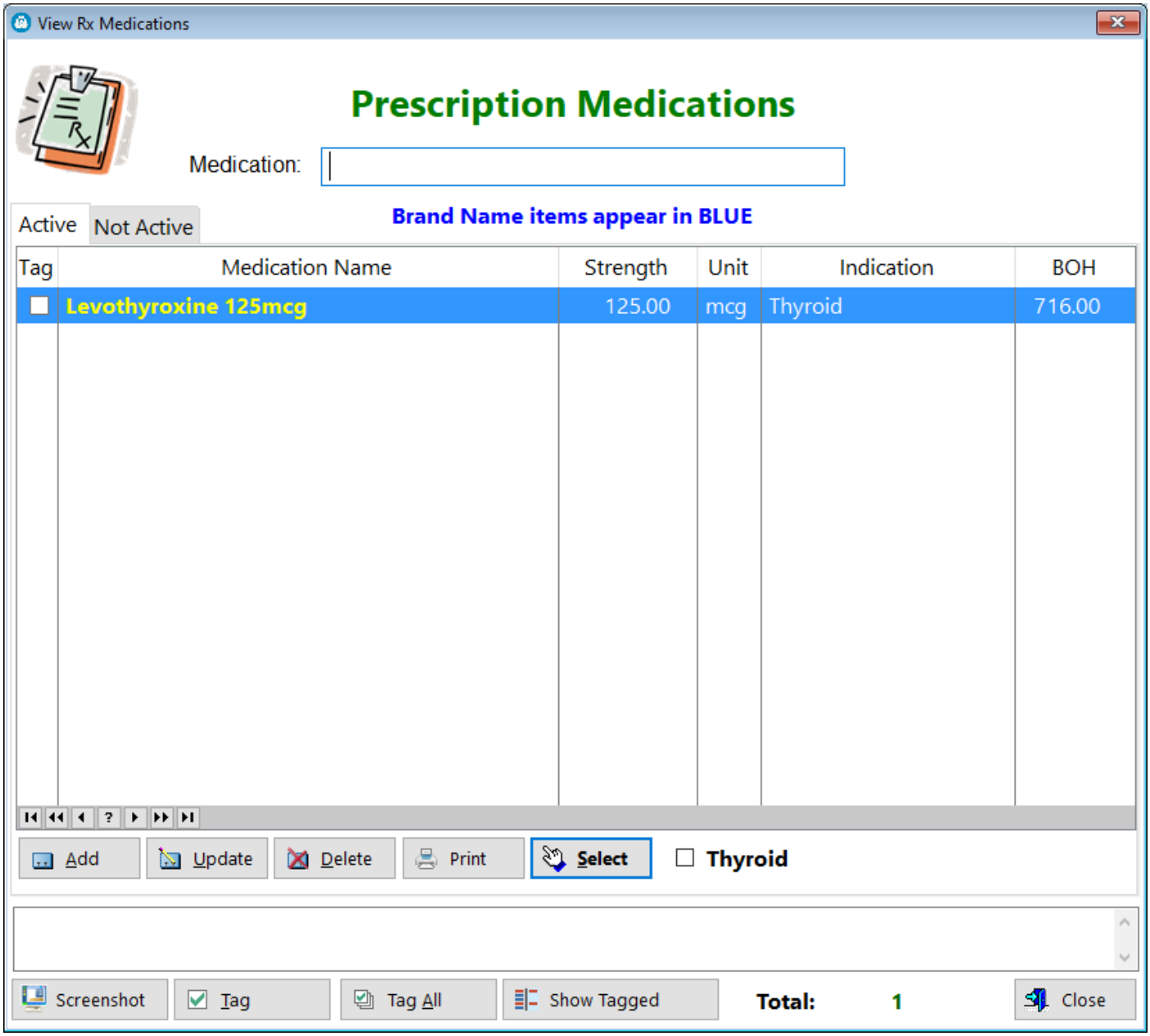
See also...

- MedTableImage
- UpdateMedications

HelpID: Medications

Medications RX

The Medications Rx table is strictly a pick list for when you're entering a prescription.



Tag - This column enables you to mark individual records
Medication Name - Displays the name of the prescription medication
Strength - Displays the strength of the medication
Unit - Displays the unit of measurement
Indication - Displays the reason for taking the medication
BOH - Displays the current balance on hand of the medication

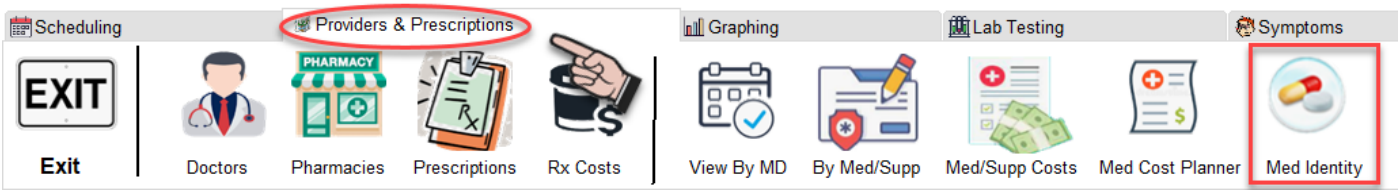
See also...

- UpdateMedications

HelpID: MedicationsRX

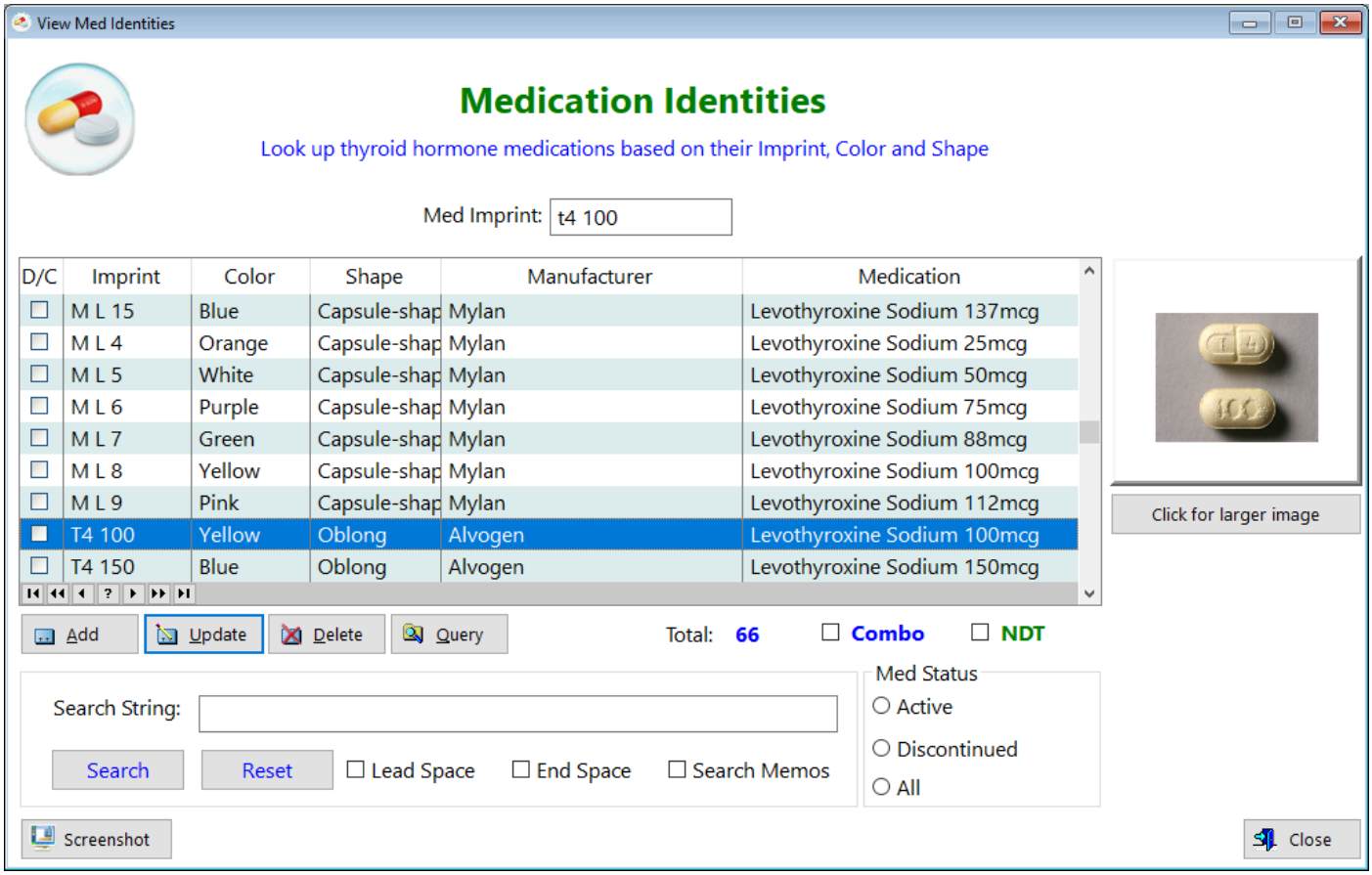
Medication Identity

You can find the Medication Identity module under the **Providers & Prescriptions** Tab



The Medication Identity screen contains virtually all the thyroid hormones available for prescription. You should always verify that the medication you've received (from whatever source) is authentic. This list can assist you with that task.

Type in the identifying letters and numbers on the medication and press TAB. If the medication is listed, you'll see it highlighted and if there's an image available, it will be shown to the right. Click on the button below to see a larger image.



D/C - Displays whether or not the drug was discontinued by the manufacturer
Imprint - Displays the letters and/or numbers on the tablet
Color - Displays the color of the medication
Shape - Displays the shape of the medication
Manufacturer - Displays the company producing the medication

Medication - Displays the name of the medication
Total - Displays how many medications are listed in this table
Combo - Clicking on this checkbox will filter out medications that contain both T4 and T3
NDT - Clicking non this checkbox will filter only medications produced by using desiccated USP products
Search String - Enter a keyword so that you can filter records containing that keyword

Med Status Option Control

Active - When selected, this shows all medications currently in production
Discontinued - When selected, this shows all medication that have been discontinued
All - When selected, this shows all medications in the table

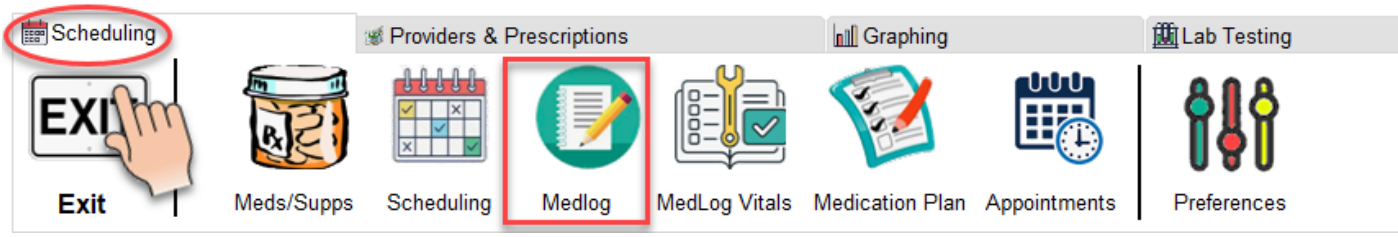
See also...

- MedIdentityImage
- UpdateMedIdentity

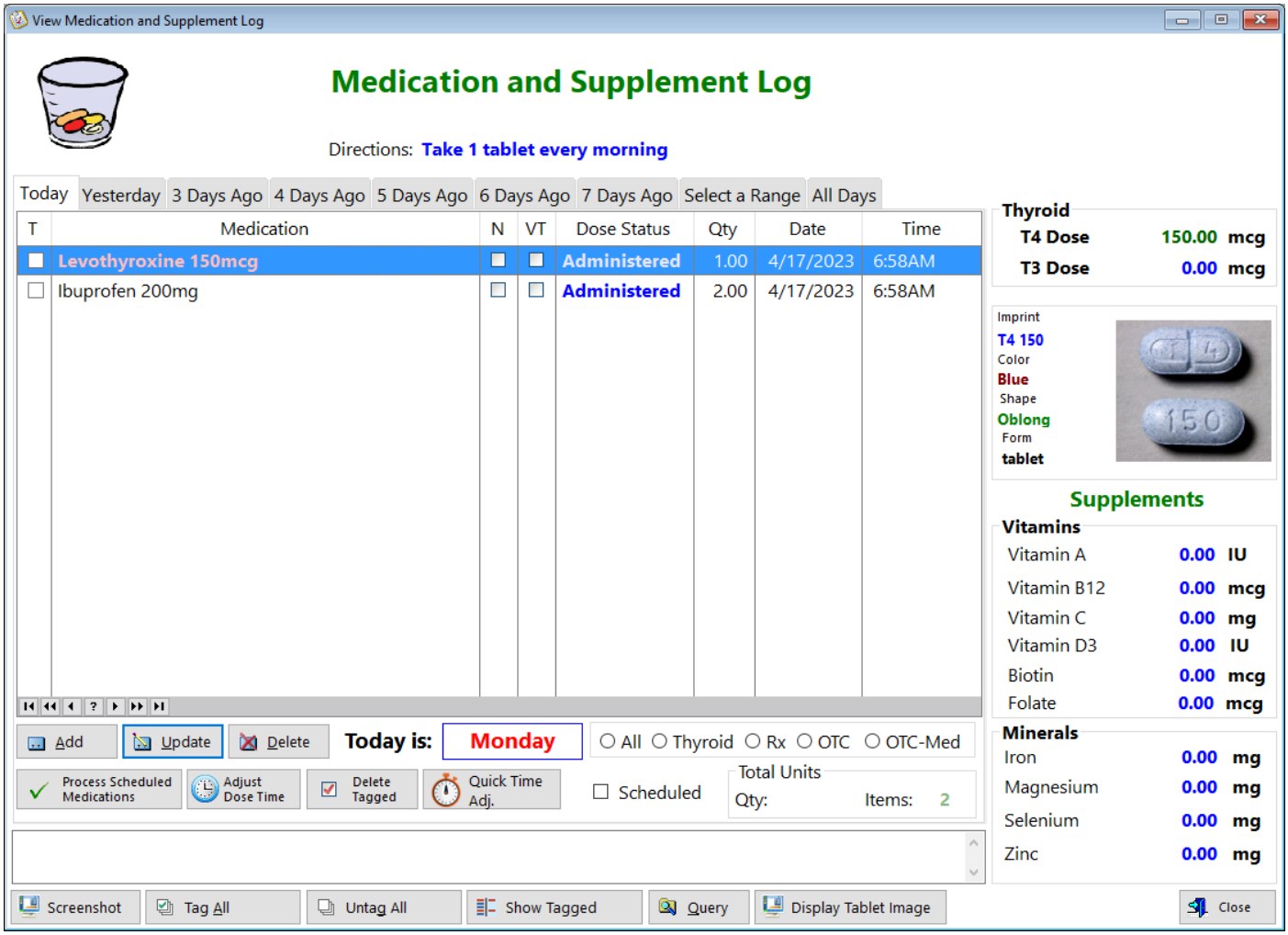
HelpID: MedIdentity

Med Log

You can find the Med Log module under the Scheduling tab



The Med Log screen is one of the most important parts of the thyroid tracker program. It enables you to track your medications and supplements daily, with precise knowledge on what you took and when you took it.



T - This is a tag field. It enables you to tag individual records
Medication - Displays both the medications and supplements listed for your treatment plan
N - Displays whether or not you've commented on this particular dose
VT - Displays whether or not you've taken your blood pressure and heart rate (vitals taken) for this particular dose

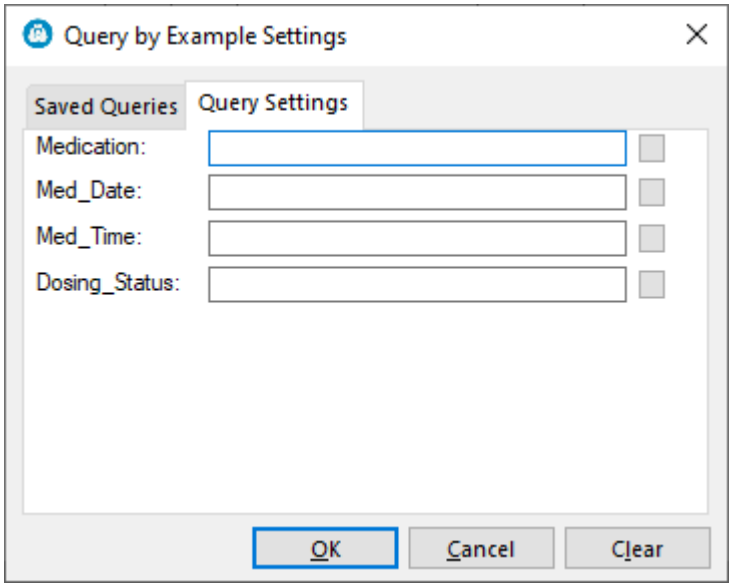
Dose Status - Displays whether you've scheduled, administered, skipped or missed this dose
Qty - Displays the number of dosage units you intend to take for this medication/ supplement
Date - Displays the date you've taken (or plan to take) this medication/supplement
Time - Displays the time you've taken (or plan to take) this medication/supplement
Thyroid group (upper right) - Calculates the total amount of T4 and/or T3 you've taken this day

Supplements

Vitamins - Displays the amounts of various vitamins you've taken this day
Minerals - Displays the amount of certain minerals you've taken this day
All-Thyroid-Rx-OTC-OTC-Med - This option control is used for filtering out various types of records
Scheduled - Checking this box filters the listbox to show only the records that display medications or supplements you've not yet taken this day

Total Units Group Control

Qty - Displays the number of dosage units you'll be taking (when status is 'Scheduled')
Items - Displays the number of medications or supplements listed in the listbox
Process Scheduled Medications Button - Clicking this button changes the Dose Status from 'Scheduled' to 'Administered' and subtracts inventory, shows totals of T4 and T3.
Adjust Dose Time Button - Will allow you to adjust records that are tagged and still 'Scheduled' to a time you select.
Delete Tagged Button - When you click on this button, any tagged records will be deleted.
Quick Time Adj. Button - Will automatically reset the time on tagged records to the current time.
Query Button - When clicked, you'll see the screen below. You can enter certain criteria, press tab and the little box will display an '=' sign. This will filter for any record having the criteria you've set.



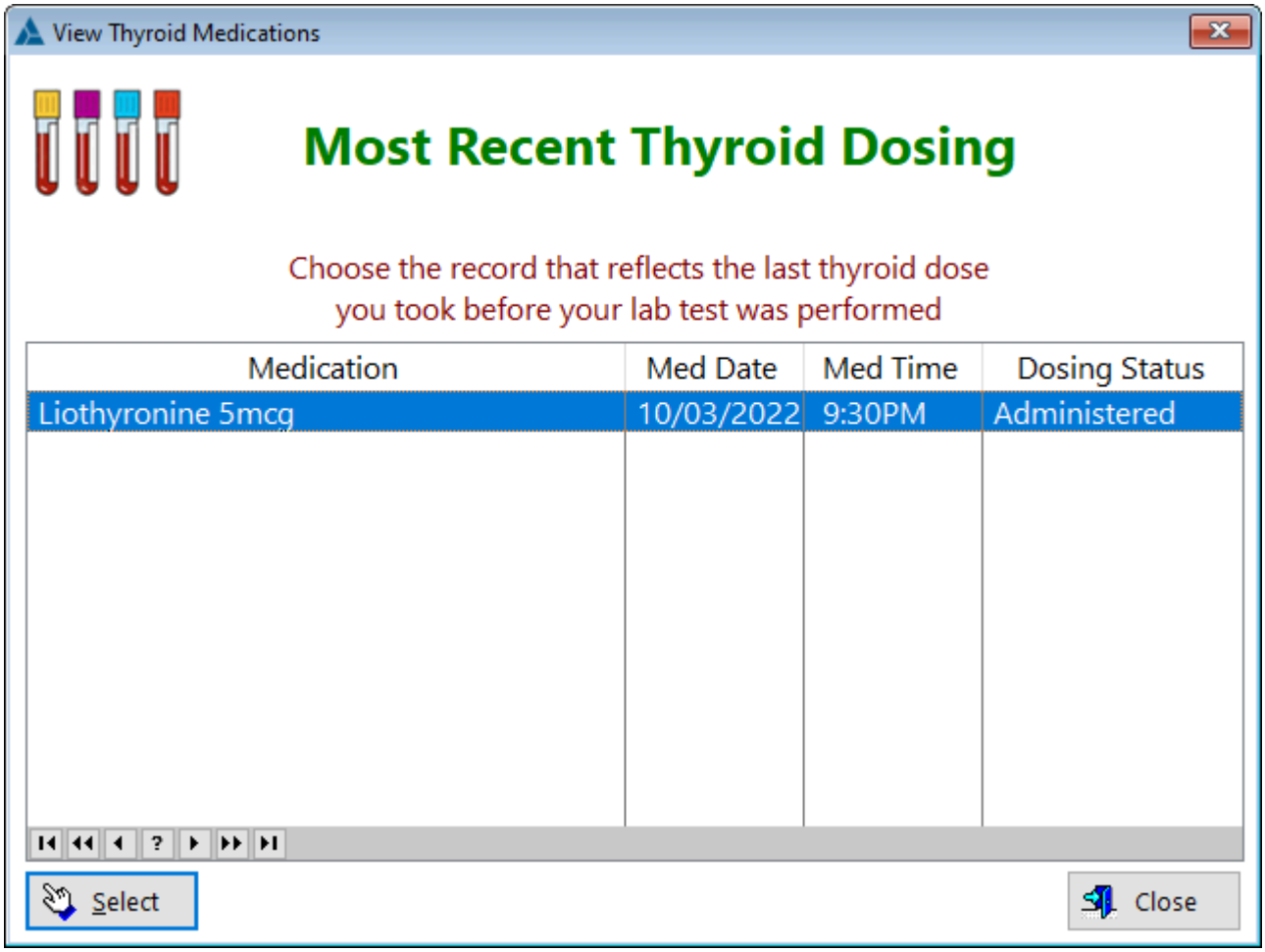
See also...

- GetNewTime
- MedLogTabletImage
- UpdateMedLog

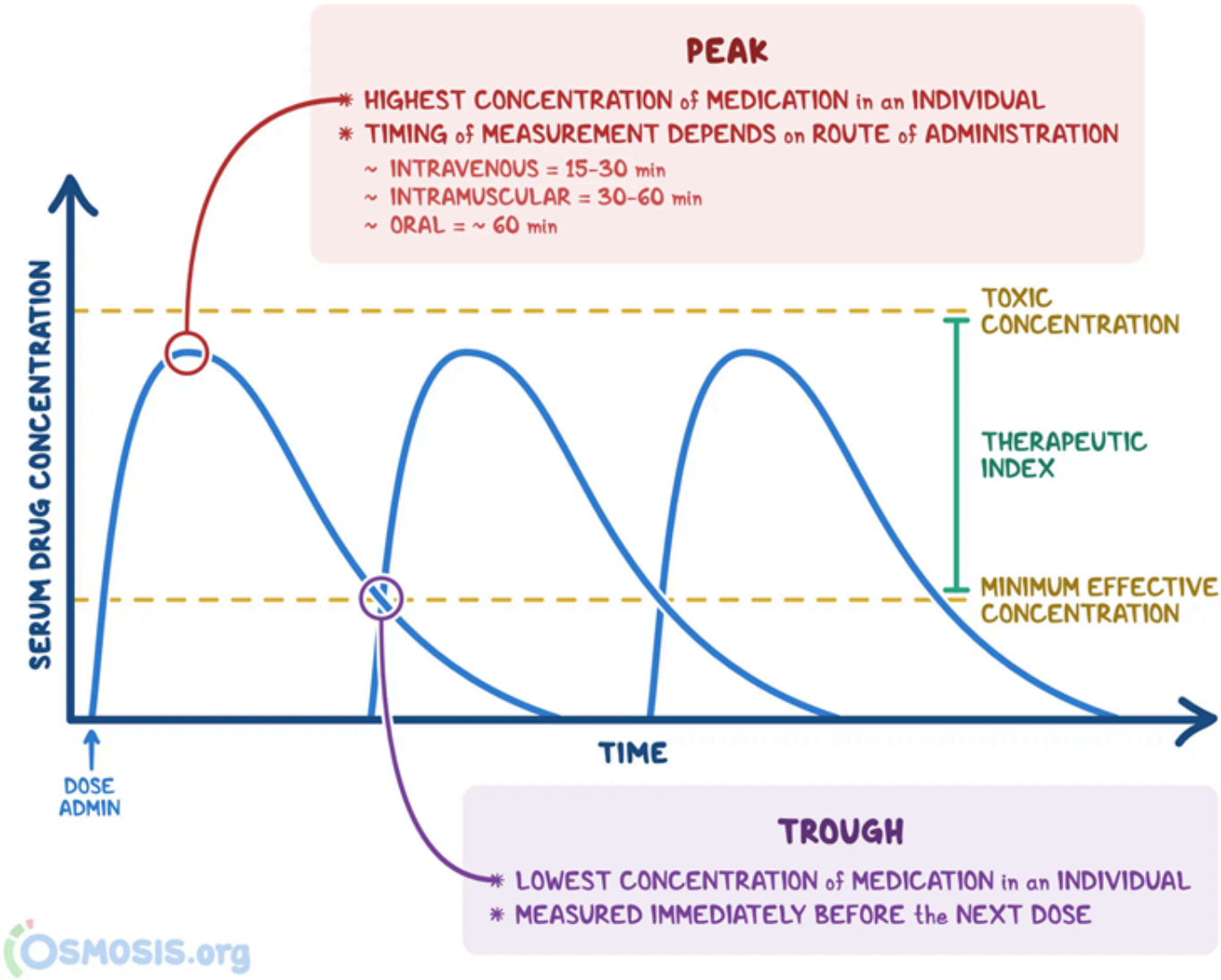
HelpID: MedLog

Most Recent Thyroid Dose

This screen enables you to select the most recent thyroid dose you've taken prior to having your blood drawn:

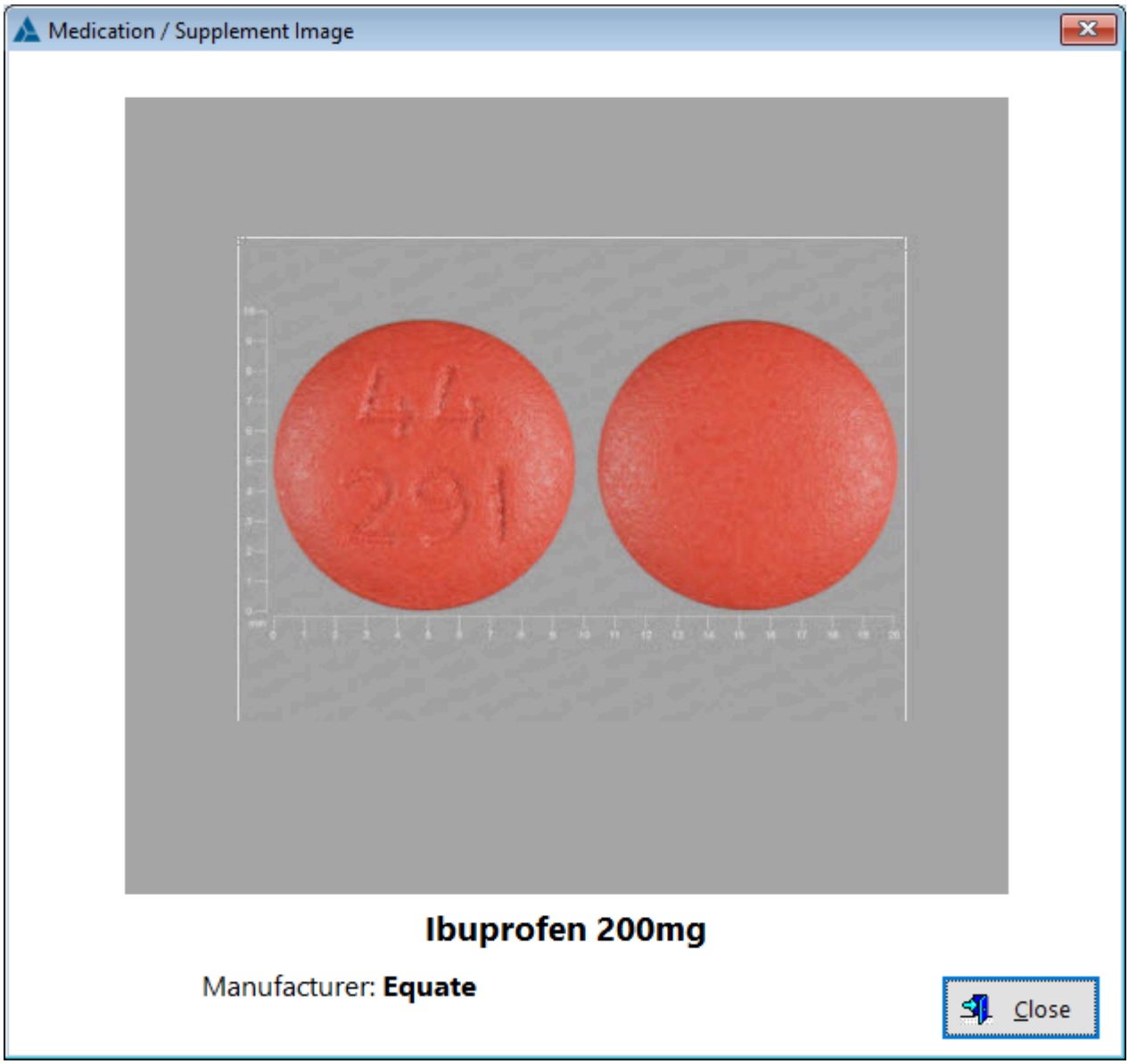


Peak Level - Point at which a drug has reached its highest level in the bloodstream
Trough Level - Point at which a drug has reached its lowest level in the bloodstream



HelpID: MedLogBTDuration

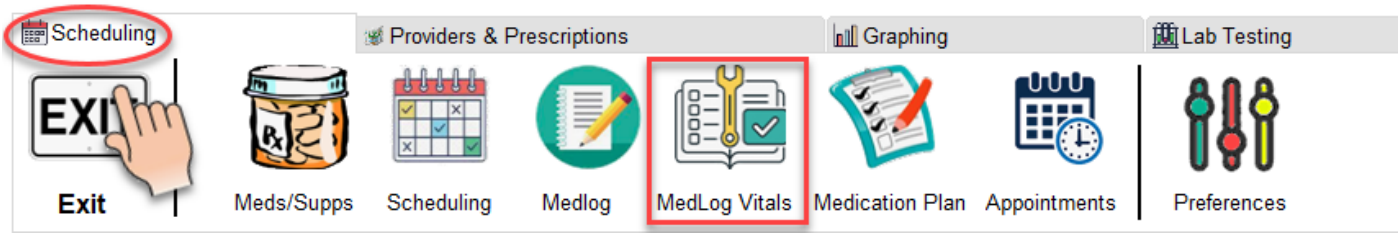
MedLog Tablet Image



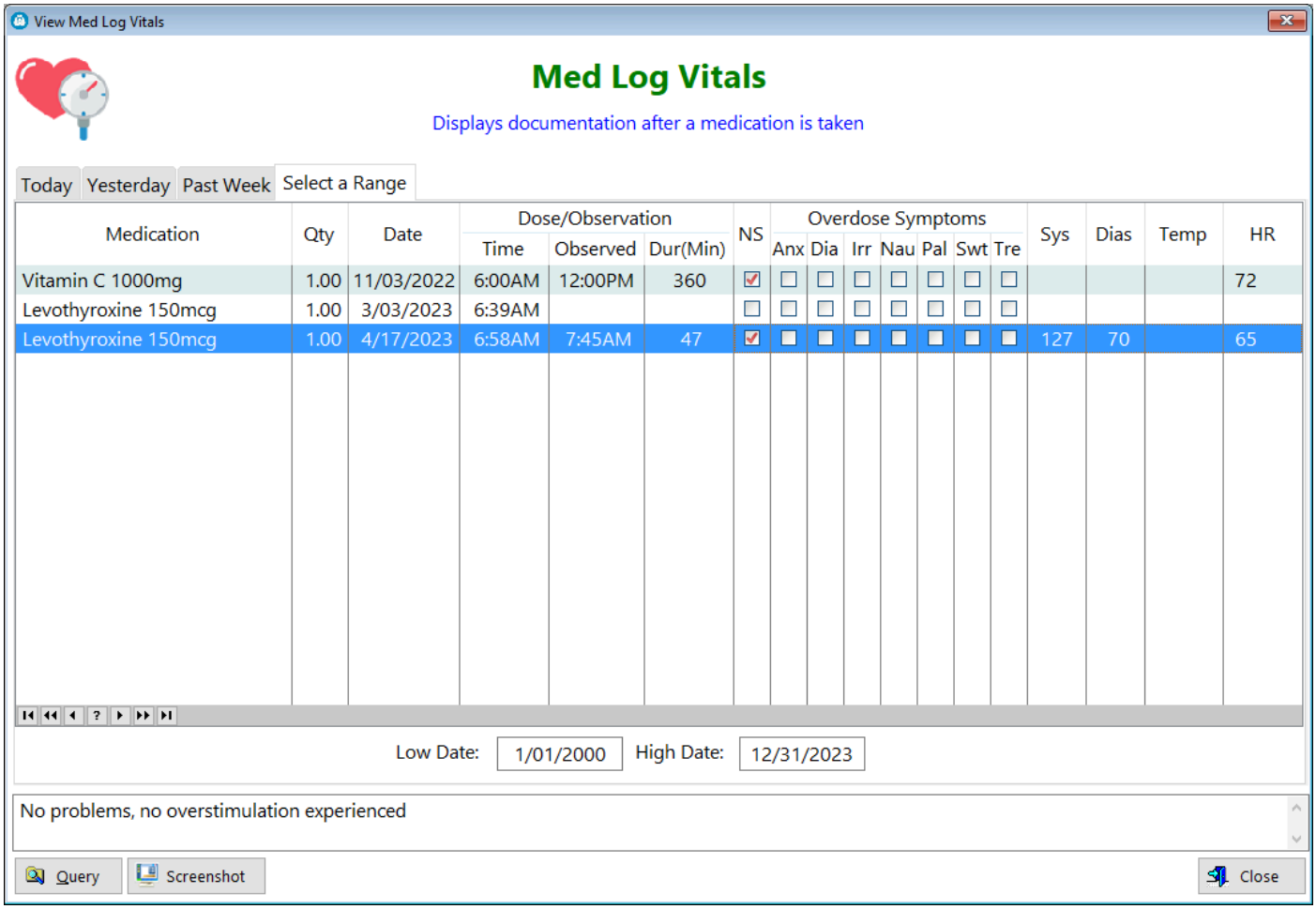
HelpID: MedLogTabletImage

Med Log Vitals

You can find the Med Log Vitals module in the Scheduling Tab



The MedLog Vitals table enables you to review any notes you created regarding overstimulation of thyroid medications or side effects from other prescription drug therapies.
You don't enter records directly here but rather, from the MedLog module.



Medication	Qty	Date	Dose/Observation			NS	Overdose Symptoms							Sys	Dias	Temp	HR
			Time	Observed	Dur(Min)		Anx	Dia	Irr	Nau	Pal	Swt	Tre				
Vitamin C 1000mg	1.00	11/03/2022	6:00AM	12:00PM	360	☑	☐	☐	☐	☐	☐	☐	☐				72
Levothyroxine 150mcg	1.00	3/03/2023	6:39AM			☐	☐	☐	☐	☐	☐	☐	☐				
Levothyroxine 150mcg	1.00	4/17/2023	6:58AM	7:45AM	47	☑	☐	☐	☐	☐	☐	☐	☐	127	70		65

While this module was intended to enable you to document any symptoms associated with your thyroid dosing, you can also use it to show that you did NOT have any symptoms. From the time you take a dose of levothyroxine, it takes between 2 to 4 hours before peak levels of T4 are achieved and another 2 to 4 hours before your Free T3 levels begin to rise. Any sort of negative symptom immediately following ingestion would only be a reaction to inert components in the tablet, not the medication.

IDNo - Unique id number for that record
Medication - Displays the name of the medication (can also be a supplement)
Qty - Displays the number of dosage units taken
Date - Displays the date the medication was taken

Dose/Observation

Time - Displays the time that the medication was taken
Observed - Displays the time that the symptom was experienced
NS - When checked, this means **no symptoms** are being reported
Anx - Anxiety
Dia - Diarrhea
Irr - Irritability
Nau - Nausea
Pal - Palpitations
Swt - Sweating
Tre - Tremor
Sys - Systolic
Dia - Diastolic
Temp - Temperature
HR - Heart Rate

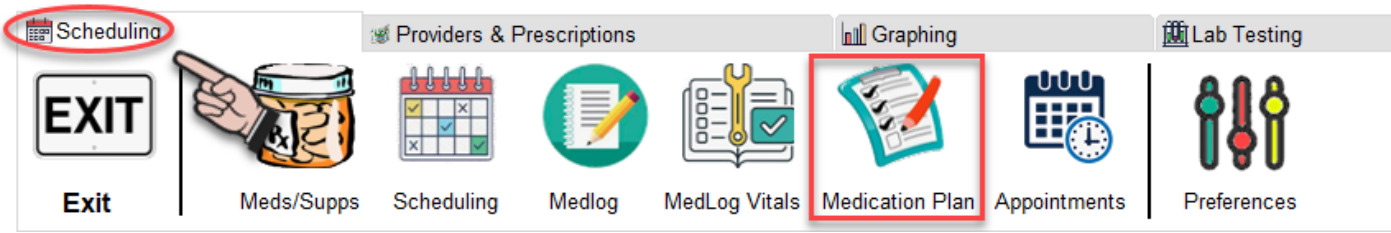
See also...

- UpdateMedLog

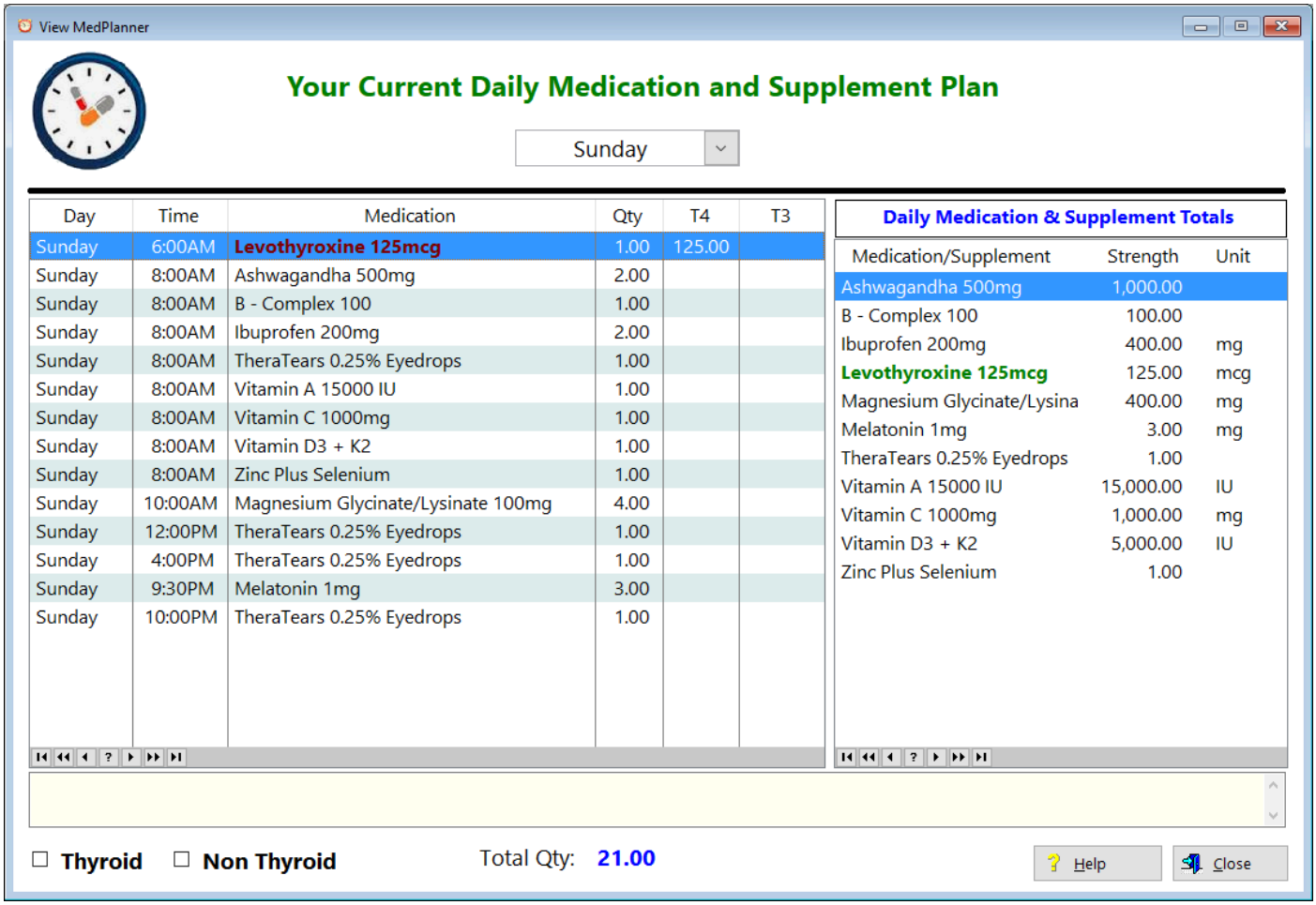
HelpID: MedLogVitals

Medication Planning

You can find the Medication Plan module under the Scheduling tab



The Medication Plan module enables you to get a bird's eye view of each day's medication and supplements. You can see how your supplements are placed around thyroid medication. Keep in mind that this is the plan; you'll be logging medications and supplements as you take them.



Day - Displays the day of the week
Time - Displays the time you intend to take the medication or supplement
Medication - Displays the medication(s) and supplements you intend to take
Qty - Displays the number of dosage units you intend to take
T4 - Displays the amount of thyroid hormone T4 in that particular drug
T3 - Displays the amount of thyroid hormone T3 in that particular drug

Daily Medication & Supplement Totals

Calculates the totals for select vitamins and minerals, as well as the amount of T4 or T3 you're taking.

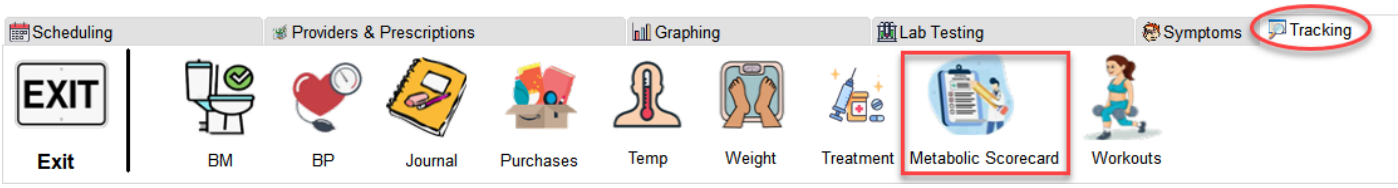
HelpID: MedScheduling

Med Table Image

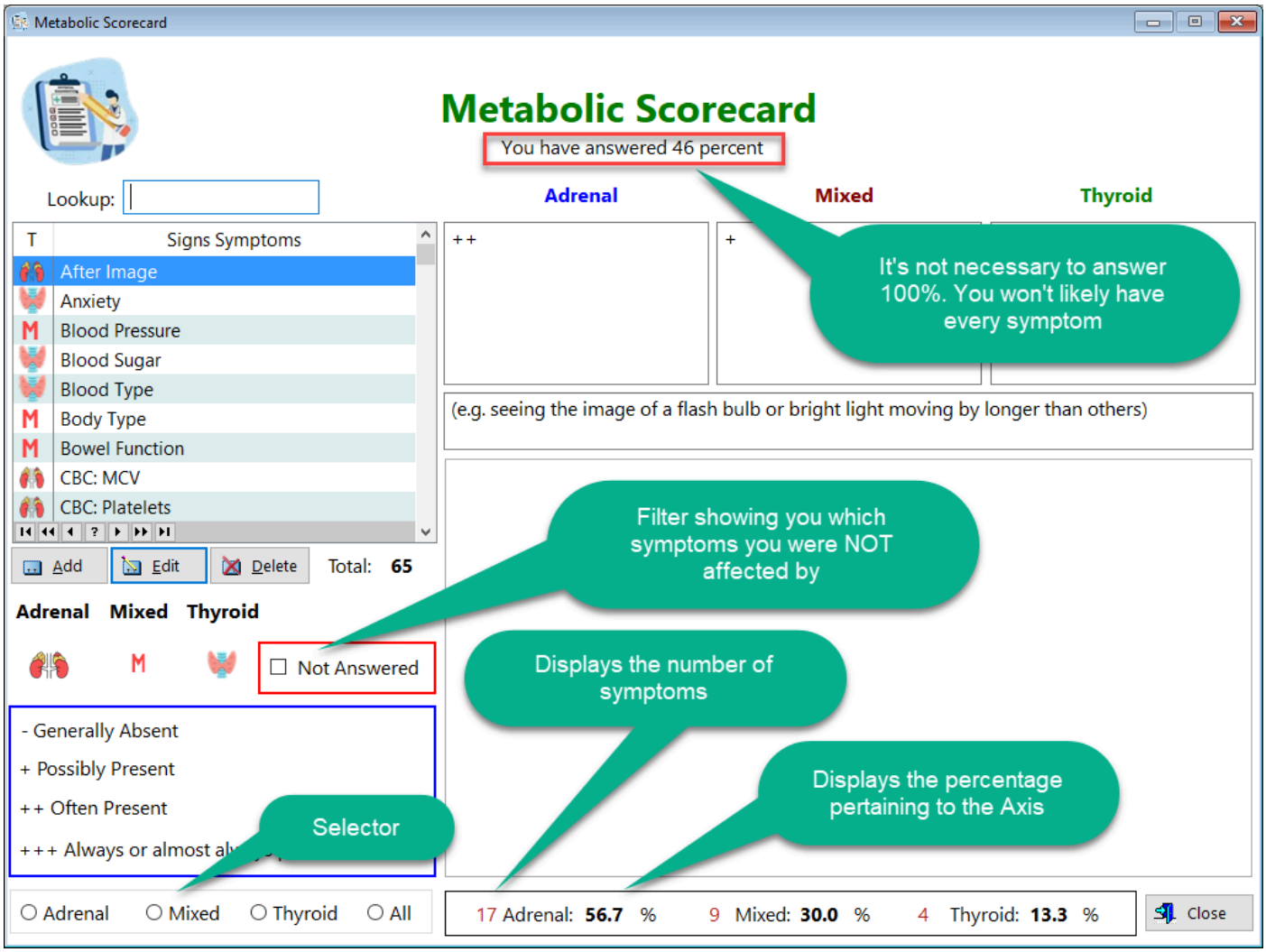
HelpID: MedTableImage

Metabolic Scorecard

You can find the Metabolic Scorecard module under the Tracking tab



The Metabolic Scorecard module enables you to evaluate which system, the HPT or the HPA axis is in a dysregulated state.



Lookup - type in this box to search for a particular sign or symptom
T - Displays one of three icons to illustrate whether you're manifesting a thyroid, an adrenal or a mixed symptom
Signs Symptoms - Displays the name of the sign or symptom affected
Adrenal - Displays the likelihood that this is an adrenal issue
Mixed - Displays the likelihood that this is a mixed issue
Thyroid - Displays the likelihood that this is a thyroid issue

Adrenal-Mixed-Thyroid-All: This is a selector that you use to filter between Adrenal, Mixed and Thyroid symptoms

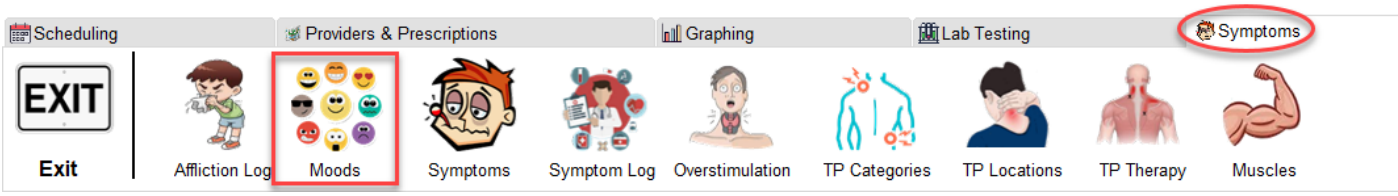
See also...

- UpdateMetabolicScorecard

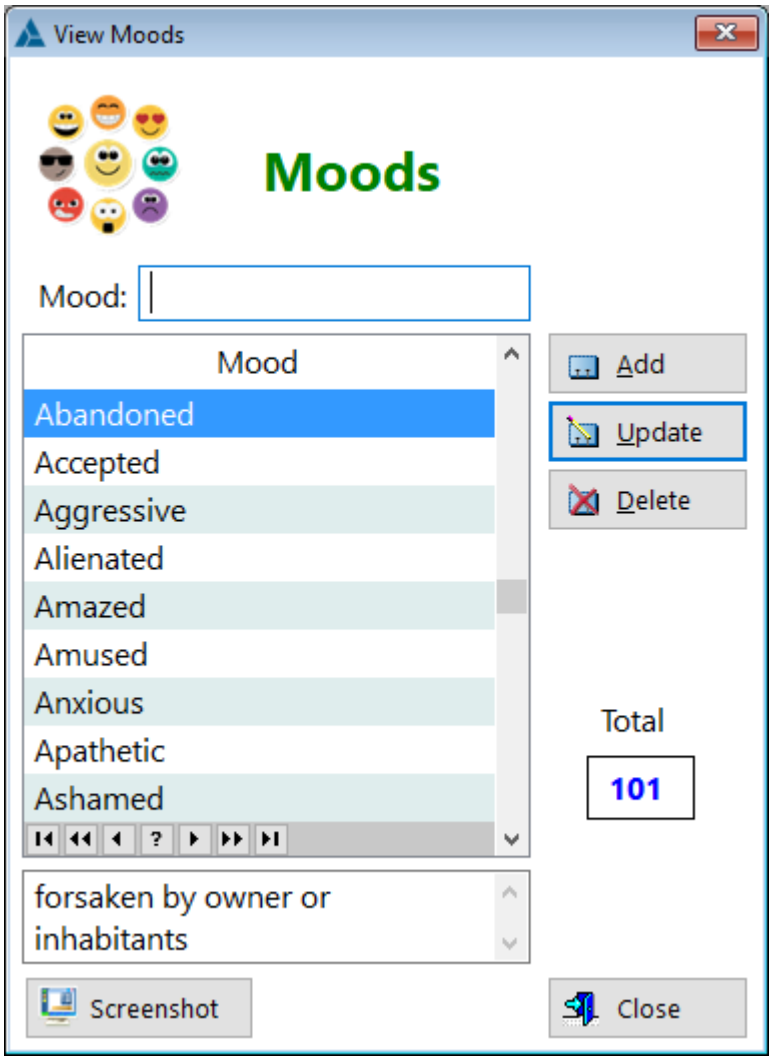
HelpID: MetabolicScorecard

Moods

You can find the Moods module under the Symptoms tab



The Moods module is pick list for the clinical update form in the Treatment Log



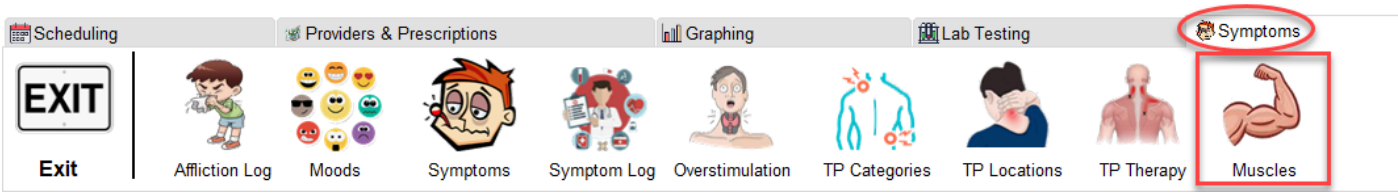
Mood - Displays the mood field

See also...

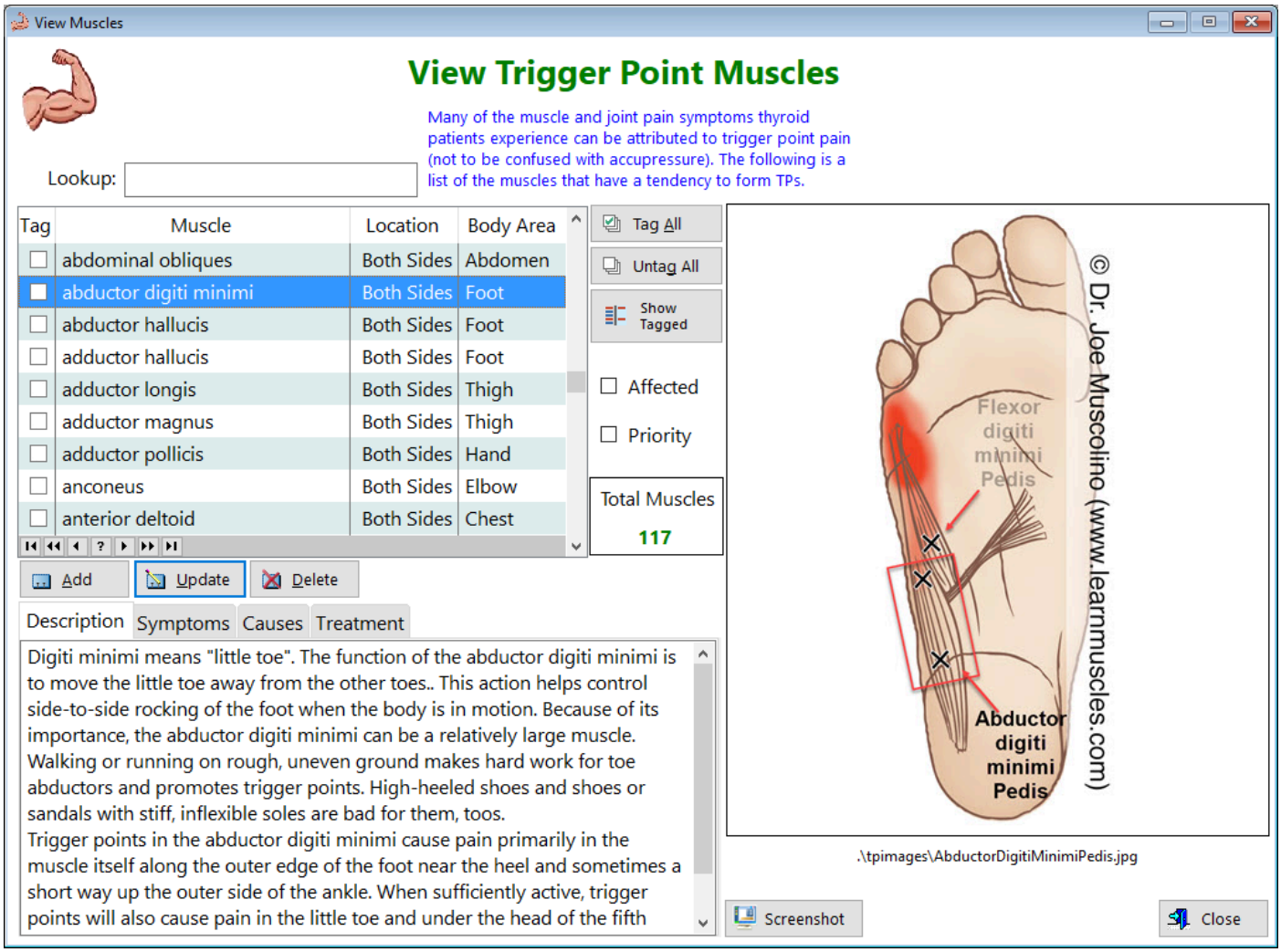
- UpdateMoods

HelpID: Moods

Muscles



The Muscles module can be found under the Symptoms tab



Tag - You can use this field to tag individual records
Muscle - Displays the name of the muscle
Location - Displays which side the muscle resides
Body Area - Displays the location of the muscle
Affected - Click this checkbox to filter the muscles that have trigger points
Priority - Click this checkbox to filter the muscles that are a priority for trigger point therapy

TABS

Description - Displays information about the function of the muscle.
Symptoms - Displays information about what happens when a trigger point forms

Causes - Displays the usual reason why a trigger point formed here
Treatment - Displays the treatment associated with this trigger point

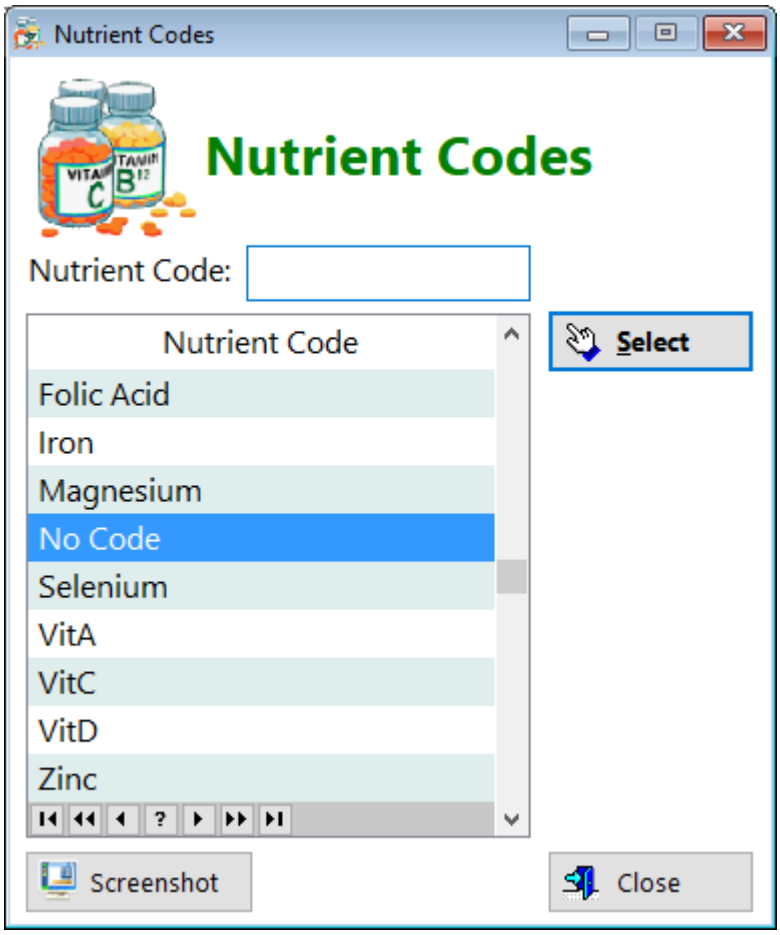
See also...

- UpdateMuscle

HelpID: Muscles

Nutrient Codes

The Nutrient Codes module is used as a pick table in the Update Medications screen

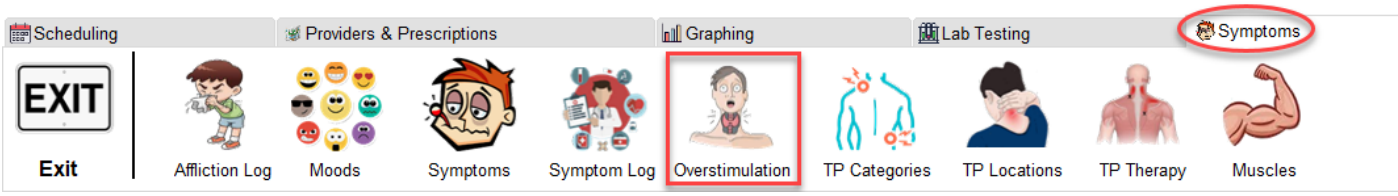


Nutrient Code - Displays the name of the code used to calculate quantities of the following:
B12
Biotin
Folic Acid
Iron
Magnesium
Selenium
Vit A
Vit C
Vit D
Zinc

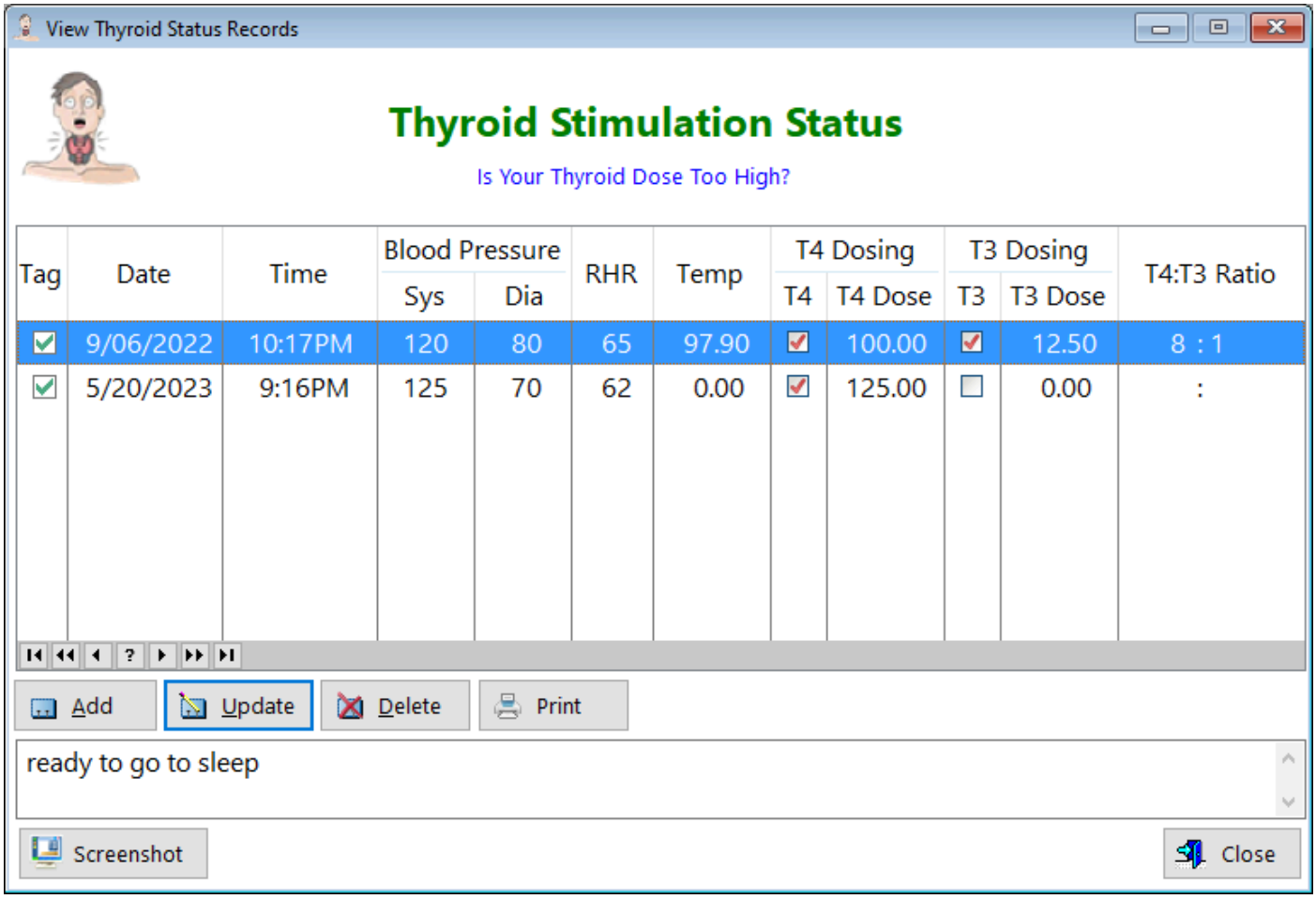
HelpID: NutrientCodes

Overstimulation

You can find the Overstimulation module under the Symptoms tab



The Overstimulation module enables you to document any time you believe you've been taking an excess amount of thyroid hormone medication. This information can be printed out and given to your provider. It can also be used to show that despite what your doctor claims (that you're overtreated), you can present this as a document for them to place in your file, indicating that you showed no symptoms of overstimulation. This may persuade your doctor to re-evaluate his position.



Tag - Use this column to tag individual records you want in your report
Date - Displays the date you created this record
Time - Displays the time you created this record
Blood Pressure
Sys - Displays your systolic blood pressure
Dia - Displays your diastolic blood pressure

RHR - Displays the resting heart rate
Temp - Displays your body temperature at the time of creating this record

T4 Dosing

T4 - Checkbox indicates you're taking levothyroxine
T4 Dose - Displays the amount of levothyroxine you're taking

T3 Dosing

T3 - Checkbox indicates you're taking liothyronine
T3 Dose - Displays the amount of levothyroxine you're taking
T4:T3 Ratio - Displays how much levothyroxine to liothyronine you're taking
Notes - Displays any comments you made about the record

Print Button - You must first tag at least one record for it to show up on a report. You can tag multiple records and they'll all show up in the report

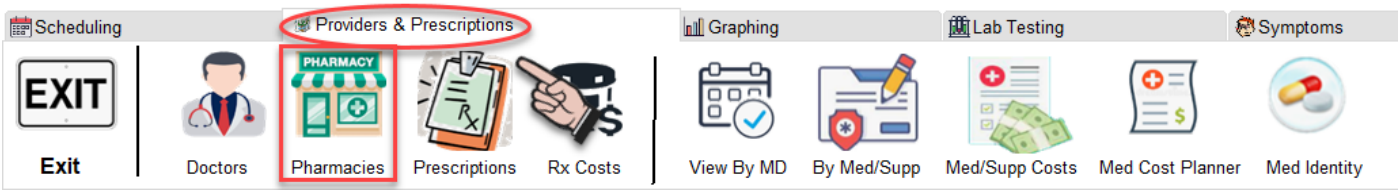
See also...

- UpdateOverstimulation

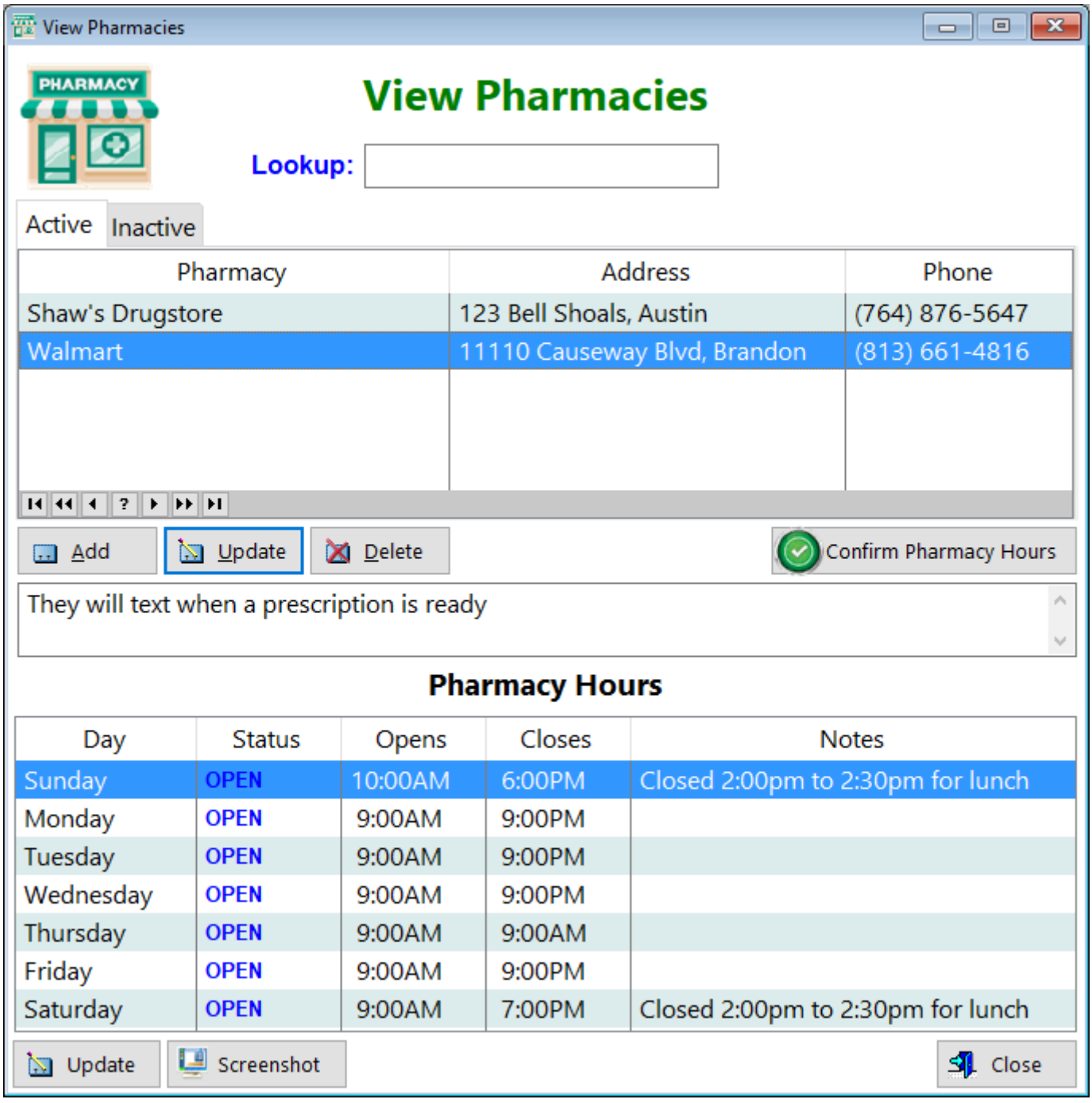
HelpID: Overstimulation

Pharmacies

You can find the Pharmacies module under the Providers & Prescriptions tab



The Pharmacies module enables you to keep track of where you fill your prescriptions. You can also record the business hours.



TABS

Active - You'll see all of the pharmacies that currently fill your prescriptions here
Inactive - You'll be able to maintain pharmacy information for the pharmacies you no longer have prescriptions for here.
Pharmacy - Displays the name of the pharmacy
Address - Displays the location of the pharmacy
Phone - Displays the number to call at your pharmacy

PHARMACY HOURS

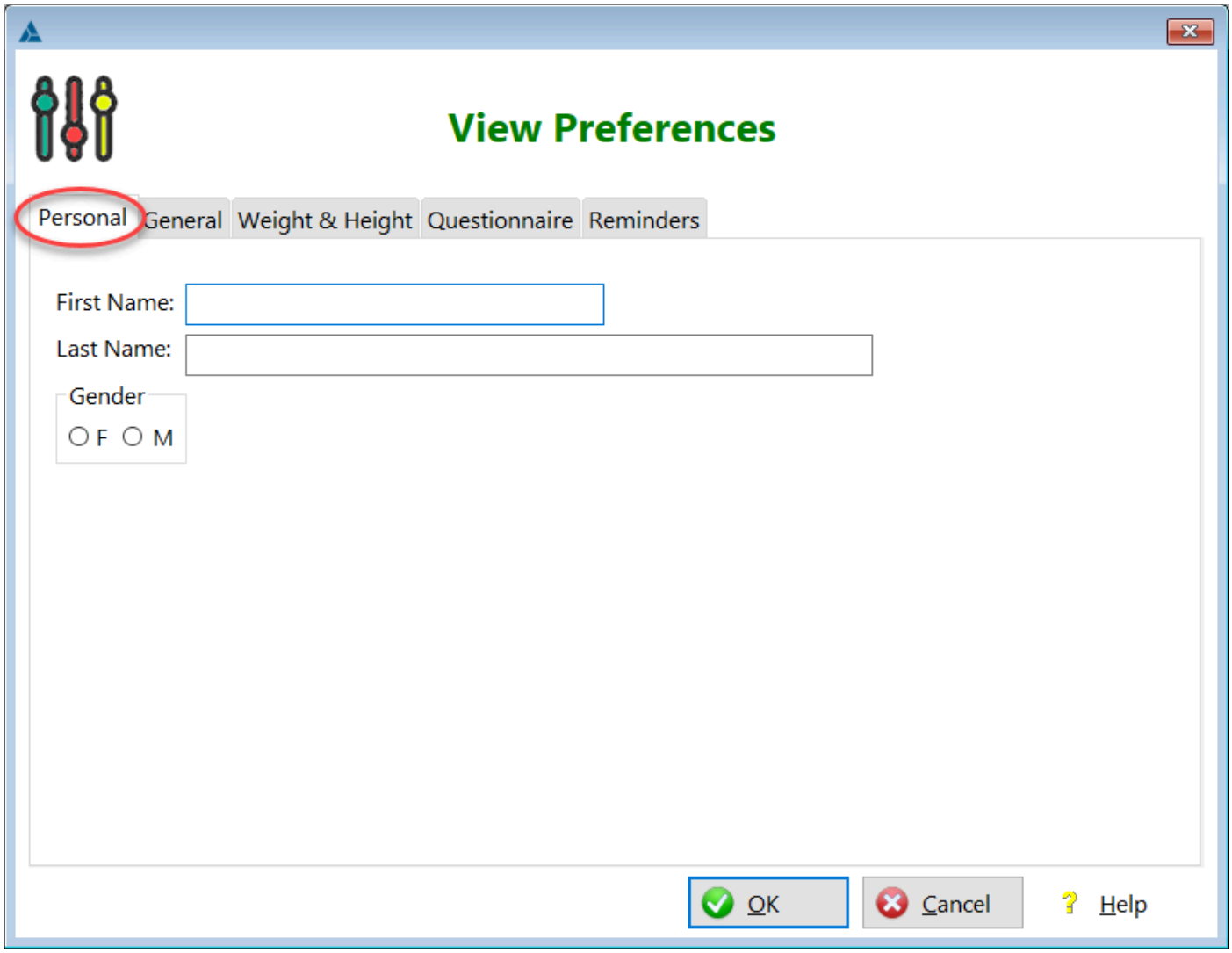
Day - Displays each day of the week
Status - Displays whether the store is open or not each day
Opens - Displays the hours of operation for each day
Closes - Displays the end of operations for each day
Notes - Displays any comments you've made regarding each day. For example, you might want to place the time the pharmacist goes to lunch here.

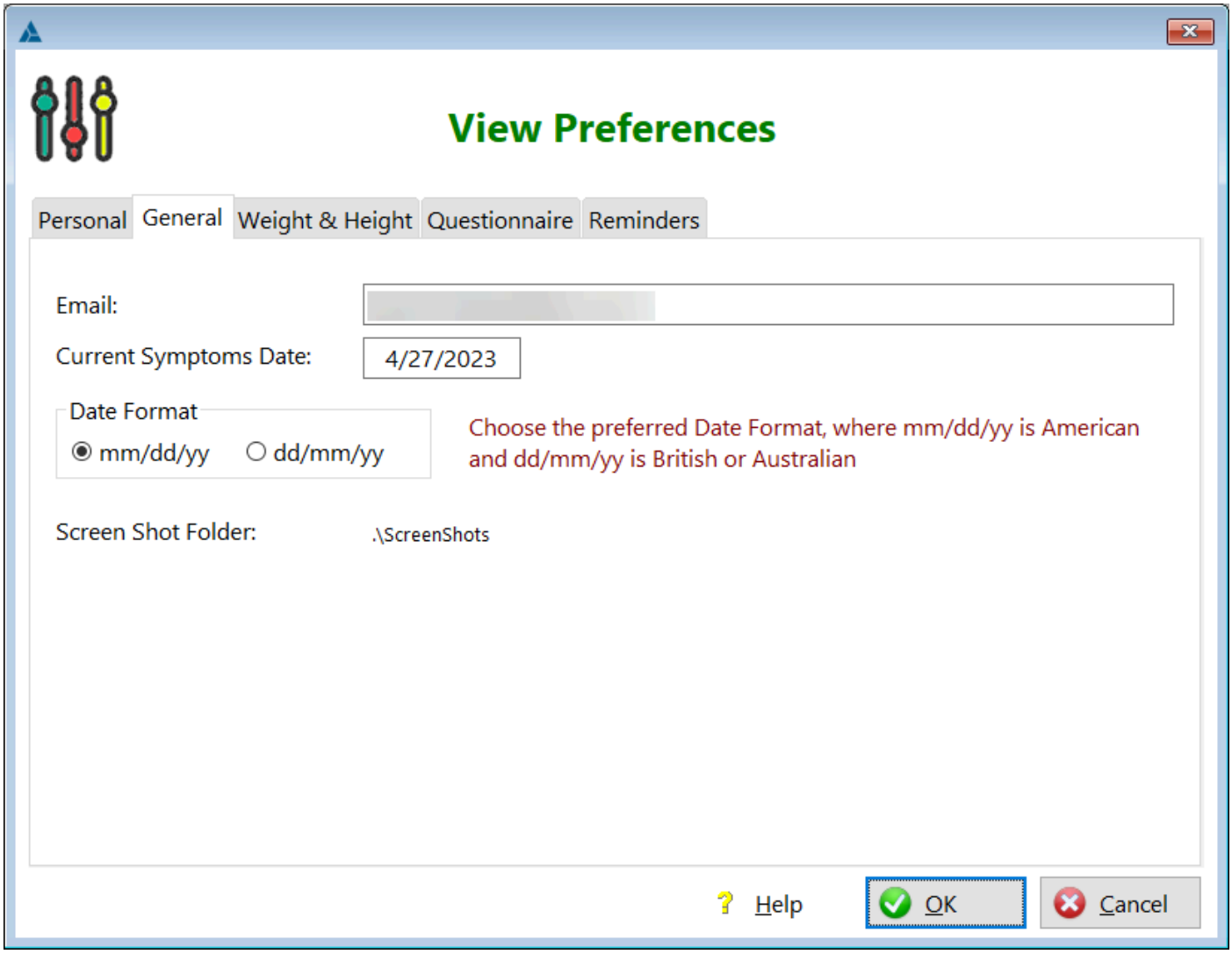
See also...

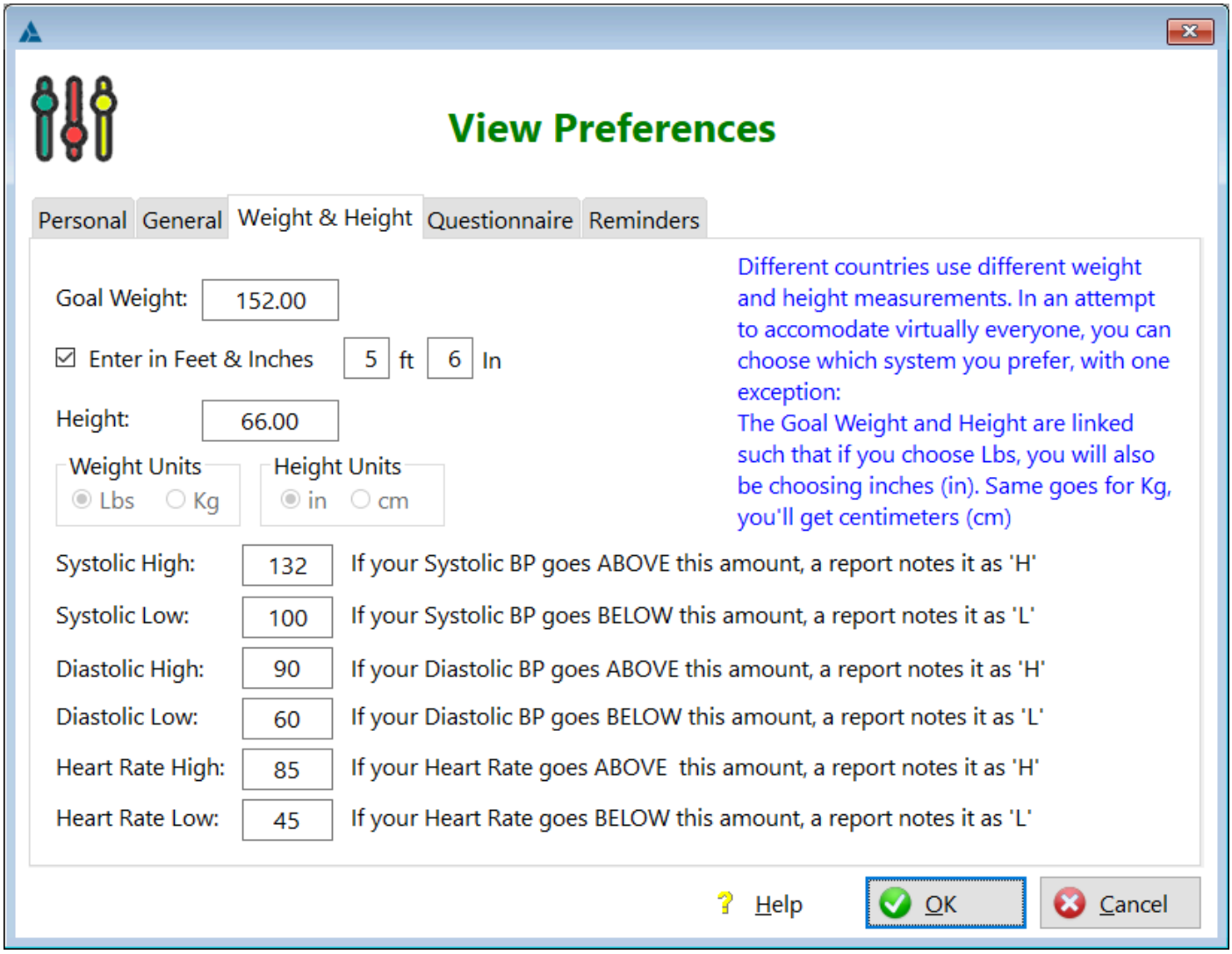
- UpdatePharmacy
- UpdatePharmacyHours

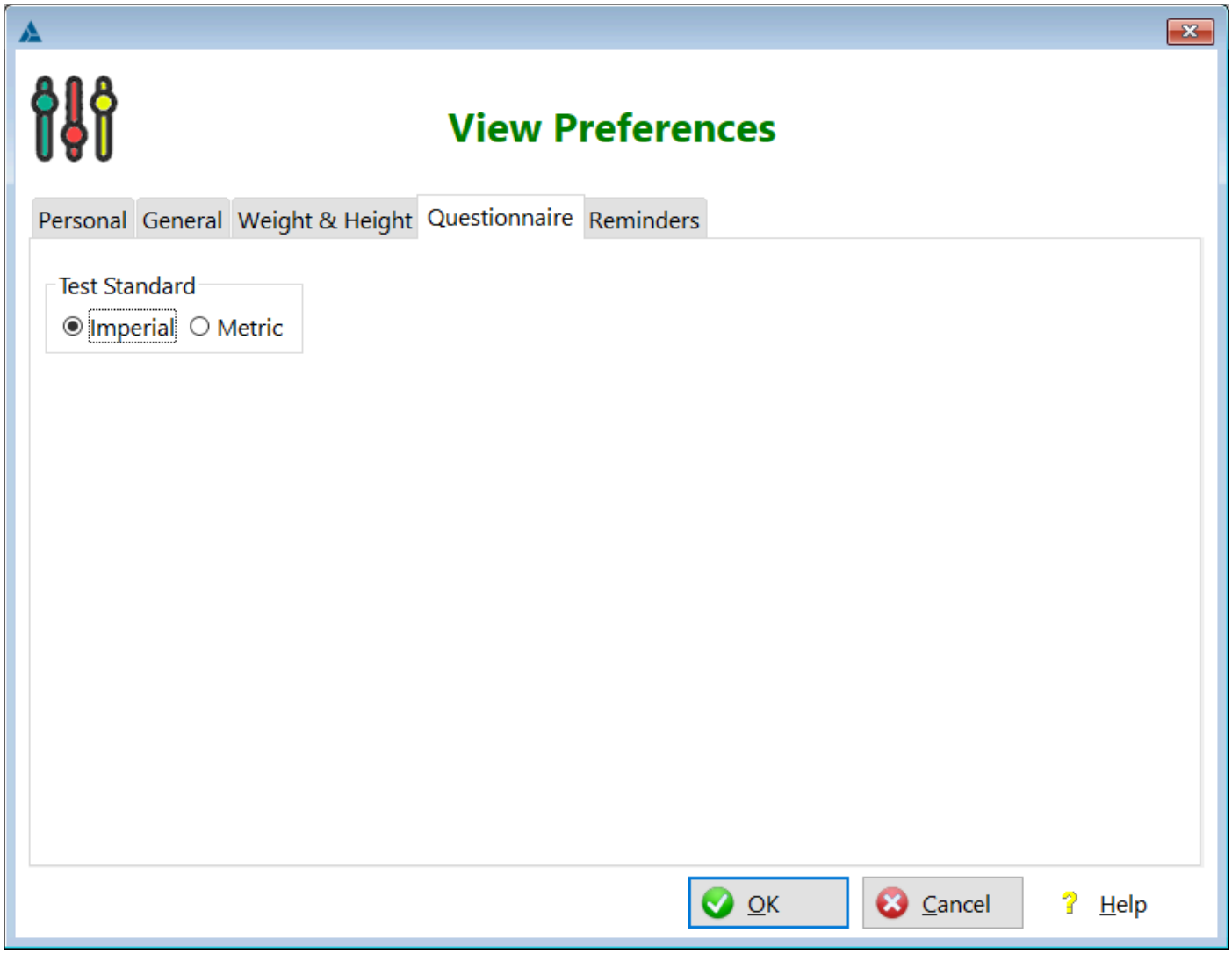
HelpID: Pharmacies

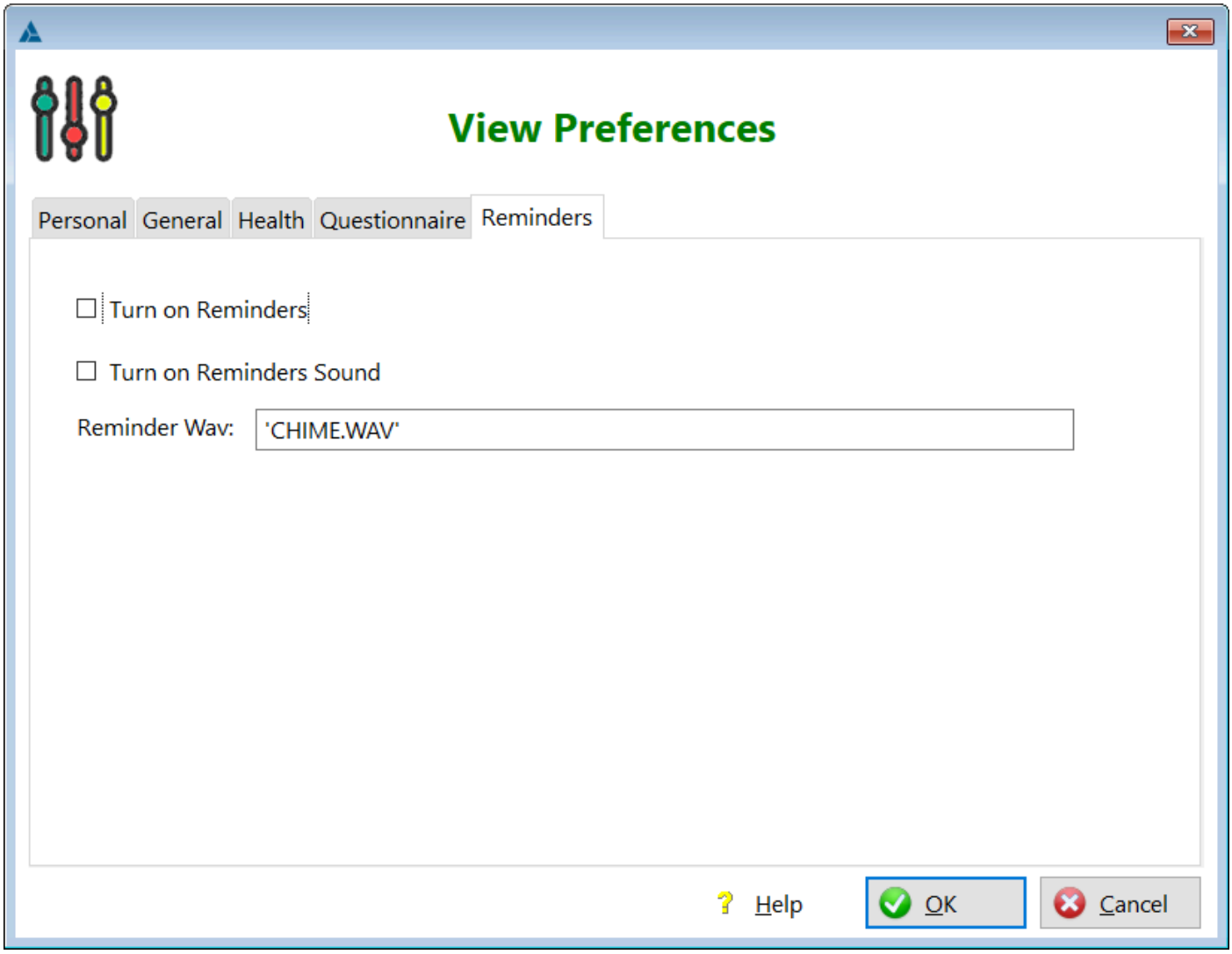
Preferences




View Preferences
Personal
General
Weight & Height
Questionnaire
Reminders
Email:
Current Symptoms Date:
4/27/2023
Date Format
mm/dd/yy
dd/mm/yy
Choose the preferred Date Format, where mm/dd/yy is American and dd/mm/yy is British or Australian
Screen Shot Folder:
.\ScreenShots
Help
OK
Cancel


View Preferences
Personal
General
Weight & Height
Questionnaire
Reminders
Goal Weight: 152.00
Enter in Feet & Inches 5 ft 6 In
Height: 66.00
Weight Units
Lbs
Kg
Height Units
in
cm
Different countries use different weight and height measurements. In an attempt to accomodate virtually everyone, you can choose which system you prefer, with one exception:
The Goal Weight and Height are linked such that if you choose Lbs, you will also be choosing inches (in). Same goes for Kg, you'll get centimeters (cm)
Systolic High: 132 If your Systolic BP goes ABOVE this amount, a report notes it as 'H'
Systolic Low: 100 If your Systolic BP goes BELOW this amount, a report notes it as 'L'
Diastolic High: 90 If your Diastolic BP goes ABOVE this amount, a report notes it as 'H'
Diastolic Low: 60 If your Diastolic BP goes BELOW this amount, a report notes it as 'L'
Heart Rate High: 85 If your Heart Rate goes ABOVE this amount, a report notes it as 'H'
Heart Rate Low: 45 If your Heart Rate goes BELOW this amount, a report notes it as 'L'
Help
OK
Cancel

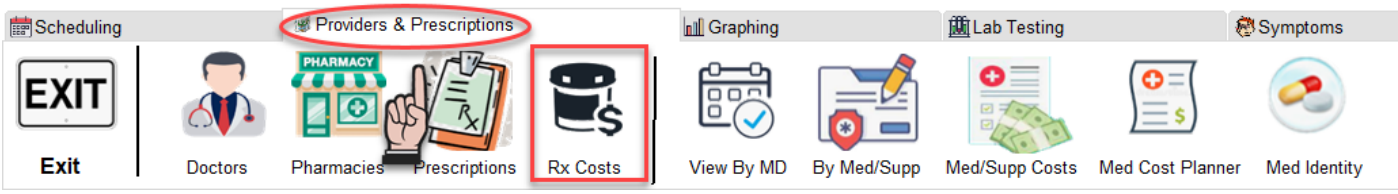

View Preferences
Personal
General
Weight & Height
Questionnaire
Reminders
Test Standard
Imperial
Metric
OK
Cancel
Help



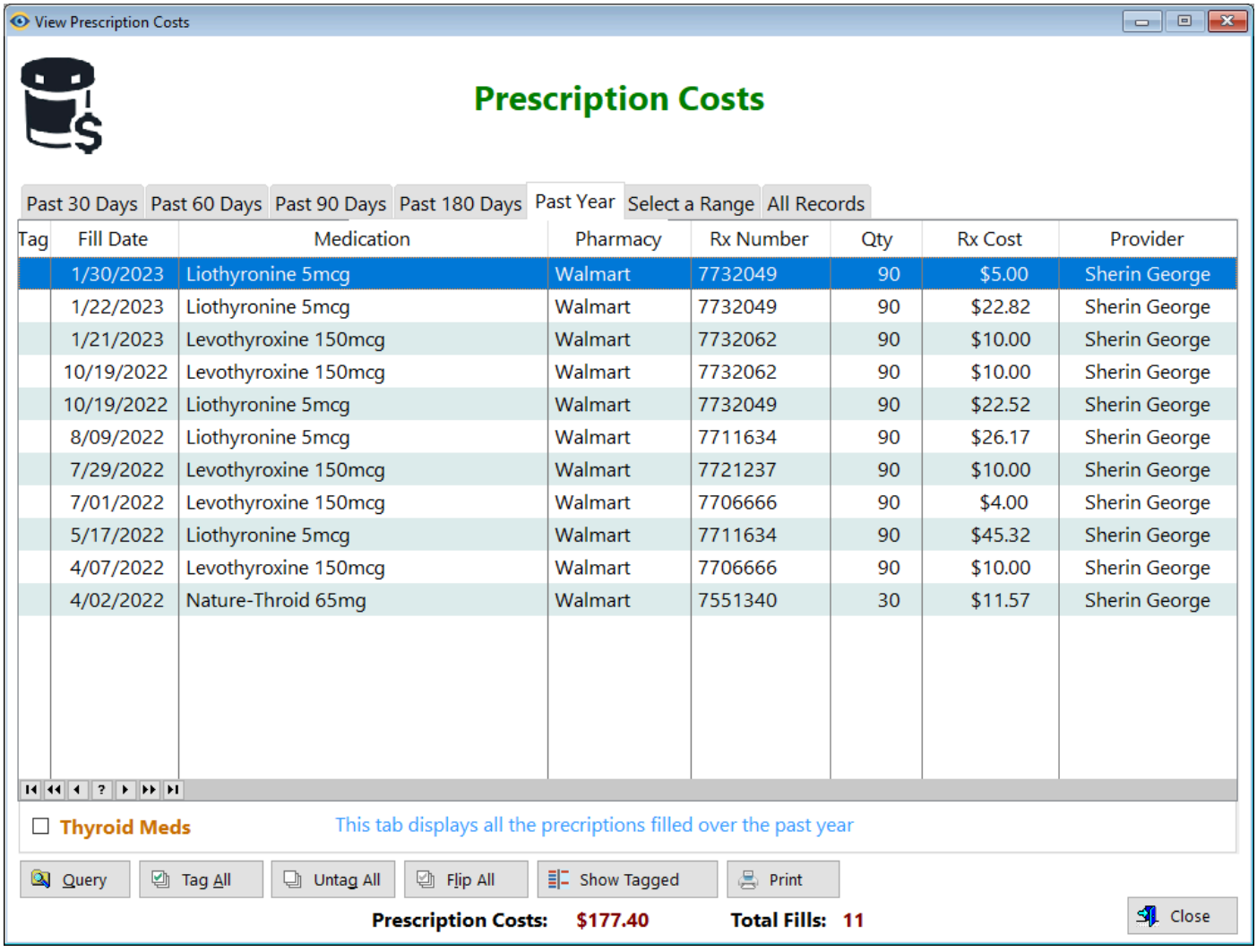
HelpID: Preferences

Prescription Costs

You can find the Rx Costs module under the Providers & Prescriptions Tab



The Prescription Costs module contains prescriptions that you've entered into the program and are consolidated to help you see what you've spent on prescription medications.



TABS

Past 30 Days - Displays all the prescriptions you've entered back 30 days prior
Past 60 Days - Displays all the prescriptions you've entered back 60 days prior
Past 90 Days - Displays all the prescriptions you've entered back 90 days prior
Past 180 Days - Displays all the prescriptions you've entered back 6 months from the current day

Past Year - Displays all the prescriptions for the prior 365 days from the current day
Select a Range - This tab enables you to pick two dates and filter the prescriptions you've recorded during that time range
All Records - Displays all of the prescriptions you've entered into the program

Tag - This field enables you to tag individual records of your choice for evaluation of your costs
Fill Date - Displays the date your prescription was filled at the pharmacy
Medication - Displays the name of the medication
Pharmacy - Displays the name of the pharmacy where the prescription was filled
Rx Number - Displays the prescription number
Qty - Displays the amount you were dispensed
Rx Cost - Displays how much you paid for that particular fill
Provider - Displays the name of the doctor who wrote the prescription

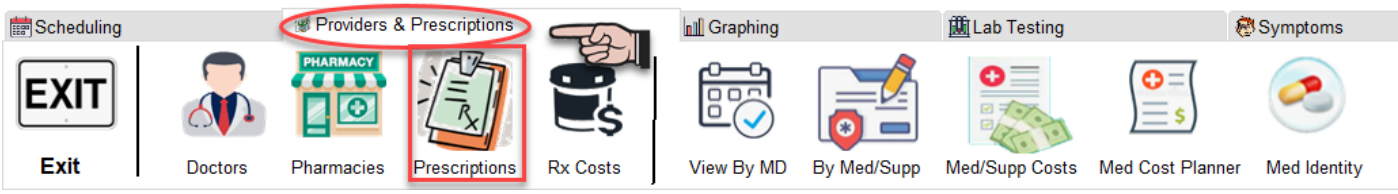
Thyroid Meds(Checkbox) - Check this checkbox to filter only thyroid medications. Uncheck it to display all the records again.

See also...
- PrintRxCosts

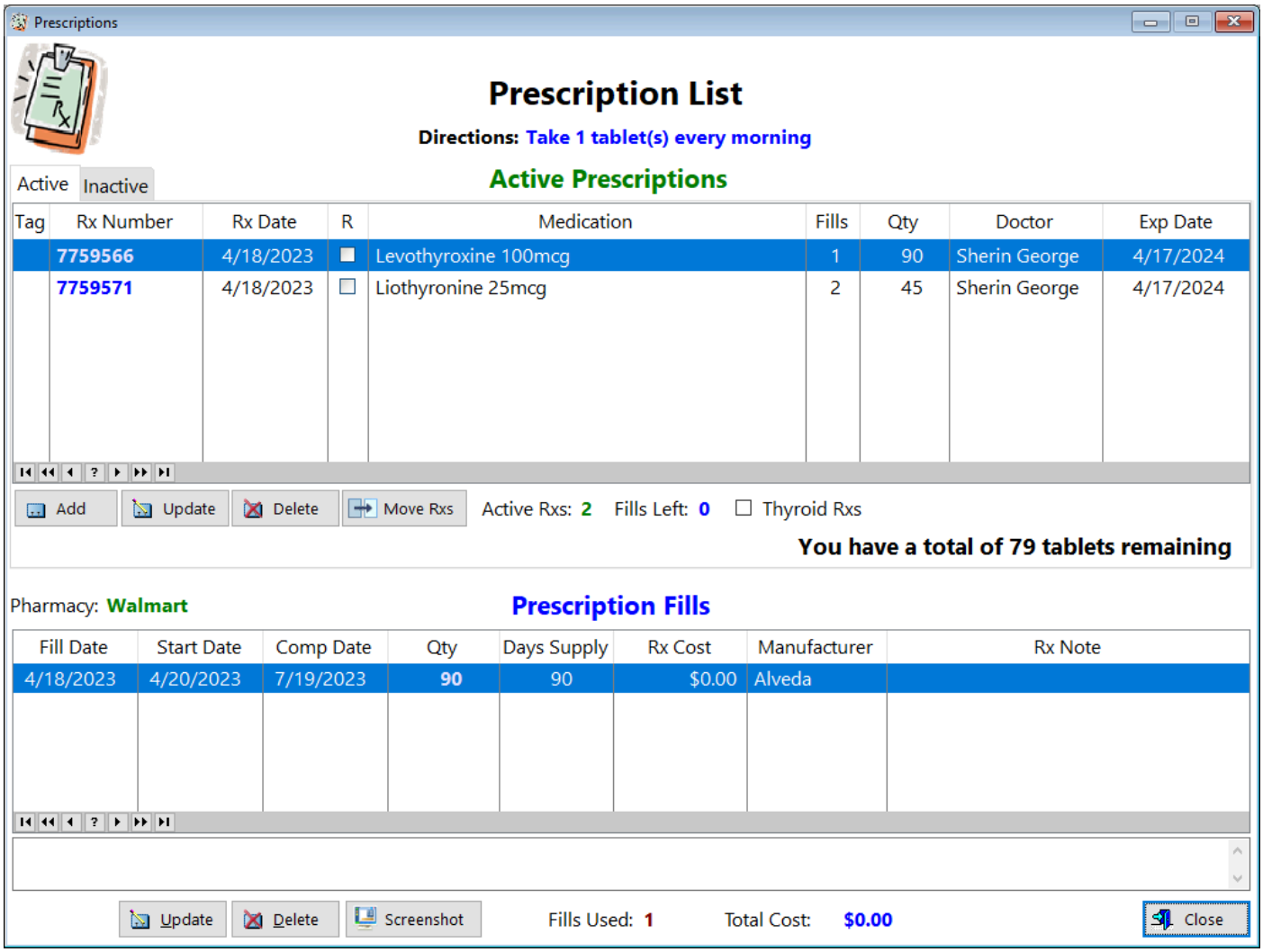
HelpID: PrescriptionCosts

Prescriptions

You can find the Prescriptions module under the Providers & Prescriptions Tab



The Prescription List was created to enable you to record all of your prescription medications.



TABS

Active - Any prescription that has not expired and has fills remaining AND that you're still currently taking

Inactive - Any prescription that either has no fills remaining or has expired, even though fills remain.

So does that mean you should move any prescription to the Inactive tab?

I recommend that you leave your Current prescriptions in the Active Tab. This makes it easy to see.
What this means is that a *current* prescription is the one in which you're currently taking the medicine.

Active Prescriptions Listbox

Tag - This field enables you to tag individual records for the purpose of changing information in bulk
Rx Number - Displays the prescription number located on your prescription vial
Rx Date - Displays the date the prescription was written
R - Displays an icon where you've flagged the record as being time for a reorder (refill). You do this manually within the update form.
Medication - Displays the name of the prescription medication
Fills - Displays how many total fills are in this prescription order.
Qty - Displays how many tablets, capsules, etc. have been dispensed
Doctor - Displays the name of the provider who wrote the prescription
Exp Date - Displays the date (usually one year from the date written) when the prescription can no longer be filled

Prescription Fills Listbox

Fill Date - Date your pharmacy filled the prescription
Start Date - Date you began taking this particular fill
Comp Date - Date you finished taking all of the medication in the bottle or vial
Qty - Amount that the pharmacy dispensed. Sometimes a pharmacy will run out of medication and short you. Having this field here enables to document that short. For example, say the levothyroxine prescription was for 90 tablets but you only received 45. You'd enter 45 instead of the 90.
Rx Cost - Displays the amount you paid for that *fill*
Manufacturer - Displays the manufacturer of that fill. Sometimes the pharmacy will fill your prescription the first time with one manufacturer, then the next time you get another manufacturer. You'll be able to document this here.
Rx Note - Displays any comments you've made regarding that particular fill.

See also...

- UpdatePrescription
- UpdateRxDetail

HelpID: Prescriptions

Print Affliction Log

Run: 3/03/23
10:01PM

Page: 1 of 3

Affliction Report

Date	*Affliction*	*Notes*
12/13/2022	Head Cold	

12/13/2022 6:58PM: After getting back from Dr. Hedrick's office, I began to develop a runny nose. I could tell that my left nostril had that sensation of congestion and it would begin run. Now the congestion is beginning to build up to something that might turn into a head cold.

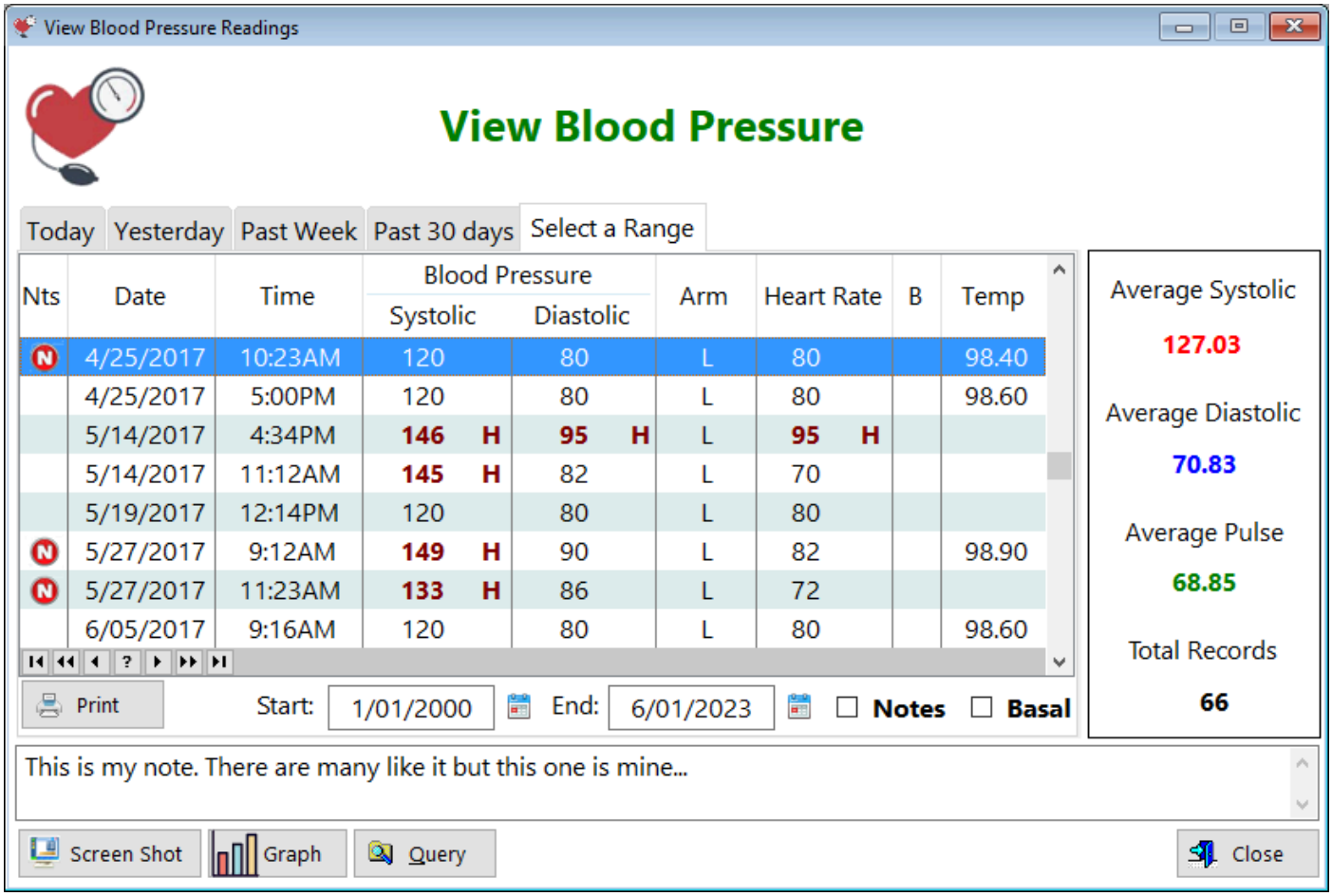
I've been spraying XLear into my nose and blowing my nose. I also am using Betadine solution.

Date	*Time*	*Notes*
12/13/2022	9:30PM	My runny nose and congestion in the left nostril has stopped (for now)
12/14/2022	2:45AM	I got up because I was wide awake and I was dealing with the congestion. I'll probably return to bed at 5am.
12/14/2022	11:28AM	I'm having a moment of more clear breathing, less congestion, but I do feel the congestion (fullness) in my nasal sinus cavities.
12/14/2022	9:56PM	I'm holding territory but I can feel the congestion deep in my sinuses, especially on the left side. The right side isn't affected really. No sore throat.
12/15/2022	6:06AM	Although I slept through the night (still woke up a little early), I can see that this illness appears to be going into a more serious phase, which is in my chest. I feel lethargic and I have to breathe lightly not to provoke a cough Temperature 99.9 F @ 6:10am
12/15/2022	9:46AM	No cough has developed yet, I still have a nagging congestion feeling deep inside my left sinus primarily. The urge to sneeze is present

HelpID: PrintAfflictionLog

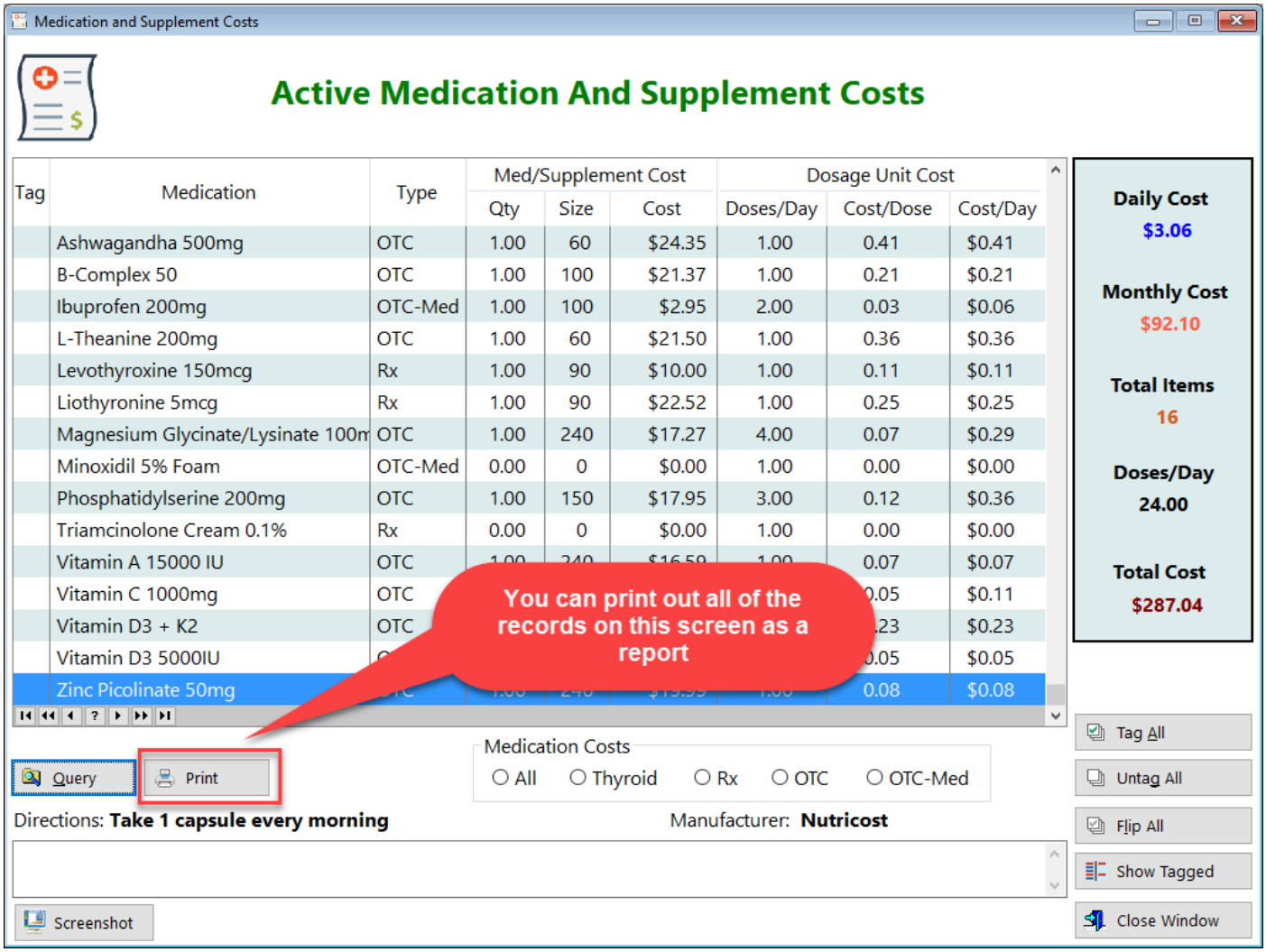
Print Blood Pressure

From the Blood Pressure window you have a button that will enable you to print your records.



HelpID: PrintBloodPressure

Print Med Costs



Medication and Supplement Costs Report

Jeff Easlick

Med/Supplement	Manufacturer	Qty	Size	Cost
ActiveNutrients	Xymogen	1.00	240	$57.00
Ashwagandha 500mg	Pure Encapsulations	1.00	60	$24.35
B - Complex 100	Solgar	1.00	100	$17.44
Ibuprofen 200mg	Equate	1.00	100	$5.00
Levothyroxine 150mcg	Alvogen	1.00	90	$10.00
Liothyronine 5mcg	Sun Pharmaceutical	1.00	90	$22.52
Magnesium Glycinate/Lysinate 10	Doctor's Best	1.00	240	$17.27
Melatonin 1mg	Natrol	0.00	0	$0.00
TheraTears (Carboxymethylcellulo	Meditech	1.00	30	$15.00
Vitamin A 15000 IU	Carlson	1.00	240	$16.59
Vitamin C 1000mg	Amazon.Com	1.00	300	$16.20
Vitamin D3 + K2	Solaray	1.00	120	$27.49
Vitamin D3 5000IU	Now	1.00	240	$11.86
Zinc Plus Selenium	Dr. Mercola	1.00	90	$27.75

Report Date: **4/18/2023**

Total Costs: **$268.47**

Monthly Cost **$99.60**

HelpID: PrintMedCosts

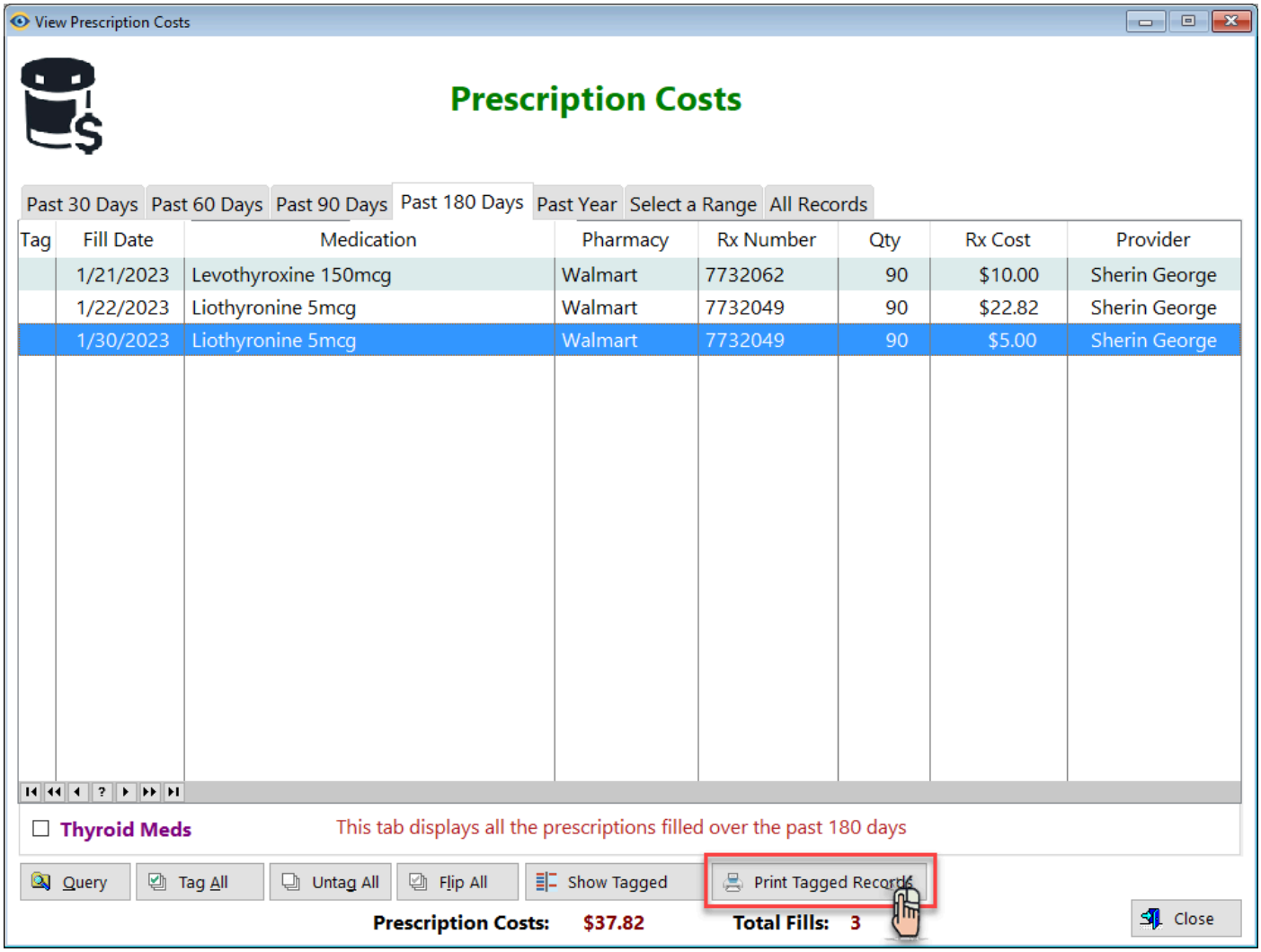
Print Medication Costs

The Medication Costs window depicts all of the medications and supplements you're currently taking.

Click on the 'Print Costs' button to create a report

HelpID: PrintMedicationCosts

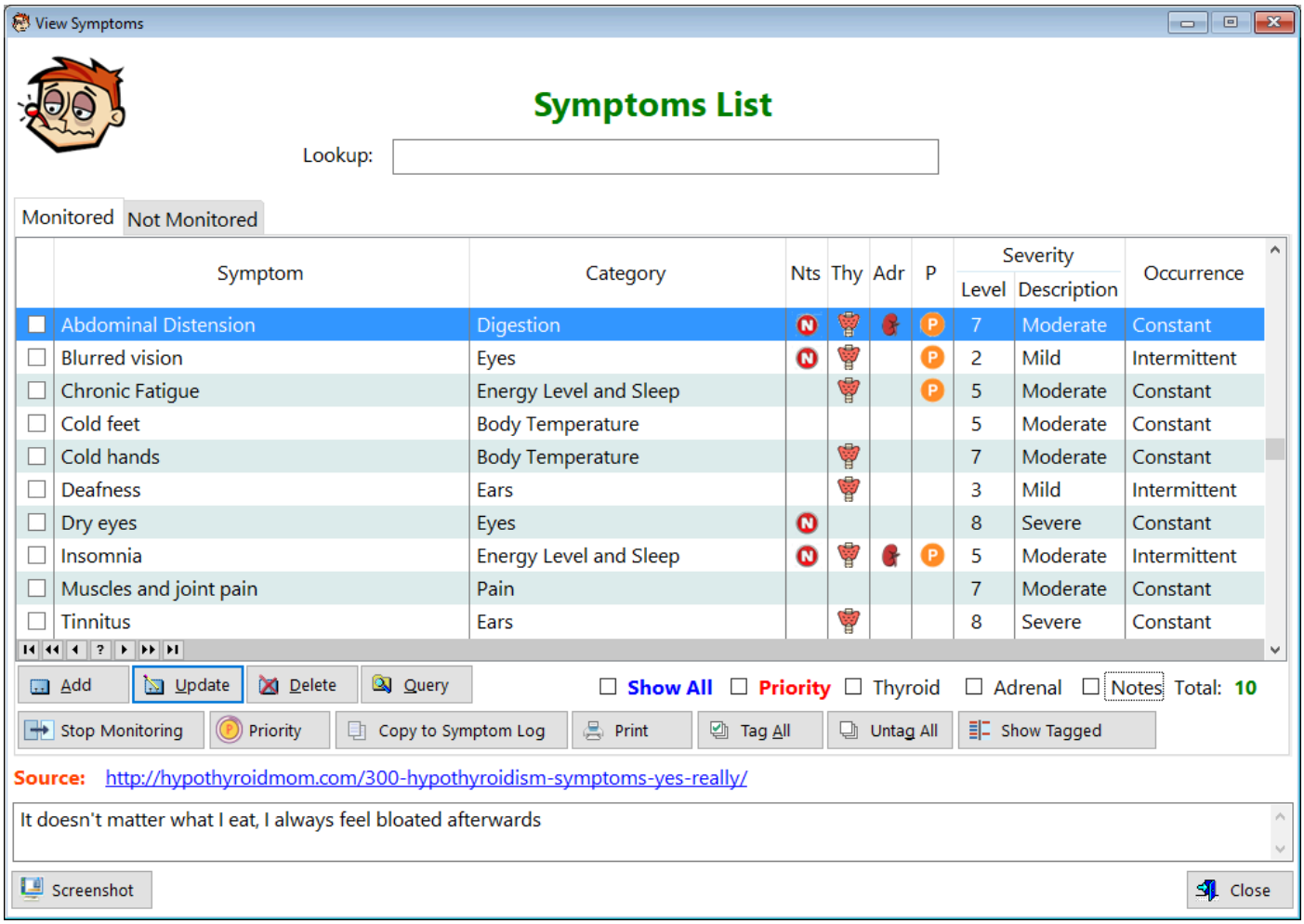
Print Rx Costs



HelpID: PrintRxCosts

Print Symptoms

The Symptoms module displays the symptoms you've experienced

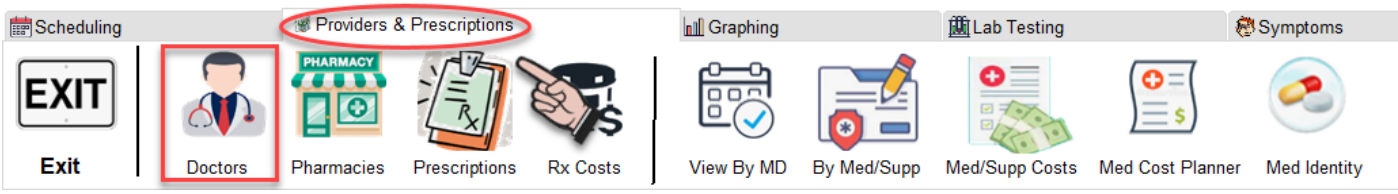


Click on the 'Print' button to create a report

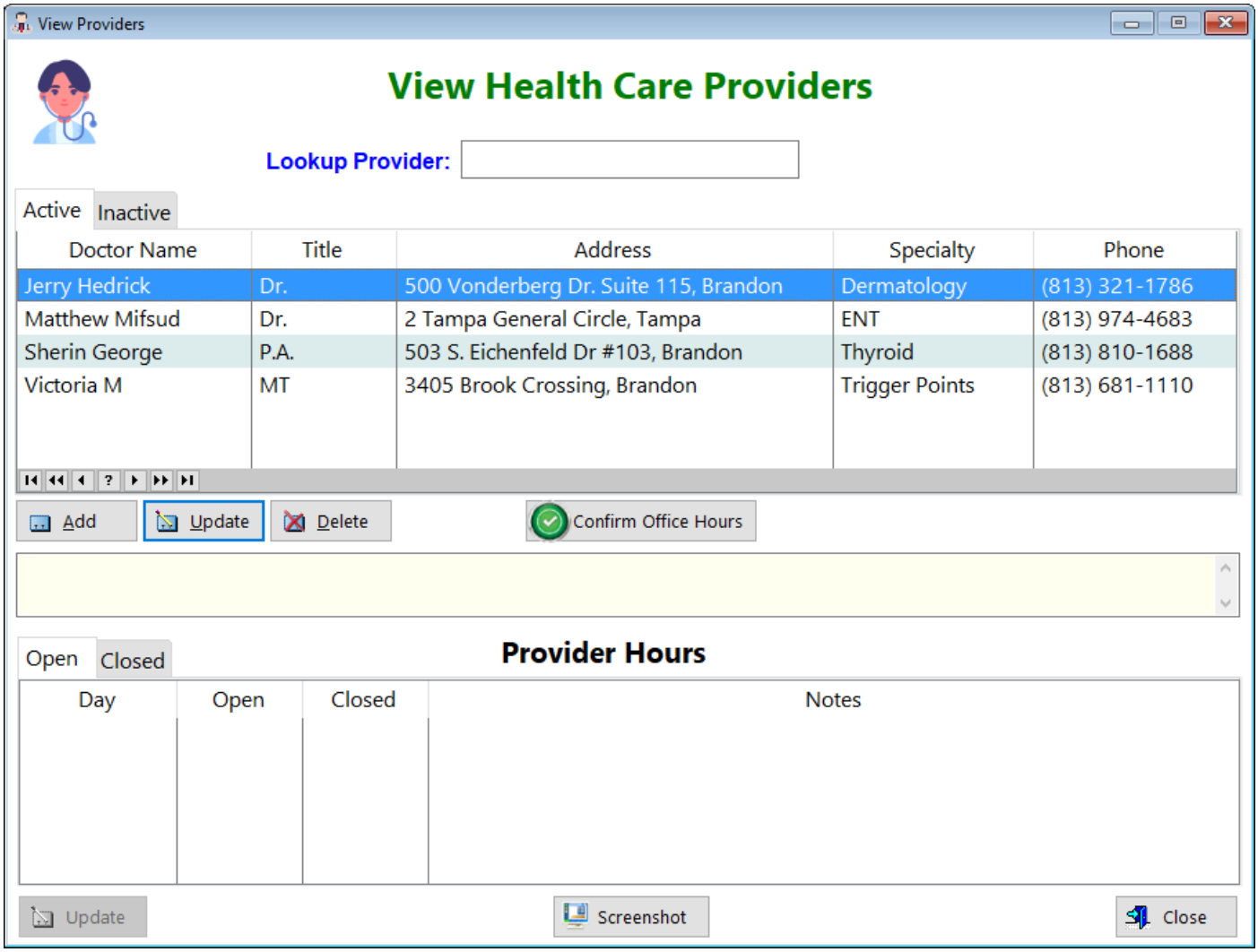
HelpID: PrintSymptoms

Providers

You can find the Providers (Doctors) screen under the **Providers & Prescriptions** Tab



The Providers window enables you to enter in all of the health care professionals that you see.



You can also include the provider's working hours. The lower portion of the screen will automatically be populated with all 7 weekdays, including some standard times. It's up to you to change those times to correspond with the provider's actual open and closed times.

Add - Click this button to enter a new record
Update - Click this button to make changes to an existing record

Delete - Click this button to remove an existing record
Confirm Office Hours - Click this button after you've entered the correct times for your provider

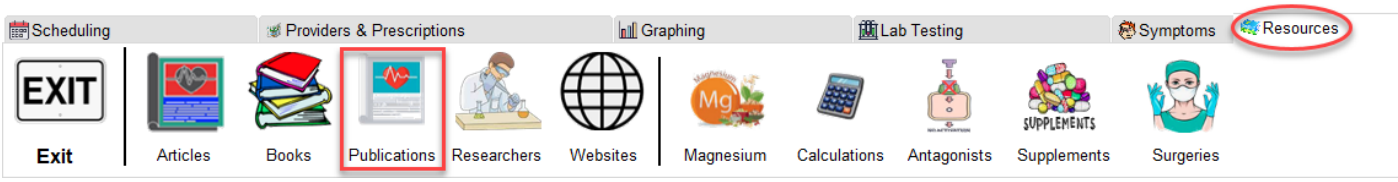
See also...

- UpdateProviderHours
- UpdateProviders

HelpID: Providers

Publications

You can find the Publications window by selecting the **Resources** Tab



The Publications windows enables you to enter any publication associated with an article.

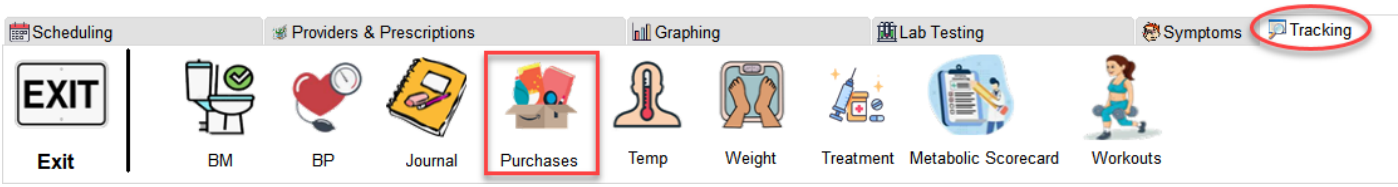
Publication - Displays the name of the publication

UpdatePublication

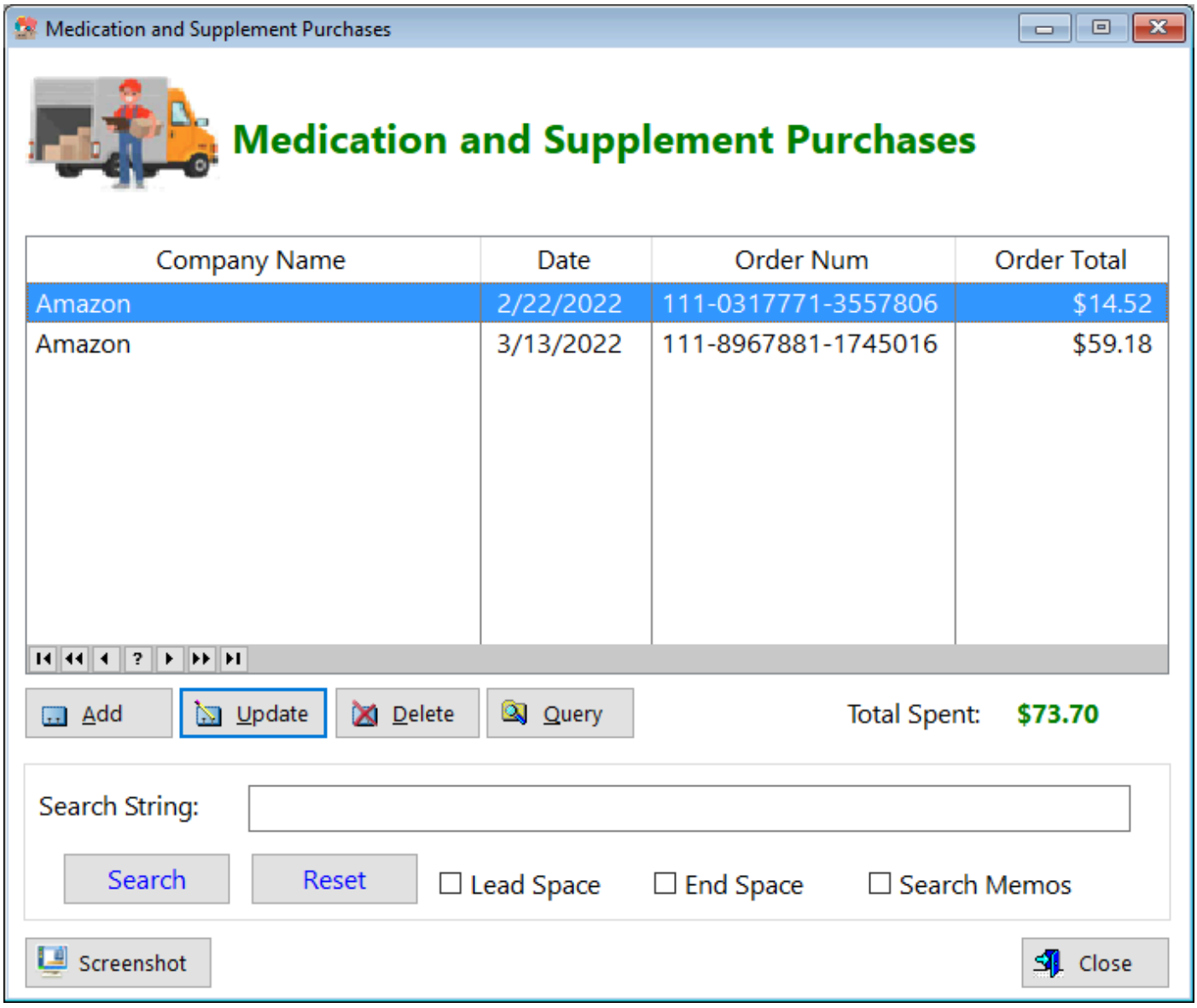
HelpID: Publications

Purchases

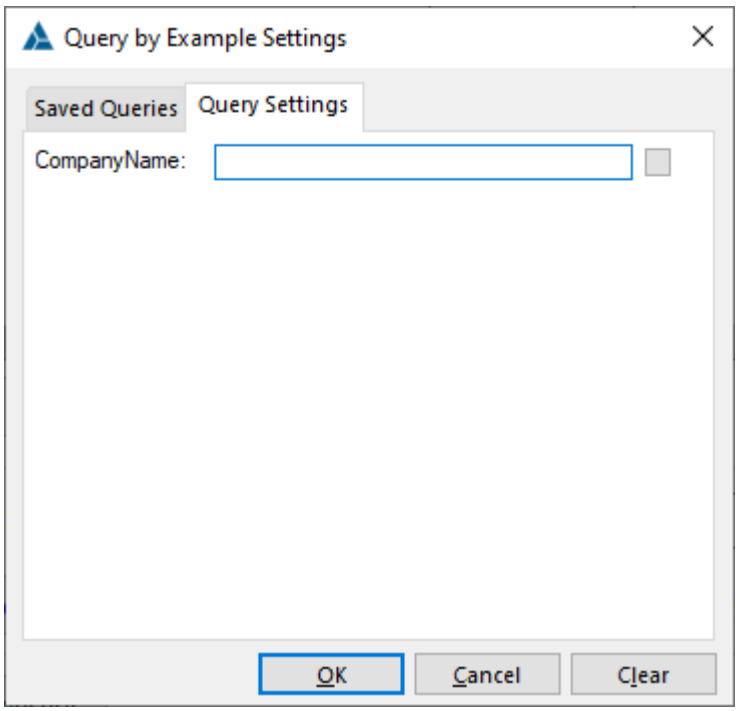
You can find the Purchases button by selecting the **Tracking** Tab



The Purchases window enables to to track your purchases for items related to your healthcare, including medications obtained online.



Add - Click on this button to enter a new record
Update - Click on this button to make changes to an existing record
Delete - Click on this button to remove an existing record
Query - Click on this button to filter similar records by Company Name



Search Feature

Search String - Enter a keyword and press the Search button.
Search - Click this button to begin the search
Reset - Click this button to start over
Lead Space -
End Space -
Search Memos -

ScreenShot - Click this button to create an image of the screen for support purposes

See also...

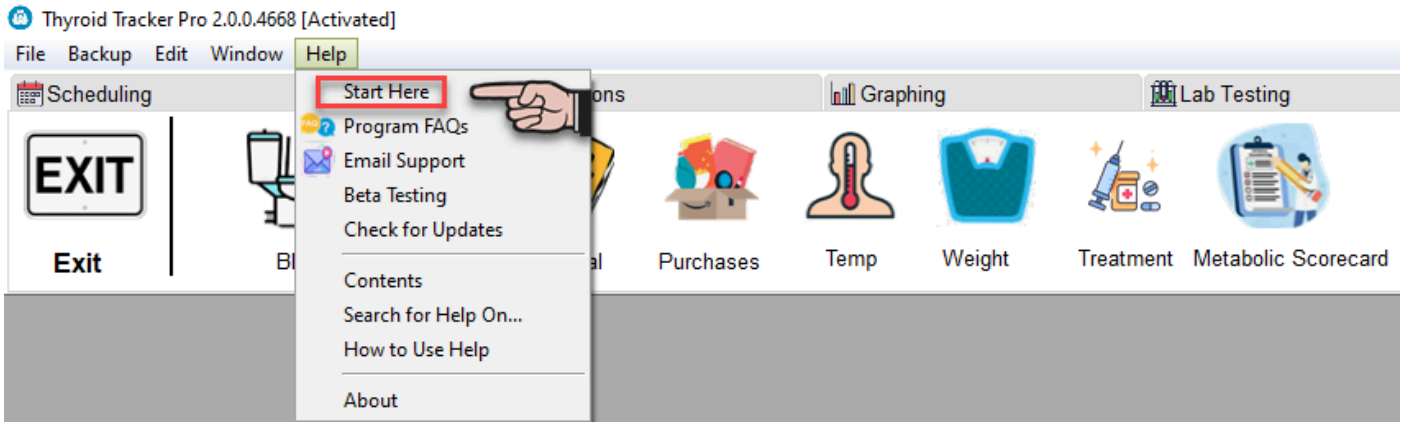
- UpdatePurchases

HelpID: Purchases

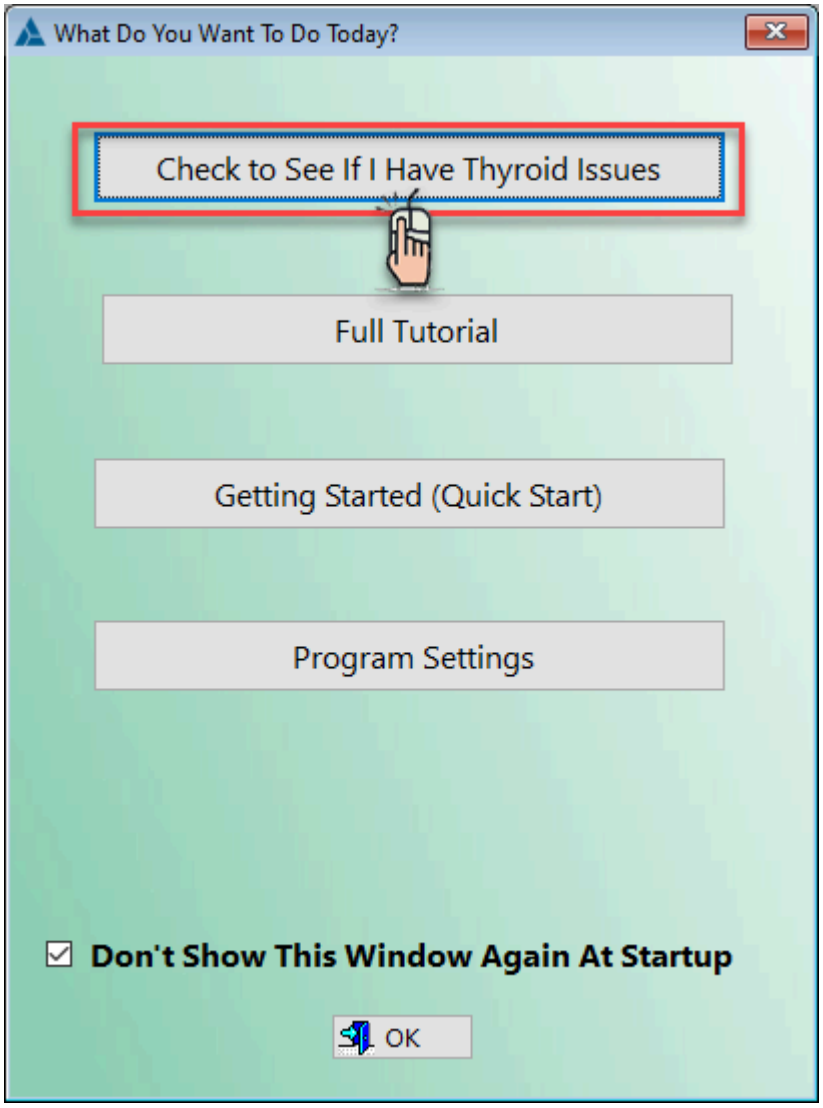
Questionnaire Blood Tests

You can access the Questionnaire Blood Test window by selecting **Start Here** from the Help menu

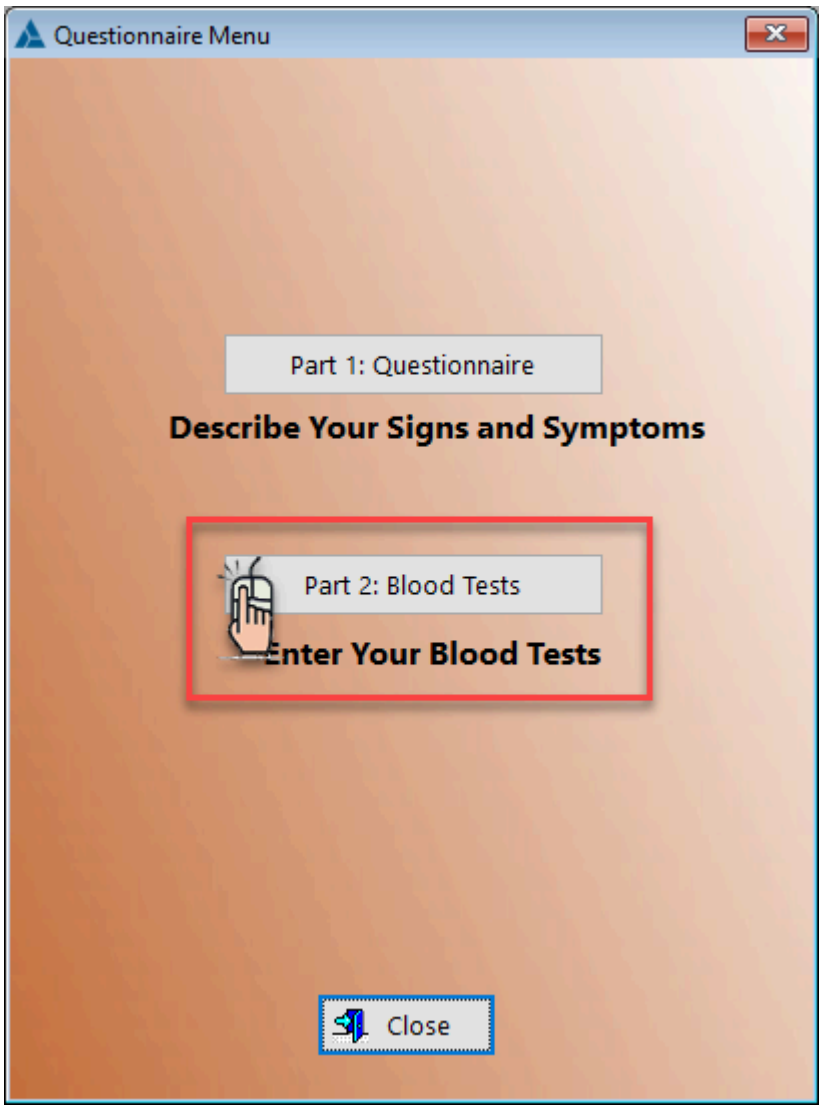
Step 1:



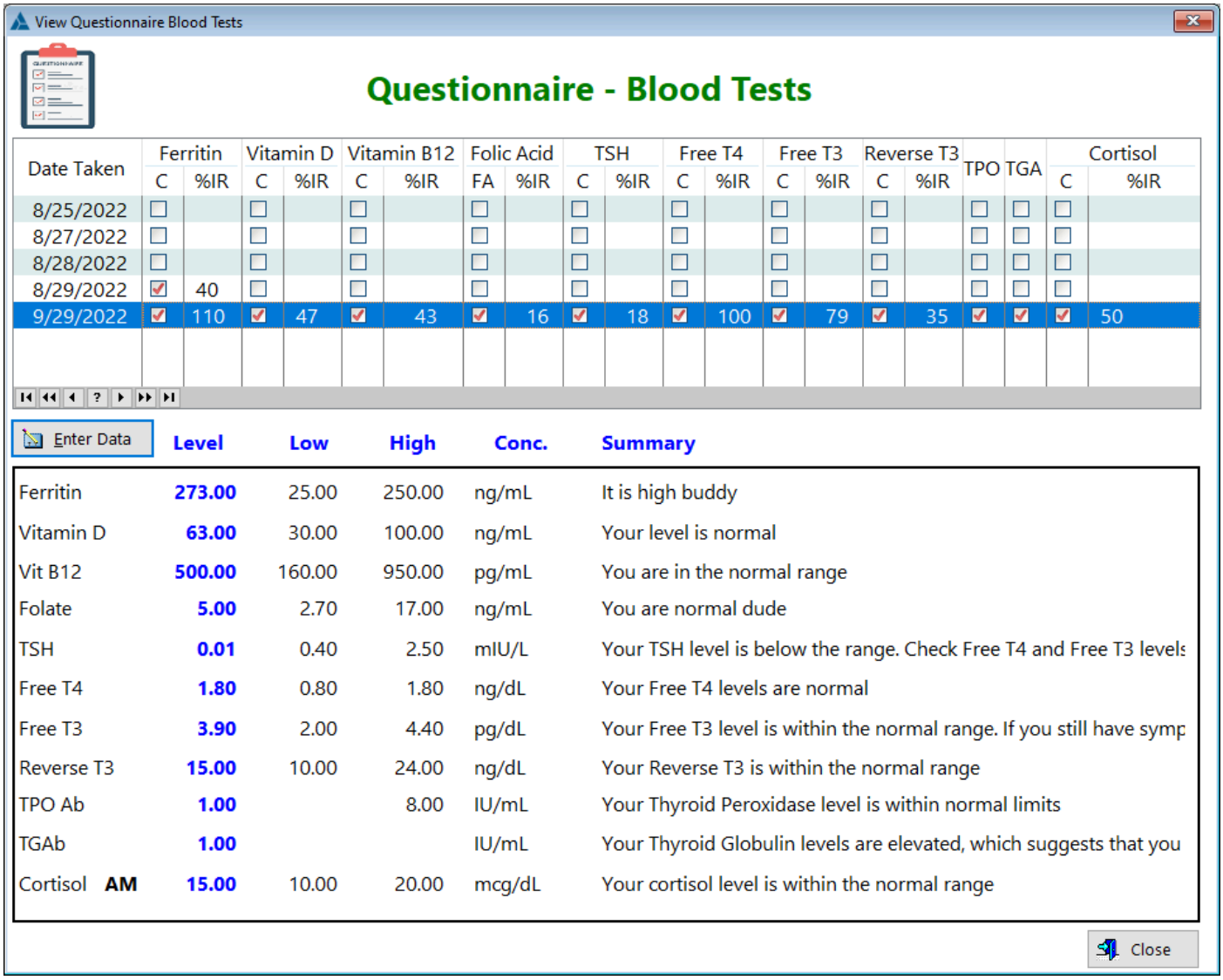
Step 2:



Step 3:



The Questionnaire Blood Tests screen enables you to enter certain blood tests related to thyroid function. You fill this out in conjunction with Part 1, which is an evaluation of signs and symptoms of thyroid dysregulation.



Nutrients

Vitamin B12 -
Vitamin D -
Folate -

Protein Carriers

Ferritin -

Thyroid Related

TSH -
Free T4 -
Free T3 -
Reverse T3 -
TPOAb -
TGAb -

Corticosteroid

Serum Cortisol -

Provided you've filled out all the relevant blood tests, you'll receive a full report on your thyroid status and suggestions on what to do next.

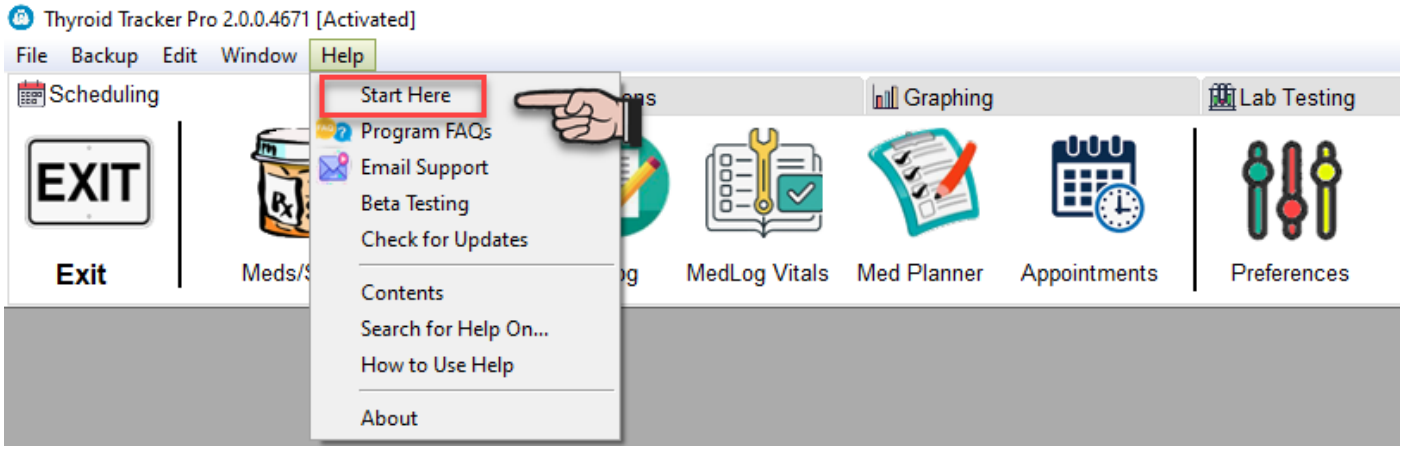
See also...

- UpdateQBloodTests

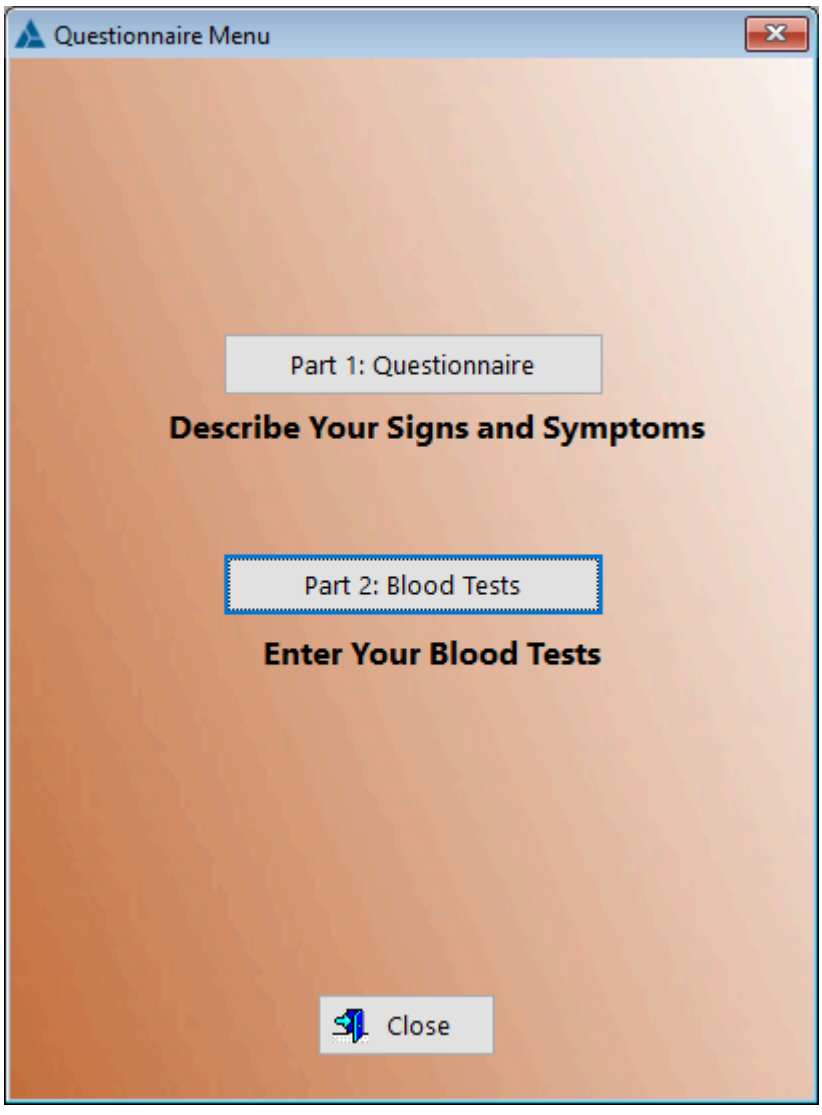
HelpID: QBloodTests

Questionnaire Menu

You can access the Questionnaire Menu from the Help menu



The Questionnaire Menu enables you to access either Part 1 or Part 2 of the thyroid questionnaire



Part 1: Questionnaire - Click this button to take the signs & symptoms portion of the questionnaire
Part 2: Blood Tests - Click this button to fill out the blood tests port of the questionnaire

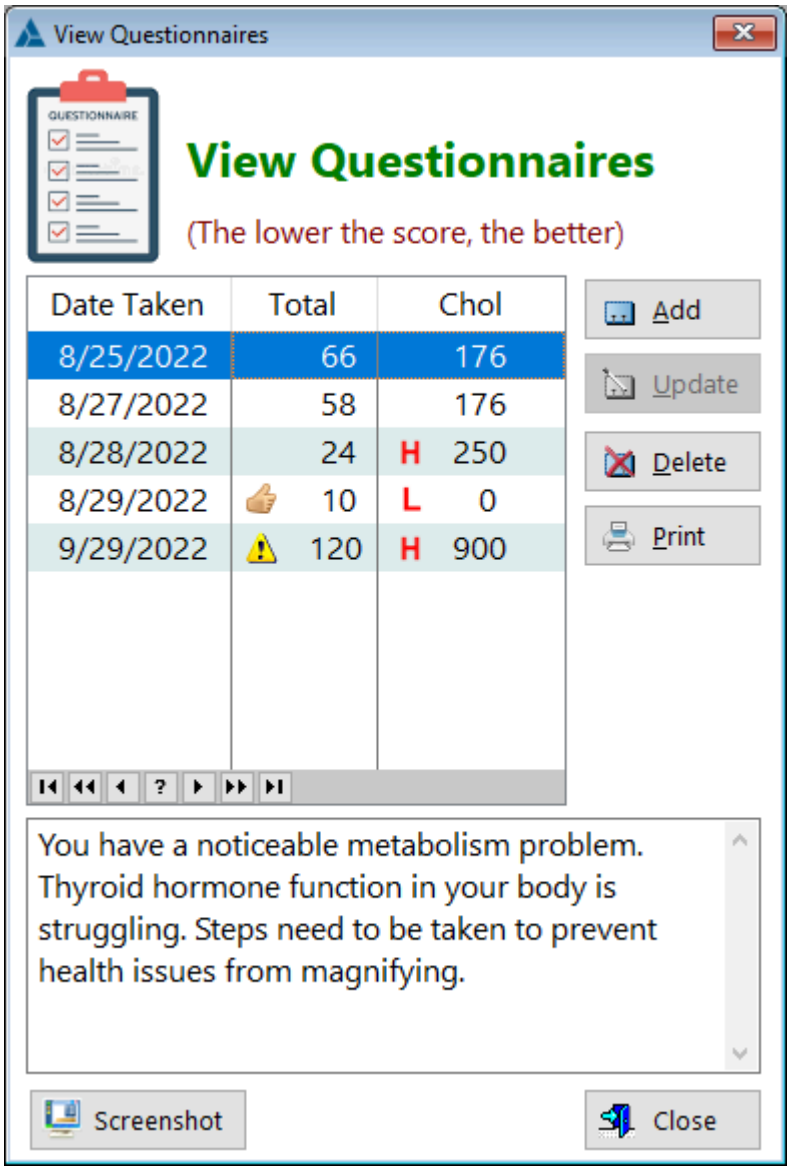
See also...

- QBloodTests
- Questionnaire

HelpID: QMenu

Questionnaire - View Scores

The Questionnaires window enables you to complete and print out a report based on signs and symptoms of thyroid disease.



The questionnaire consists of 25 questions regarding thyroid signs and symptoms. Once you've filled out the questionnaire completely and saved it, you can return to edit it for up to 7 days afterwards. After that, you won't be able to change any of your answers. The reason for this is that relying on memory of past events or moments in time can be inaccurate.
You can take the questionnaire as many times as you want. However, this is just part 1; you'll want to review part 2 and complete those blood tests in order to get a comprehensive report.
Doctors tend to rely heavily on the TSH or their experiences with hypothyroid patients. This is a problem if you "*don't look like you have hypothyroidism*". In this

case, the doctor probably won't even order the TSH test (which is a pituitary test, not a thyroid test).
If you show up with useful documentation that includes signs & symptoms, family history, medical history, accident or illness reports and especially blood test results (including both the FT4 and FT3 tests, true thyroid tests), you have a much better chance of receiving more thorough consideration of proper treatment. This type of thorough testing process can also exclude the possibility that you have thyroid disease, in which you'll now be able to investigate what's really causing those symptoms. It's sad, but going to a doctor hoping for a solution, only to be told, "Well, it's not your thyroid" is a sad situation. You didn't go there to be told *what it isn't*...he should be able to give you some direction. So off you go, completely on your own, except that the doctor's thinking and writing down, "She has a mental illness of unknown origin..." since he already decided "it isn't your thyroid" based solely on just looking at you.

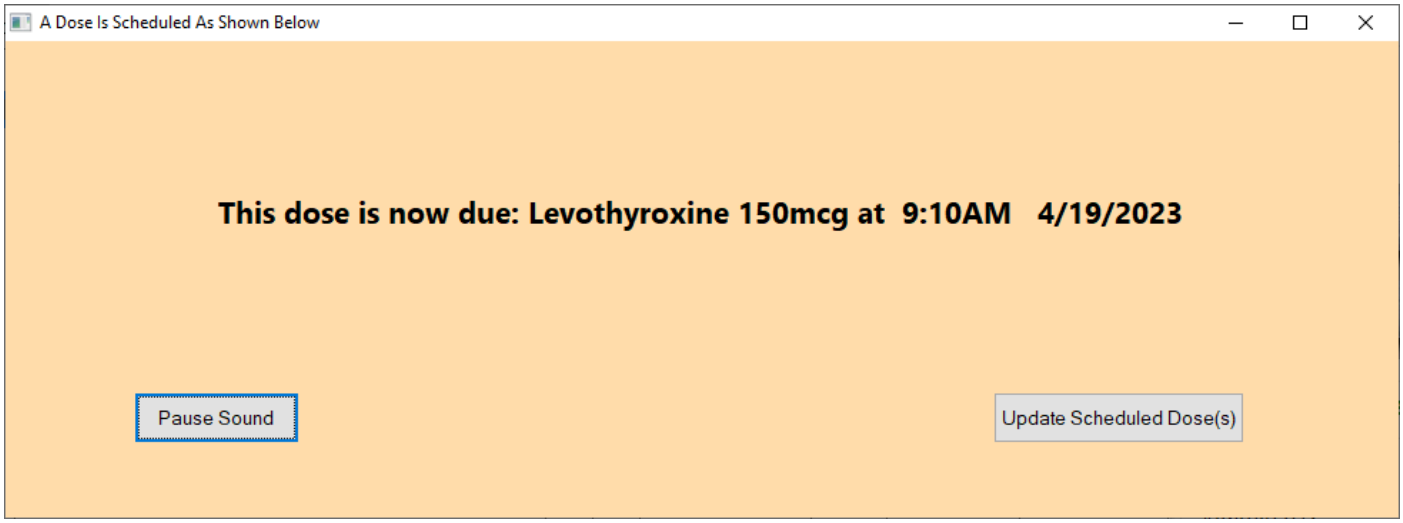
See also...

- UpdateQuestionnaire

HelpID: Questionnaire

ReminderControl

The Reminder Control enables you to be made aware that a dose has been scheduled and is now due.

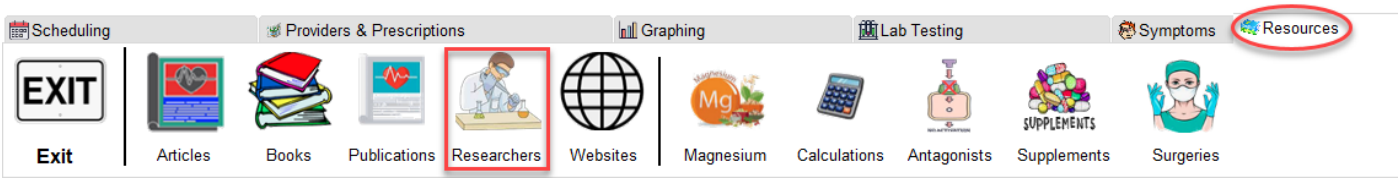


Click on 'Pause Sound' to stop the dinging
Click on 'Update Scheduled Dose(s) to be taken to the MedLog screen

HelpID: ReminderControl

Researchers

You can access the Researchers window by selecting the **Resources** Tab



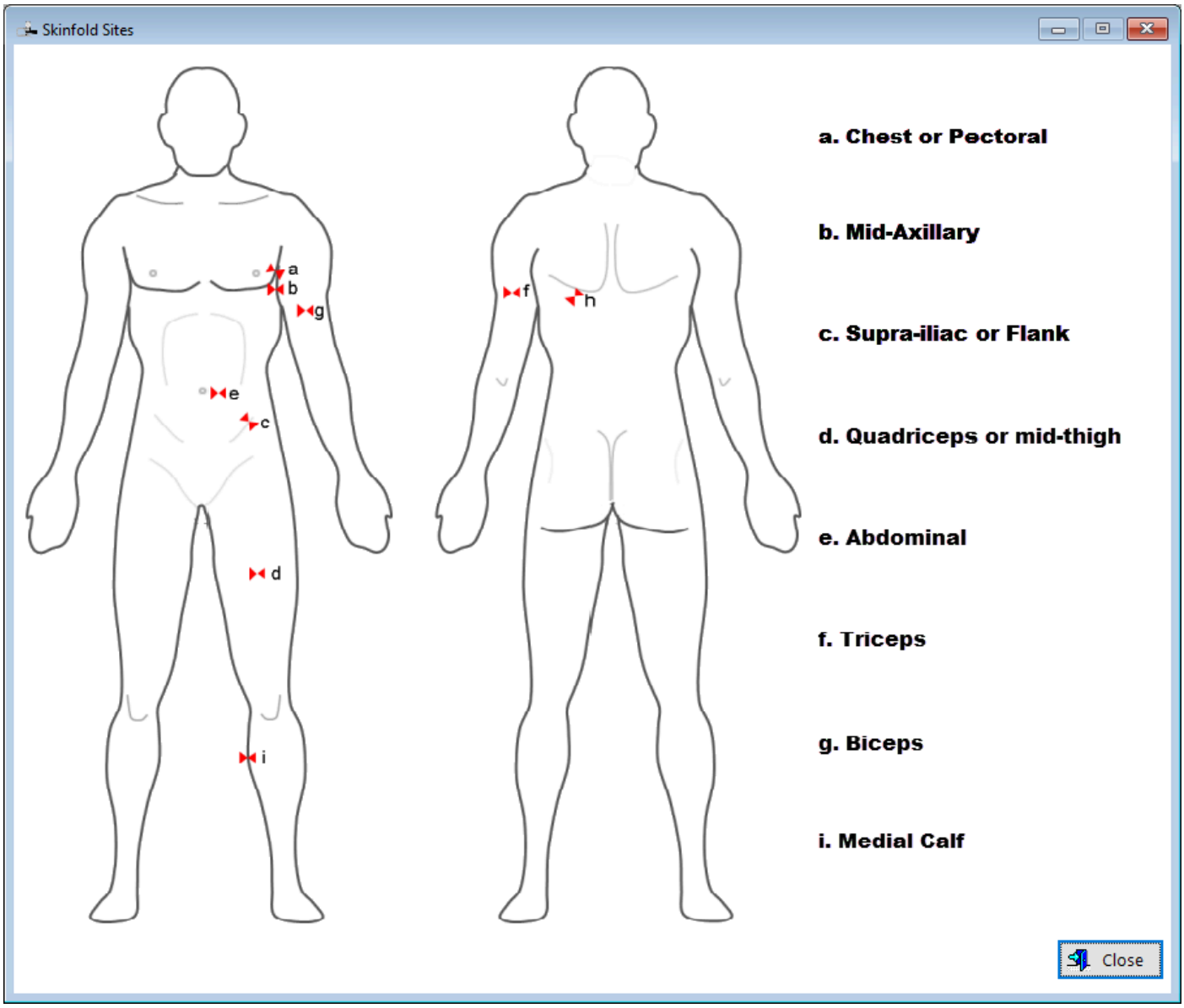
The Researchers screen enables you to keep track of those who've written articles

Researcher - Displays the name of the researcher

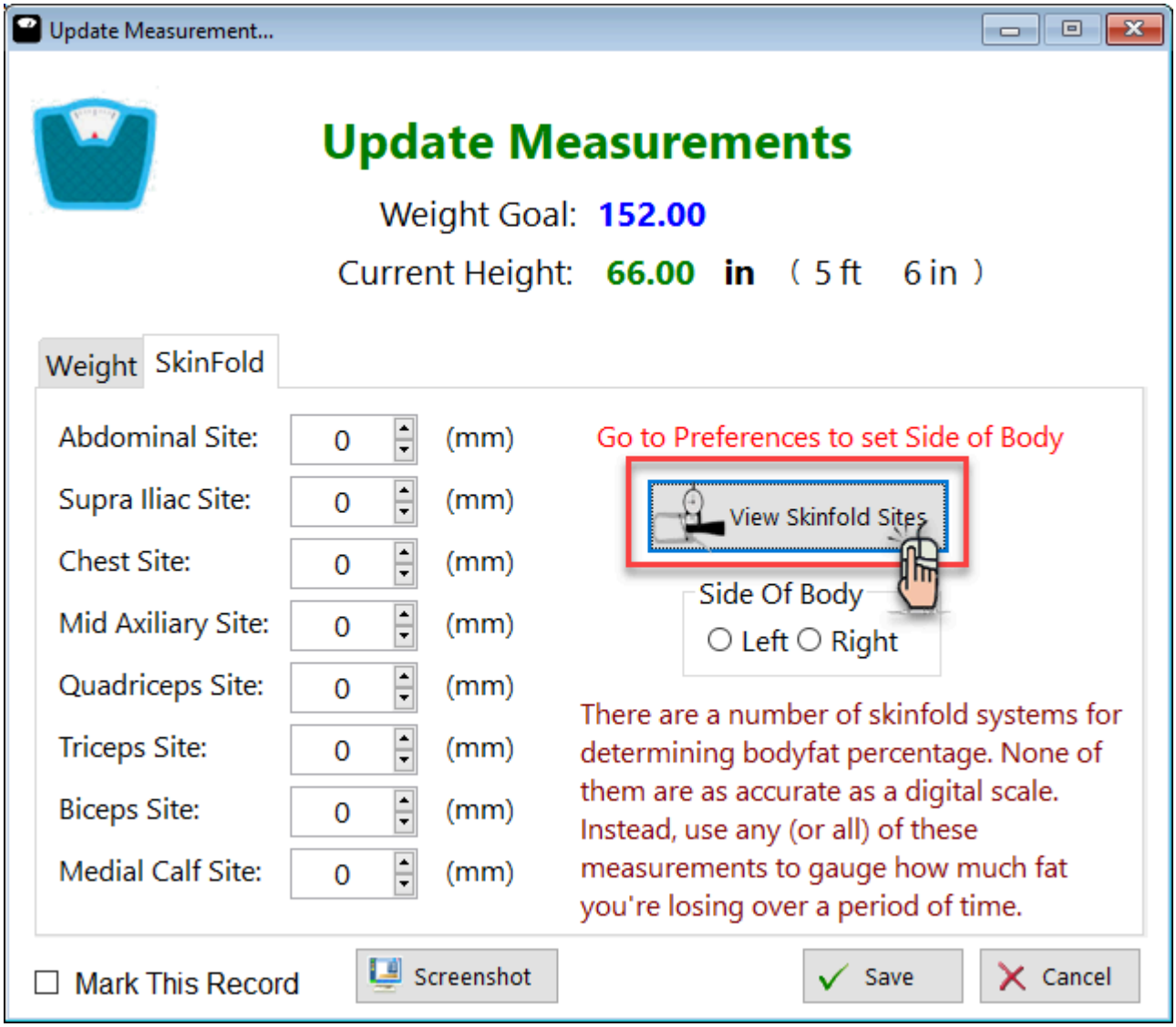
HelpID: Researchers

Skinfold Chart

Use this chart to identify the areas to measure for calculating body fat percentage



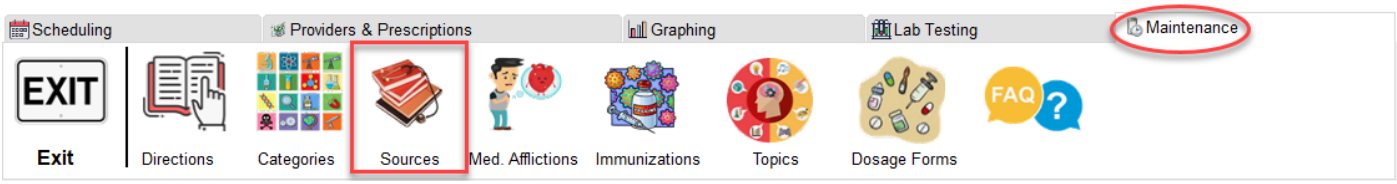
You can access this chart via the **Update Measurements** window



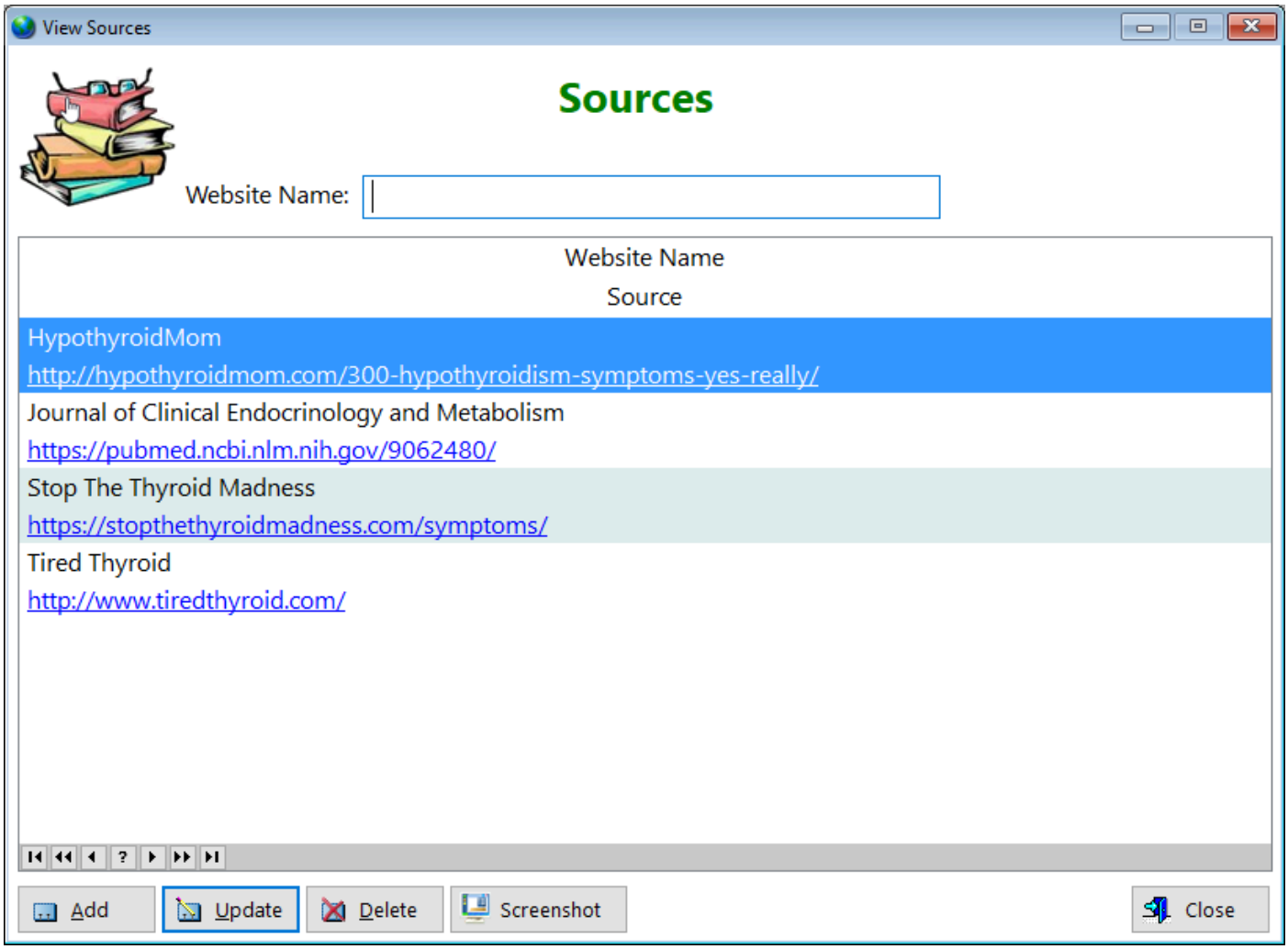
HelpID: SkinfoldChart

Sources

You can find the Sources module under the Maintenance tab



The Sources module is a listbox that contains records that will be inserted into the Symptoms table



Website Name - Displays where the source originated from
Source - Displays the website as a link

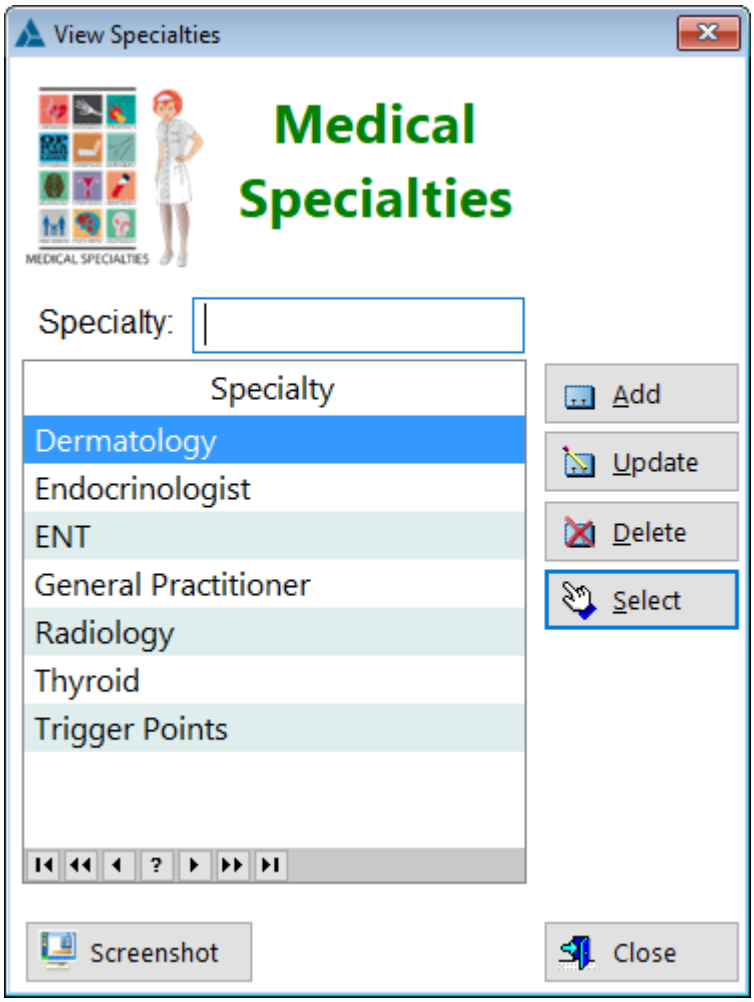
See also...

- UpdateSources

HelpID: Sources

Specialties

The Specialties table enables you to store the specialty of each health care provider

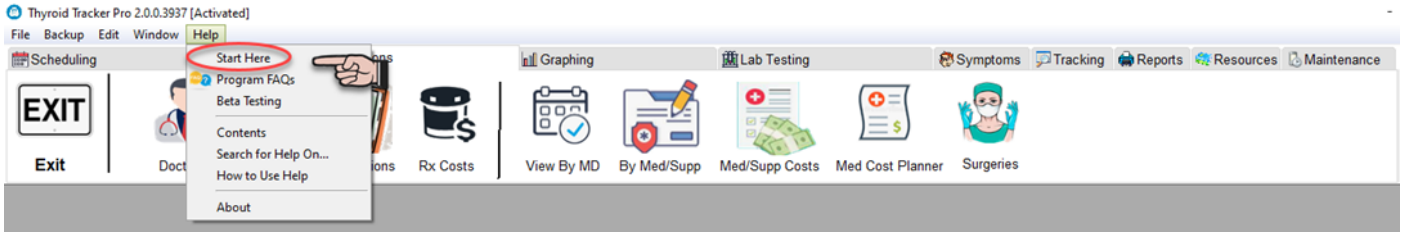


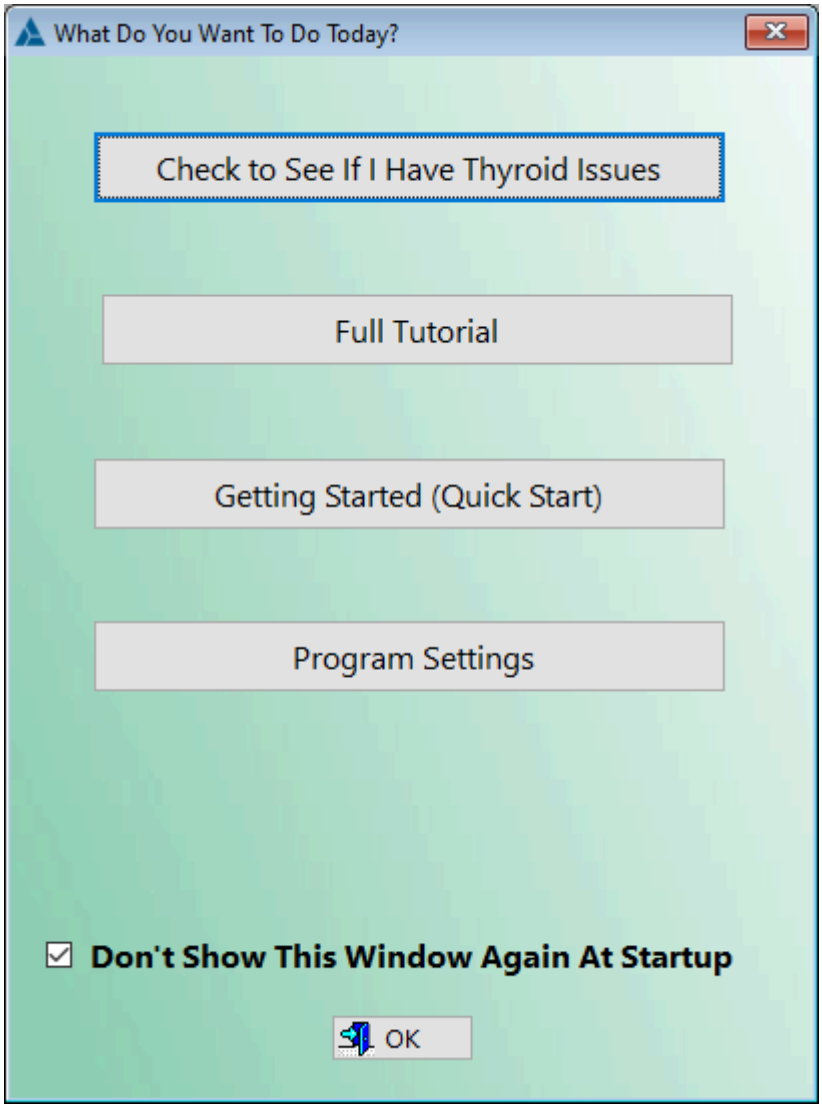
Specialty - Displays the unique area of health care service

UpdateSpecialty

HelpID: Specialties

Start Here



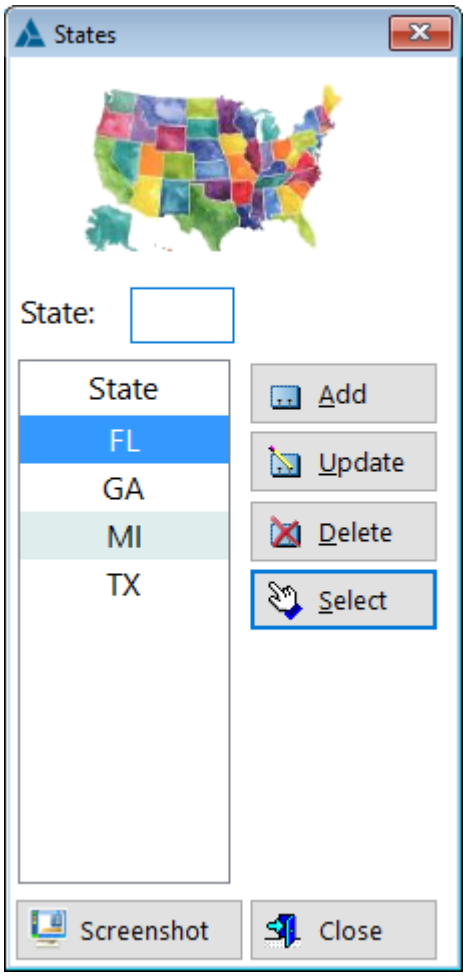


See also...

- AddData
- Preferences
- QMenu

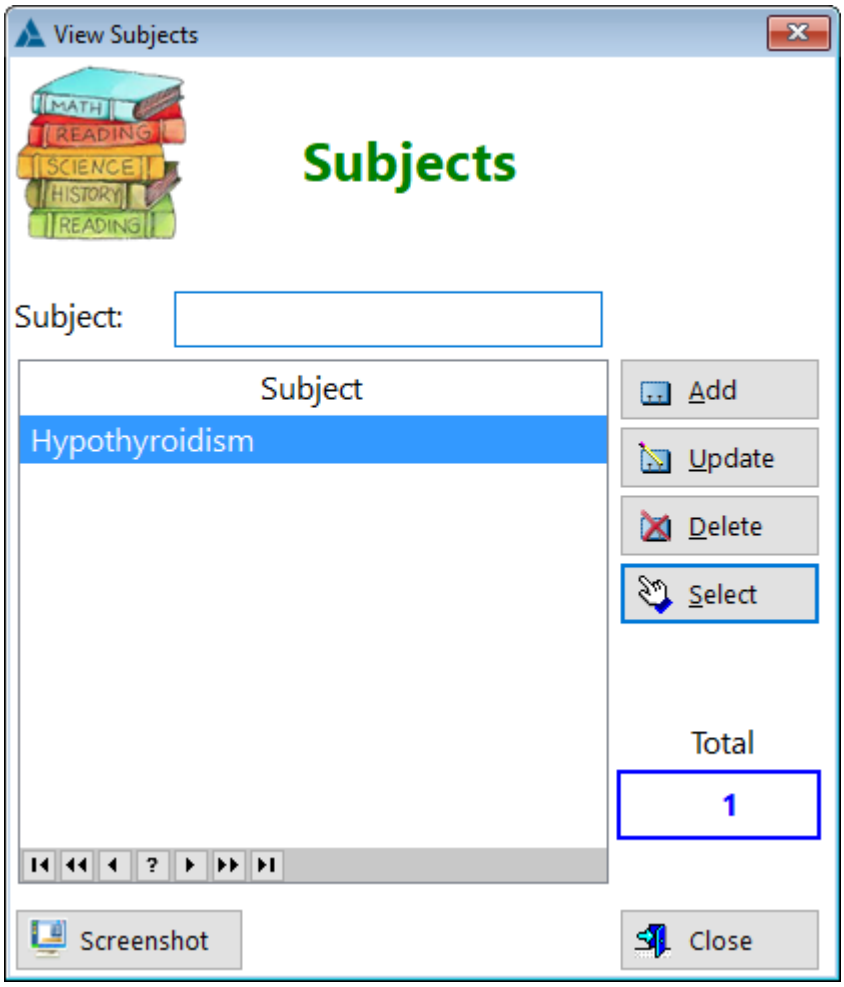
HelpID: StartHere

States



HelpID: States

Subjects



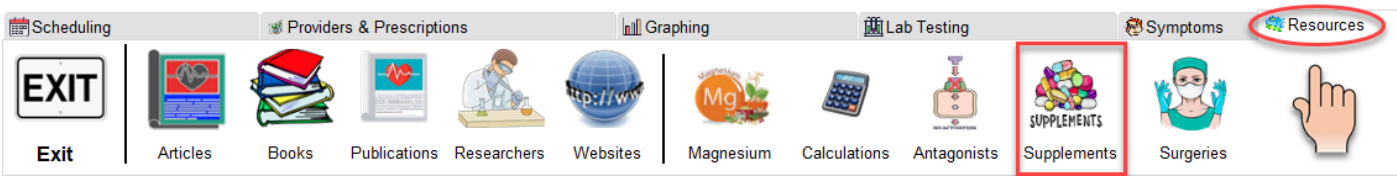
See also...

- UpdateSubjects

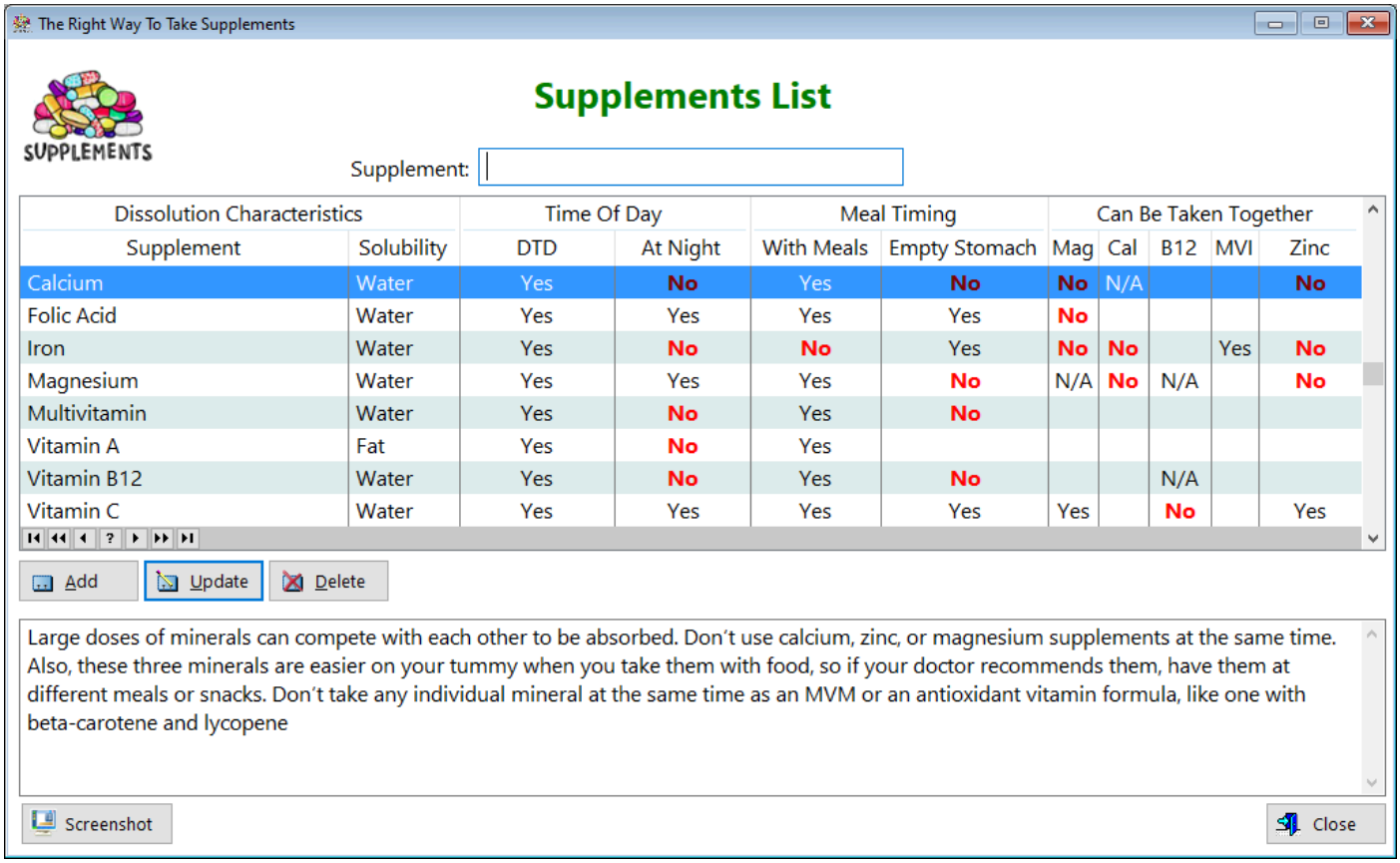
HelpID: Subjects

Supplements

You can find the Supplements module under the Resources tab



The Supplements module enables you to get an idea which supplements compliment each when taken together and which are not.



Dissolution Characteristics		Time Of Day		Meal Timing		Can Be Taken Together				
Supplement	Solubility	DTD	At Night	With Meals	Empty Stomach	Mag	Cal	B12	MVI	Zinc
Calcium	Water	Yes	No	Yes	No	No	N/A			No
Folic Acid	Water	Yes	Yes	Yes	Yes	No				
Iron	Water	Yes	No	No	Yes	No	No		Yes	No
Magnesium	Water	Yes	Yes	Yes	No	N/A	No	N/A		No
Multivitamin	Water	Yes	No	Yes	No					
Vitamin A	Fat	Yes	No	Yes						
Vitamin B12	Water	Yes	No	Yes	No			N/A		
Vitamin C	Water	Yes	Yes	Yes	Yes	Yes		No		Yes

Dissolution Characteristics

Supplement - Displays the name of the supplement
Solubility - Displays whether it's soluble in water or fat

Time Of Day

DTD - Displays which supplements can be taken **during the day**
At Night - Displays which supplements should be taken at night time

Meal Timing

With Meals - Displays whether the supplement should be taken on a full stomach
Empty Stomach - Displays whether the supplement should be taken without food

Can Be Taken Together

Mag - Displays magnesium
Cal - Displays calcium

B12 - Displays B12
MVI - Displays multivitamins
Zinc - Displays zinc

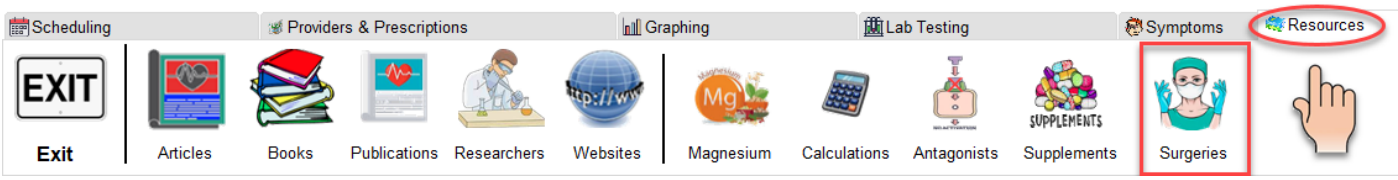
See also...

- UPdateSupplements

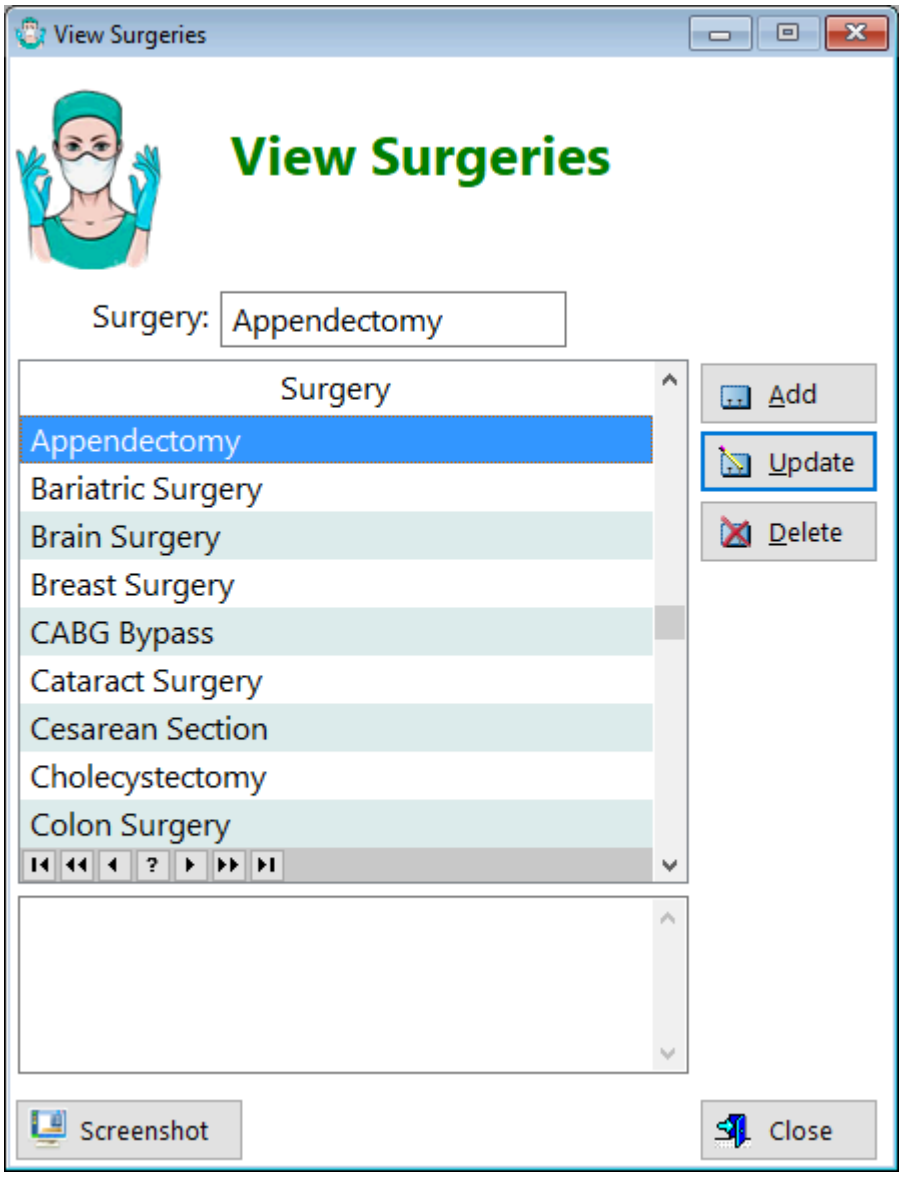
HelpID: Supplements

Surgeries

You can access the Surgeries window by selecting the Resources Tab



The Surgeries table is a pick table where you can enter any number of surgeries that you've had. You'll access it through the Medical Records section.



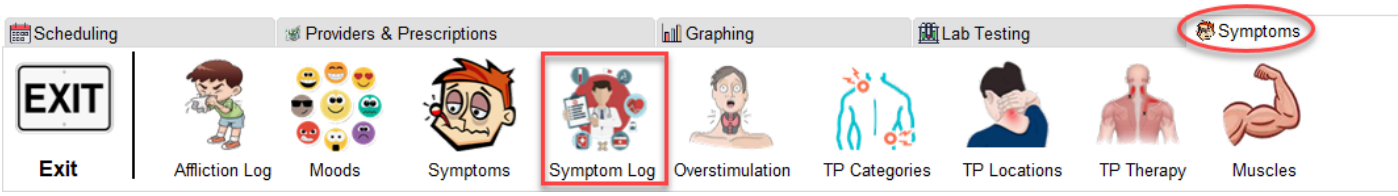
Surgery - Displays the name of the surgery

UpdateSurgery

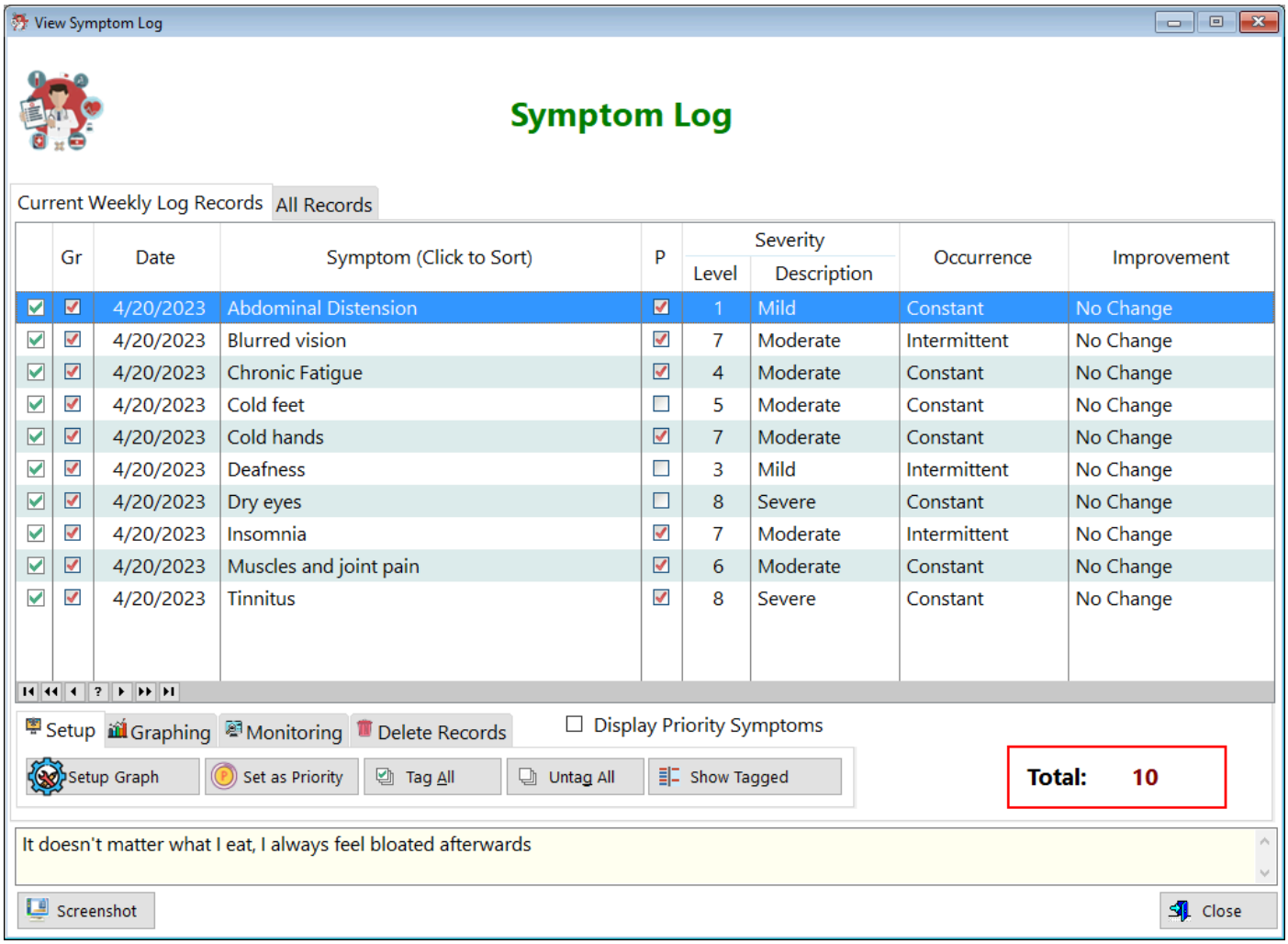
HelpID: Surgeries

Symptom Log

You can find the Symptom Log when you select the **Symptoms** Tab



The Symptom Log enables you to keep track of your primary symptoms, or those that cause you the most suffering. Each week a set of symptoms you've chosen to track is generated. We recommend that you regularly monitor the symptoms you've selected, and update them when appropriate to reflect the current levels of severity.



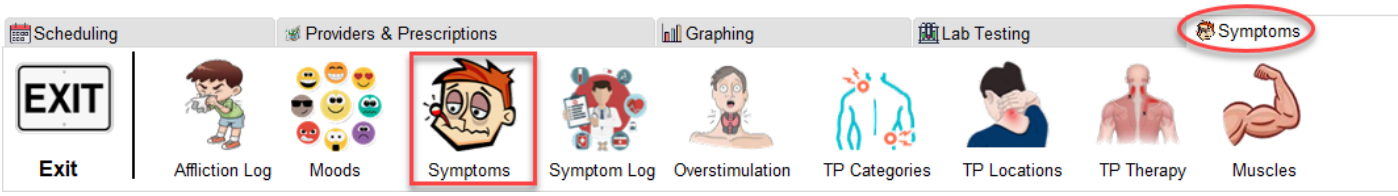
See also...

- GraphSymptomLog
- GraphSymptomLogMultiSet

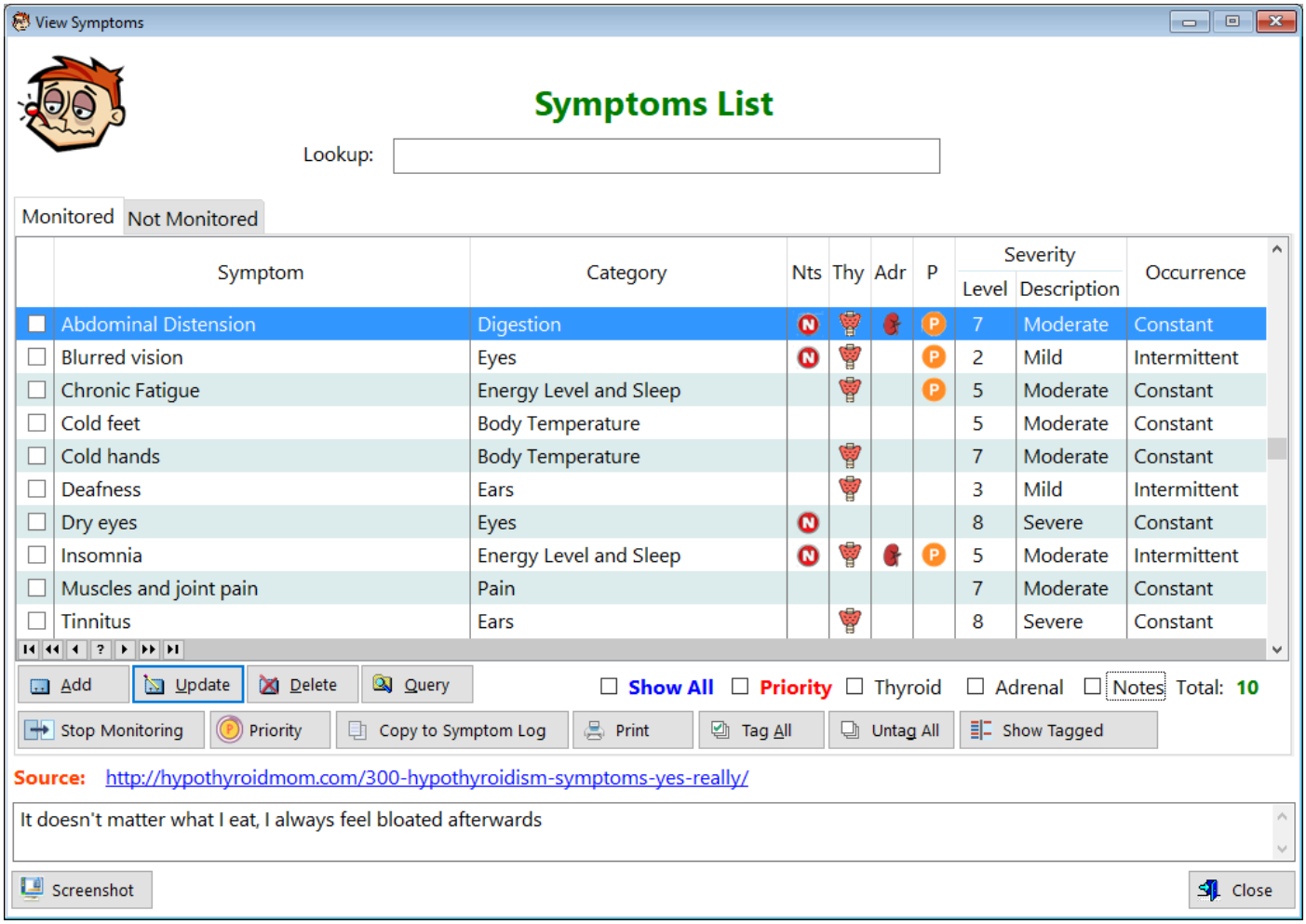
HelpID: SymptomLog

Symptoms

You can find the Symptoms module under the **Symptoms** Tab



The Symptoms Screen enables you to select which symptoms you suffer from and to rate them as to how much they affect your quality of life. There are a total of 300 possible symptoms. The list was compiled at the hypothyroid mom website. You can see the link in the example below. In my opinion, some of the symptoms seem to be similar, if not the same. You many find that, like me, you ended up with 100 symptoms, only to whittle that number down when you removed the ones that seemed similar.



TABS

Monitored - This tab displays the top 10 symptoms you're monitoring.
Not Monitored - This tab displays symptoms you're not monitoring
Tag - The left most column is a field that enables you to tag individual records

Symptom - Displays the name of the symptom
Category - Displays the name of the category that the symptom is in
Nts - Displays an icon if you've checked the notes box
Thy - Displays an icon if this symptom is related to thyroid disease
Adr - Displays an icon if this symptom is related to adrenal dysregulation
P - Displays an icon if this symptom is one of your priorities

Severity

Level - Displays a numeric for how severe this symptom is
Description - Displays a word to describe the level of severity this symptom has for you
Occurrence - Displays the regularity of the symptom
Show All(Checkbox) - Clicking on this checkbox will display another tab that contains all of the symptoms in the listbox.
Priority(Checkbox) - Click on this checkbox to filter all of the symptoms that are a priority for you to resolve
Thyroid(Checkbox) - Click on this checkbox to filter all the symptoms related to thyroid disease
Adrenal(Checkbox) - Click on this checkbox to filter all the symptoms related to adrenal dysregulation
Notes(Checkbox) - Click on this checkbox to filter all the records where you added comments
Desc - Displays a description of how you perceive the symptom
Source - All of the records in this listbox were derived from the Hypothyroid Mom's website. You can click on that link to review the webpage.
Notes - Displays any notes you may have entered regarding the highlighted record

You can add any symptoms to this list that you want. It's quite comprehensive so check to see if the symptom is here first.
Note: It's best in my opinion that you attempt to limit your list of trackable symptoms to 10. While you can select as many in this table as you've found you have, you will be limited to just 10 when it comes to logging in the Symptom Log table.

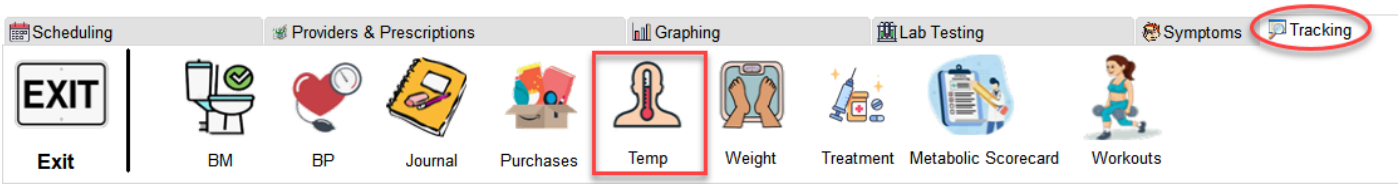
See also...

- PrintSymptoms
- UpdateSymptoms

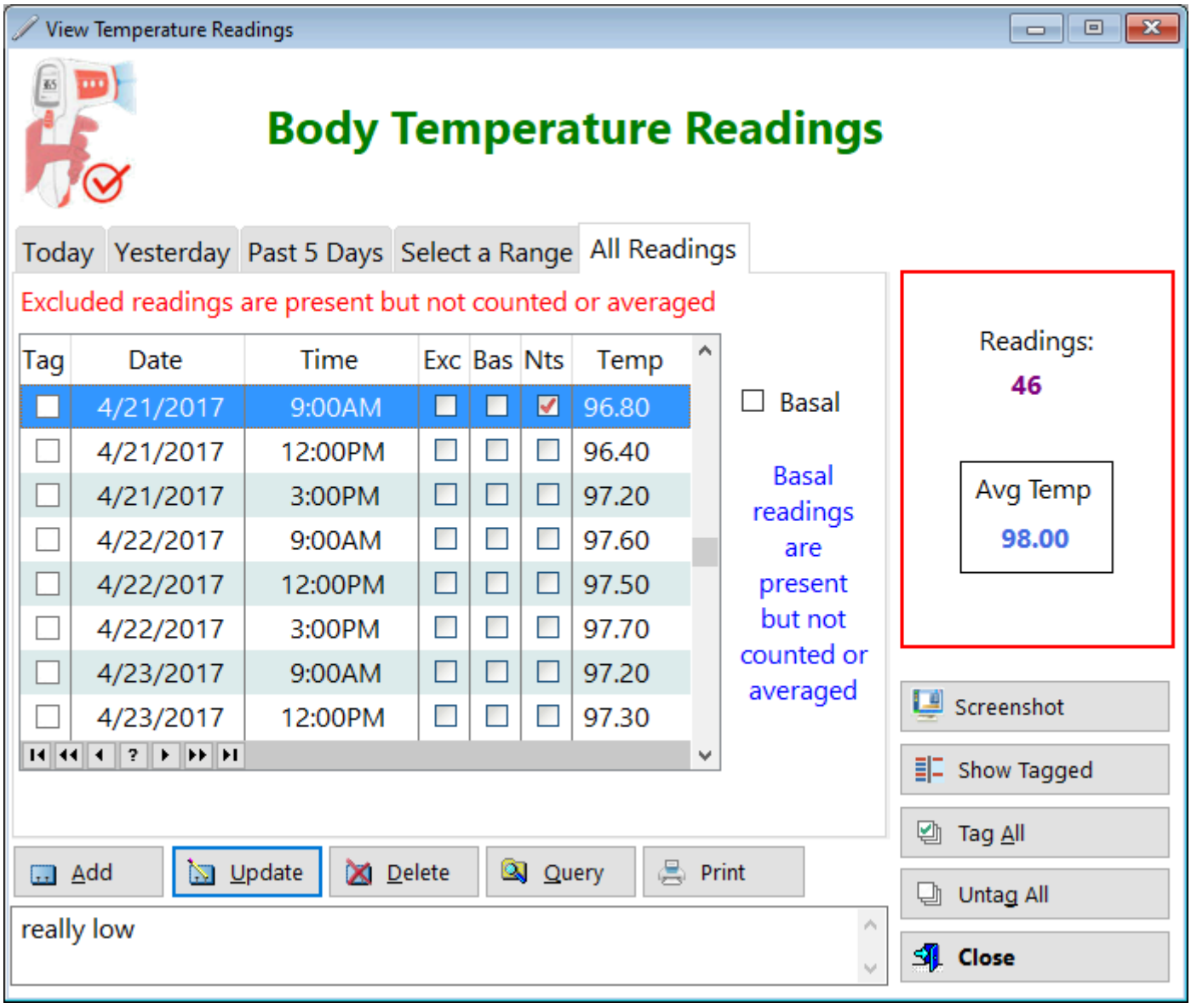
HelpID: Symptoms

Temperature

You can find the Temperature module under the **Tracking** Tab



The Temperature Window enables you to track your body temperature readings, specifically the basal body readings, which can be a useful indicator of sufficient thyroid hormone therapy treatment. Your readings are averaged based on the number of records you've created. This module can also be useful for determining whether your temperature is being influenced predominantly by thyroid function or adrenal function.



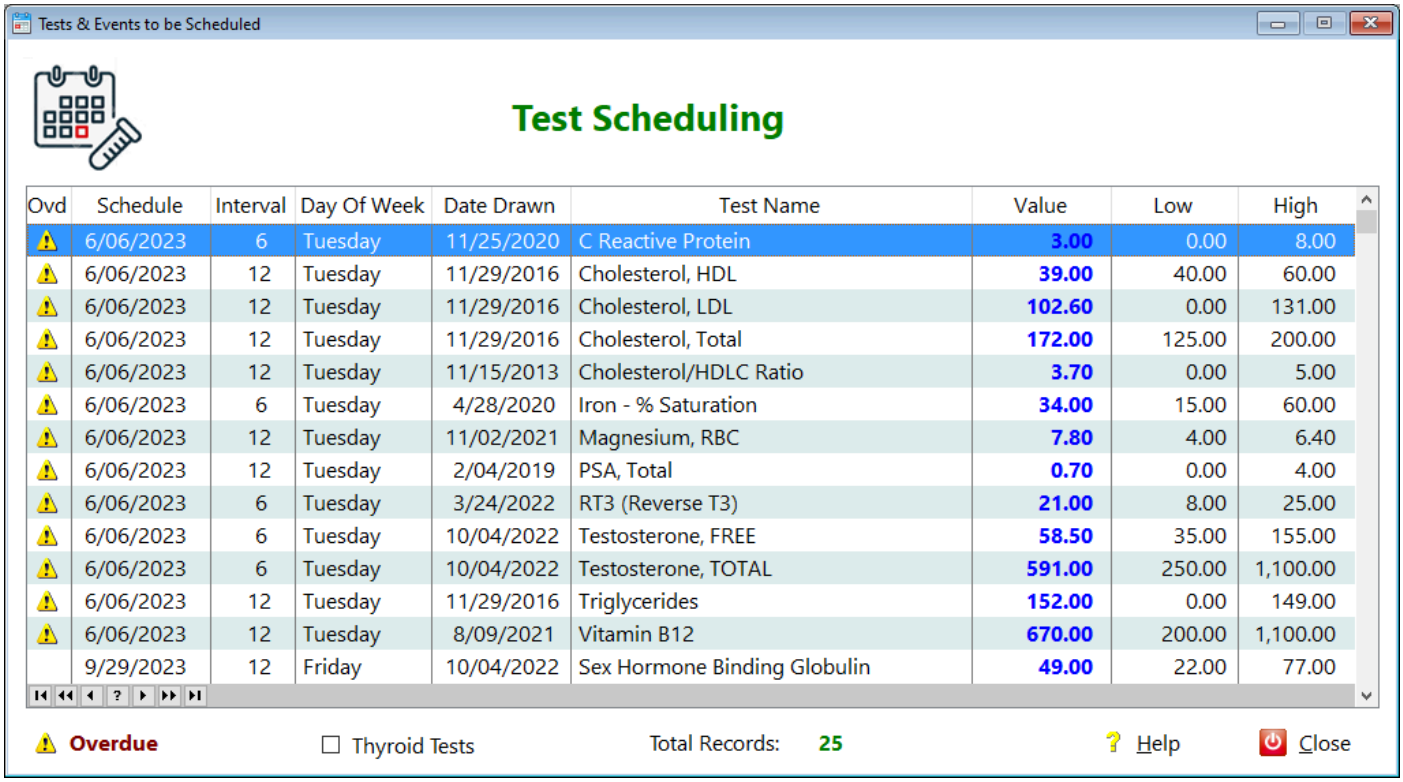
See also...

- UpdateTemperature

HelpID: Temperature

Test Reminders

The Test Scheduling module will show you when your next blood test(s) are due. This information is based on you setting up each test in the Blood Tests table.



Ovd	Schedule	Interval	Day Of Week	Date Drawn	Test Name	Value	Low	High
⚠	6/06/2023	6	Tuesday	11/25/2020	C Reactive Protein	3.00	0.00	8.00
⚠	6/06/2023	12	Tuesday	11/29/2016	Cholesterol, HDL	39.00	40.00	60.00
⚠	6/06/2023	12	Tuesday	11/29/2016	Cholesterol, LDL	102.60	0.00	131.00
⚠	6/06/2023	12	Tuesday	11/29/2016	Cholesterol, Total	172.00	125.00	200.00
⚠	6/06/2023	12	Tuesday	11/15/2013	Cholesterol/HDLC Ratio	3.70	0.00	5.00
⚠	6/06/2023	6	Tuesday	4/28/2020	Iron - % Saturation	34.00	15.00	60.00
⚠	6/06/2023	12	Tuesday	11/02/2021	Magnesium, RBC	7.80	4.00	6.40
⚠	6/06/2023	12	Tuesday	2/04/2019	PSA, Total	0.70	0.00	4.00
⚠	6/06/2023	6	Tuesday	3/24/2022	RT3 (Reverse T3)	21.00	8.00	25.00
⚠	6/06/2023	6	Tuesday	10/04/2022	Testosterone, FREE	58.50	35.00	155.00
⚠	6/06/2023	6	Tuesday	10/04/2022	Testosterone, TOTAL	591.00	250.00	1,100.00
⚠	6/06/2023	12	Tuesday	11/29/2016	Triglycerides	152.00	0.00	149.00
⚠	6/06/2023	12	Tuesday	8/09/2021	Vitamin B12	670.00	200.00	1,100.00
	9/29/2023	12	Friday	10/04/2022	Sex Hormone Binding Globulin	49.00	22.00	77.00

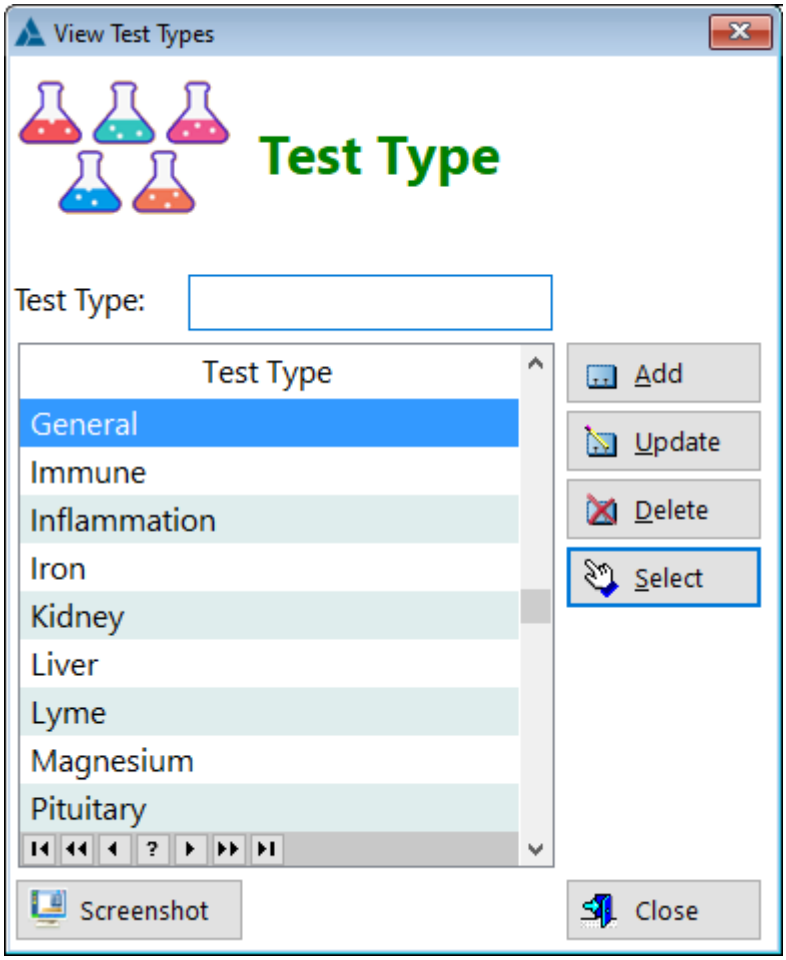
Ovd - Displays an icon if the blood test is overdue (based on how you set it up)
Schedule - Displays the date you intended to have the test done
Interval - Displays how often, in months, you intend to have that test performed
Day of Week - Displays the weekday (most labs are closed on weekends) of the date displayed
Date Drawn - Displays the last time you had that test performed
Test Name - Displays the name of the blood test
Value - Displays what the test results were
Low - Displays the lower normal range of this test
High - Displays the upper normal range of this test

Thyroid Tests(checkbox) - Checking this box will display only thyroid-related blood tests
Total Records - Displays how many tests you intend to have performed

HelpID: BrowseTestReminders

Test Type

The Test Type module is a pick table that stores the type of blood tests are in the Blood Test module.



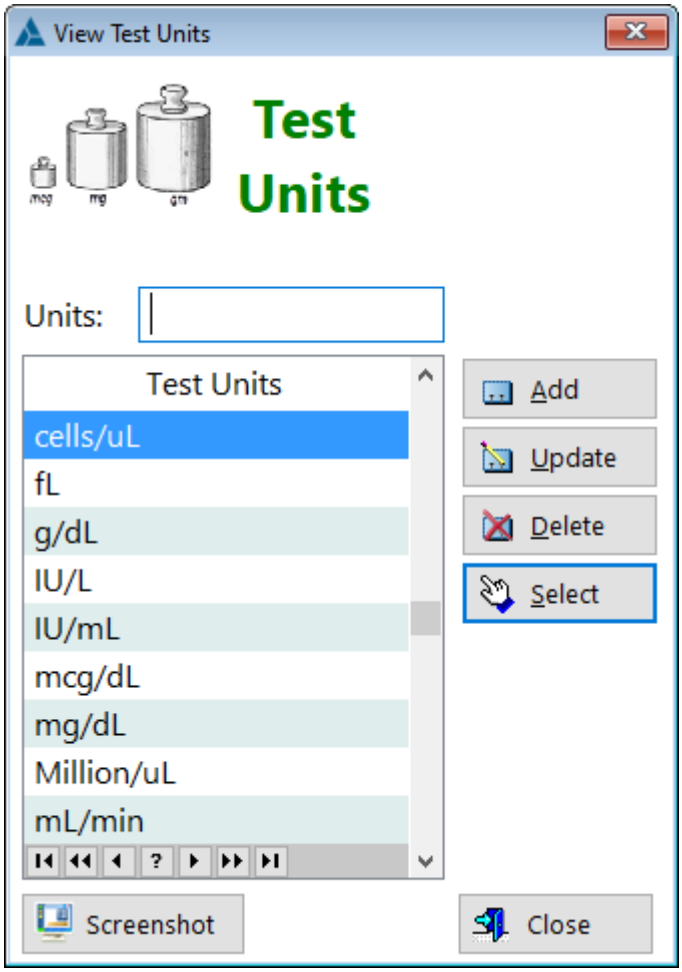
See also...

- UpdateTestType

HelpID: TestType

Test Units

The Test Units screen is another pick table used in the Blood Tests module. It contains the different concentrations found in each blood test.



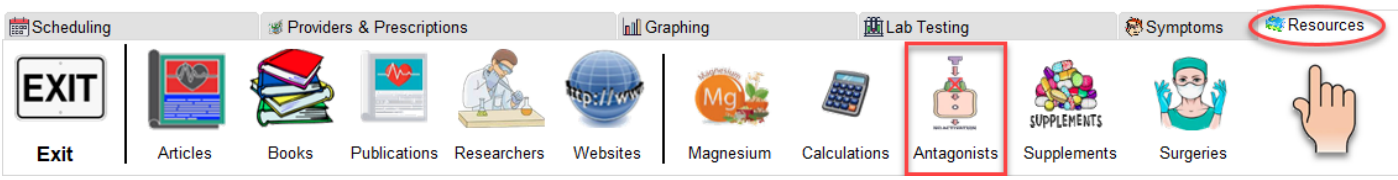
See also...

- UpdateTestUnits

HelpID: TestUnits

Thyroid Antagonists

You can find the Thyroid Antagonists module under the **Resources** Tab



The Thyroid Antagonists module enables you to evaluate the different substances responsible for interfering with thyroid function.

View Thyroid Function/Levothyroxine Antagonists

Drugs Interfering with Thyroid Function or Levothyroxine Pharmacokinetics

Drug Or Drug Class:

Drug Or Drug Class	Rel Bio	Synthesis	Metabolism	PB	TSH	MTF	Overall Effect	
							Total T4	Free T4
Aluminum Hydroxide	↓					☐	↓	
Amiodarone	↓↑	↓↑	↓			☑	→↑↓	
Anabolic Steroids				↓		☐	↓	↔
Androgens				↓		☐	↔	↔
Beta Blockers	↓a	↓a	↓a	↓b		☑		
Calcium Carbonate/Citrate	↓					☐	↓	
Carbamazepine			↑	↓		☑	↓	↓↔
Cholestyramine	↓					☐	↓	
Cimetidine	↓					☐	↓	
Colsevelam	↓					☐	↓	
Dopamine					↓	☐	↓	
Ethinyl Estradiol				↑		☐	↑	
Ferrous Sulfate	↓					☐	↓	
Flurouracil				↑		☐	↑	
Furosemide (high dose)				↓		☐	↓	↑
Glucocorticoids			↓	↓	↓	☐	↓	
Heparin				↓		☐	↓	

Add | Update | Delete | ☐ Monitor Thyroid Function

↔ = unchanged, ↑ = increase, ↓ = decrease, ↑↓ = either increase or decrease; a = propranolol; b = acebutolol, oxprenolol, timolol.

Avoid concommitant use (separate intake by 4 to 6 hours)

Screenshot | Close

You won't likely be adding any additional substances but you have that option if you so choose.

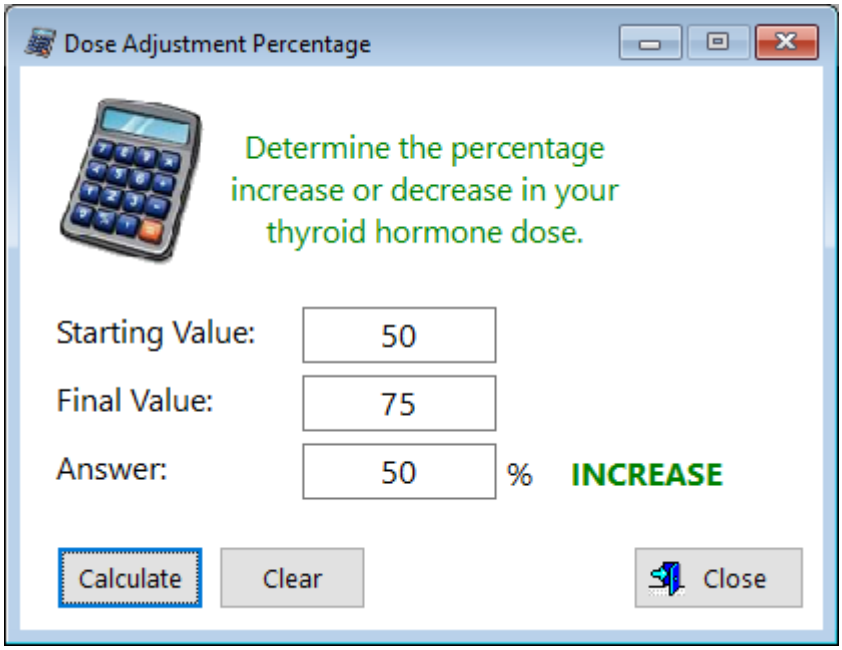
See also...

- UpdateThyroidAntagonist

HelpID: ThyroidAntagonists

Thyroid Calc

This thyroid calculator simply determines the percentage when increasing or decreasing a thyroid hormone dosage.



Percent Dose Increase or Decrease

To use this calculator:

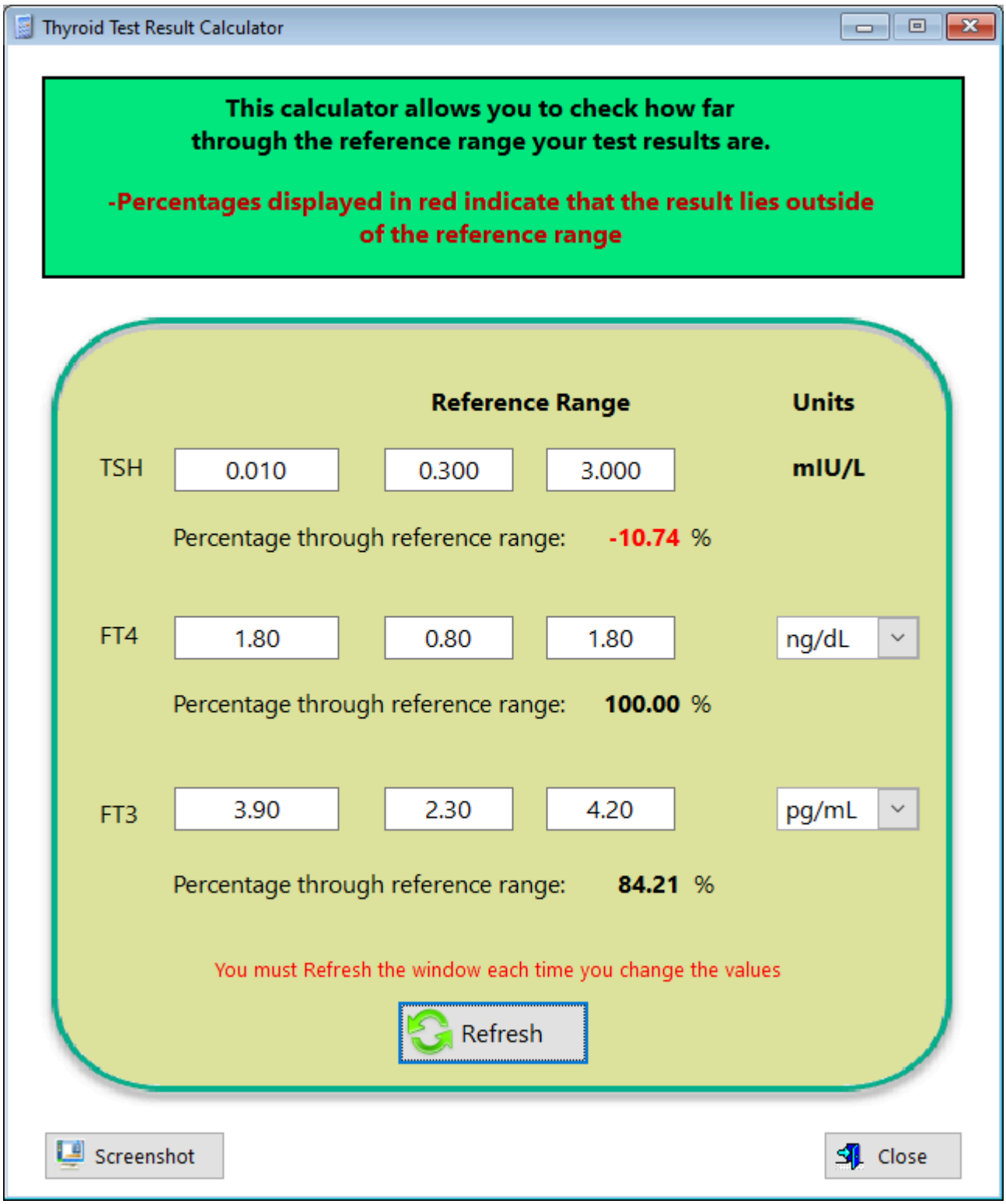
1. Enter the dose you're currently on.
2. Add the amount you want to be taking.
3. Click on the Calculate button

HelpID: ThyroidCalc

Thyroid Calculator

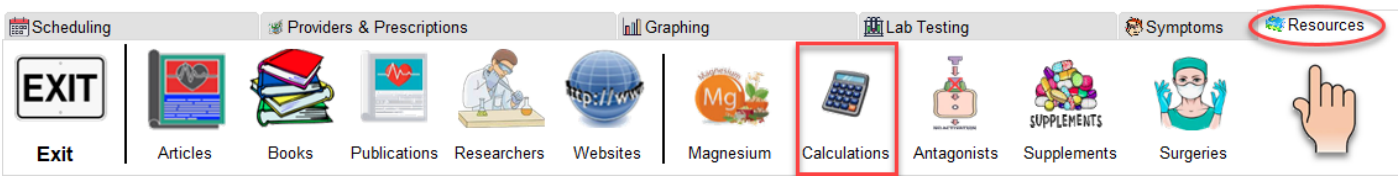
This calculator enables you to quickly determine how optimum you are in your blood range of Free T4 and Free T3. Since everyone in the world wants to know what the TSH is, we've included it here. Keep in mind that the lower the TSH, the less impact it has on thyroid function, unless you're suffering from Graves hyperthyroidism. In that case, a suppressed TSH will usually correspond with above-normal levels of both FT4 and FT3.

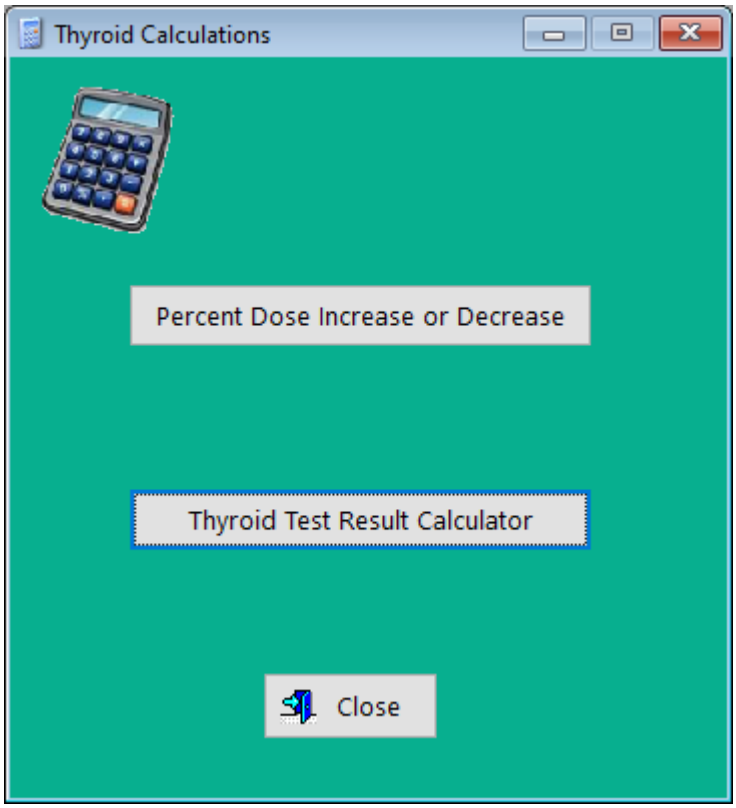
It is possible to have a suppressed TSH and normal levels of both FT4 and FT3 without symptoms of overstimulation. This is why it's important to always measure the three together.



HelpID: ThyroidCalc2

Thyroid Calculations





See also...

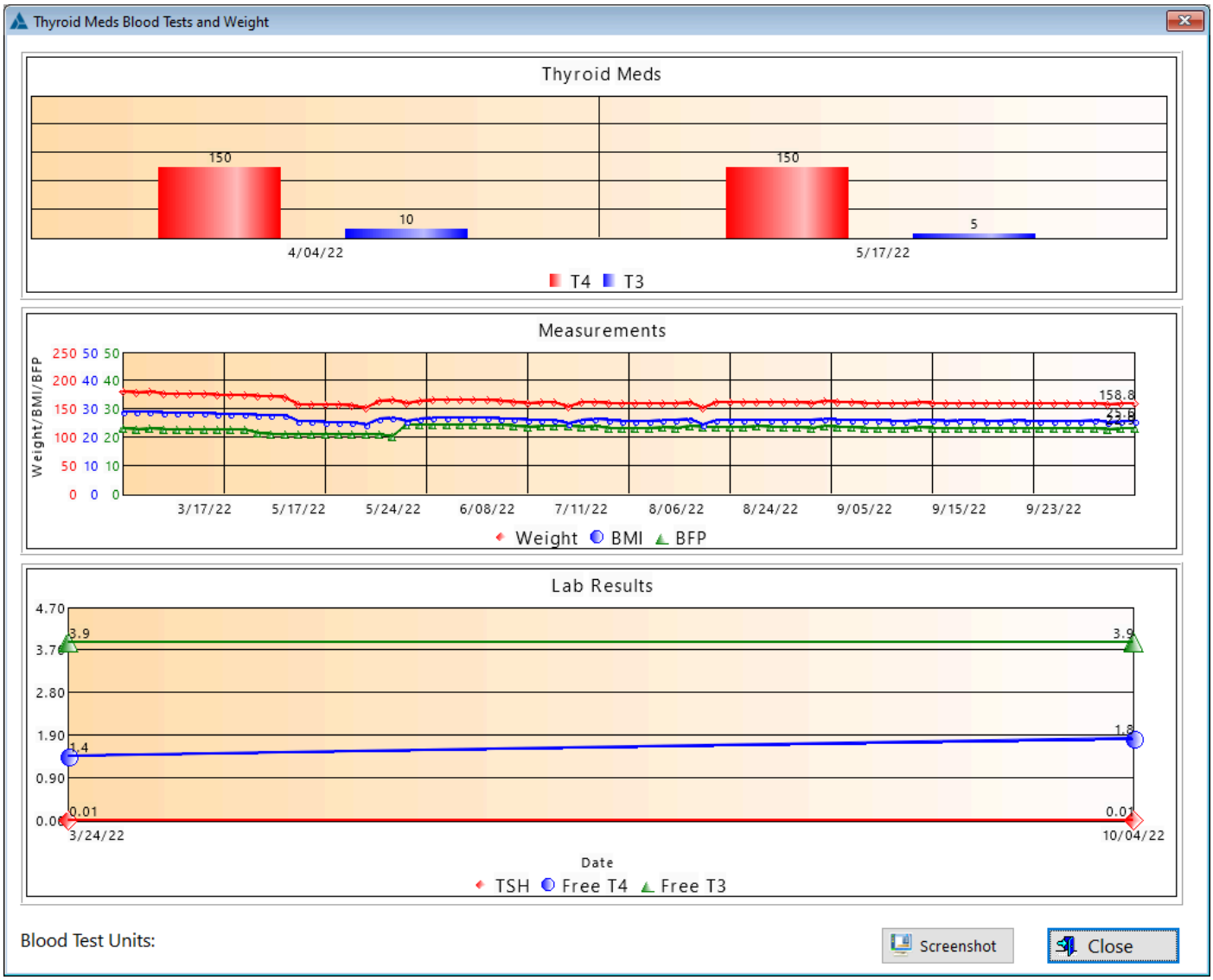
- ThyroidCalc
- ThyroidCalc2

HelpID: ThyroidCalculations

Thyroid Meds TSH Test

HelpID: ThyroidMedsTSHTest

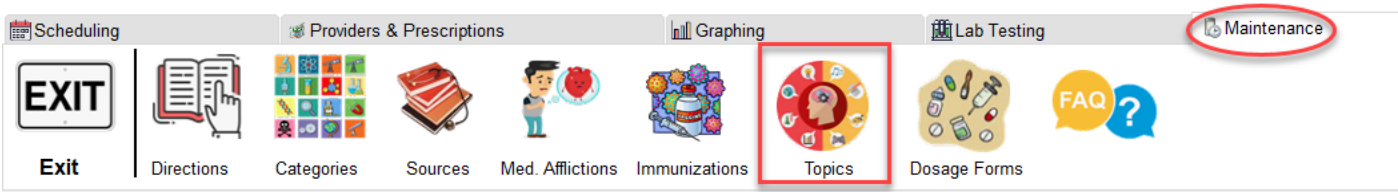
Thyroid Meds BT Wt



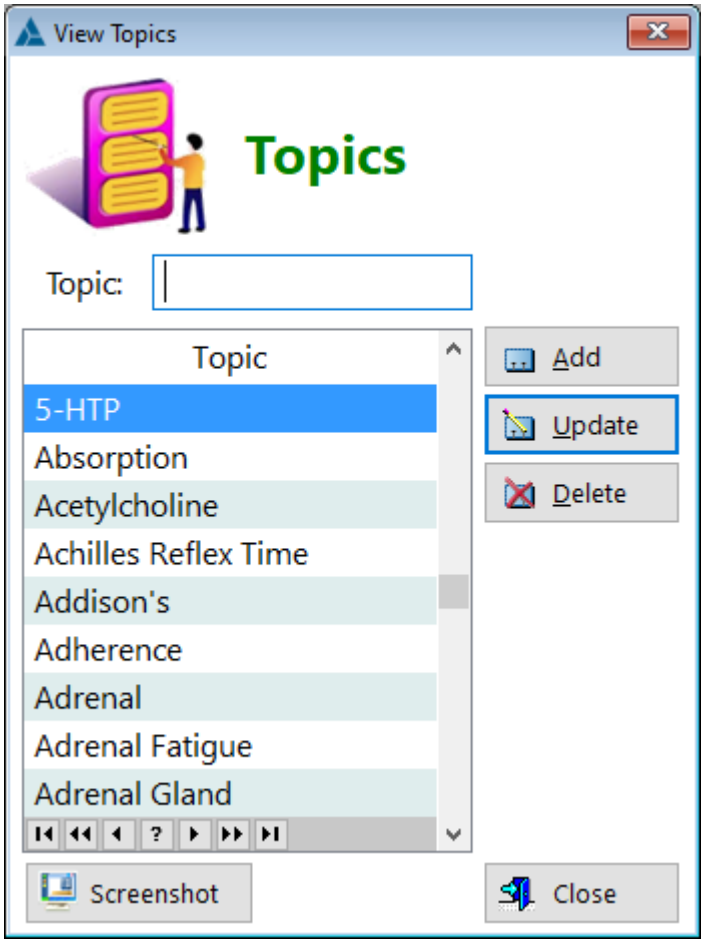
HelpID: TMedsBTWt

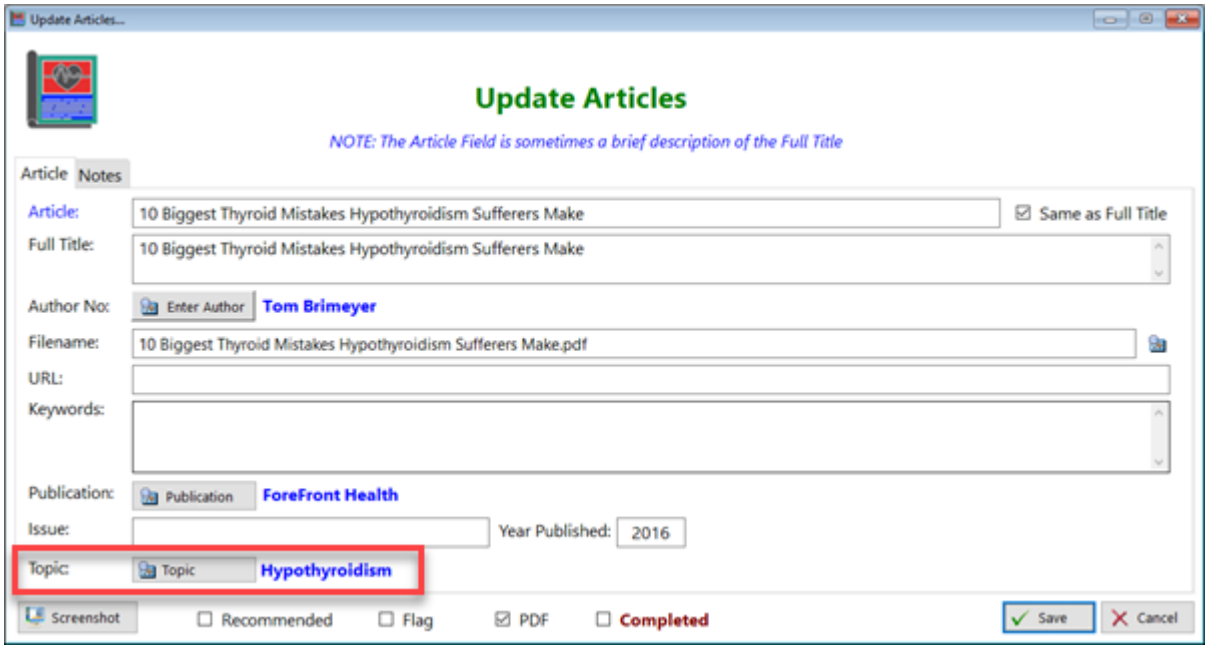
Topics

You can find the Topics module under the Maintenance tab



The Topics module is a pick list for the Articles table in the Update Articles window



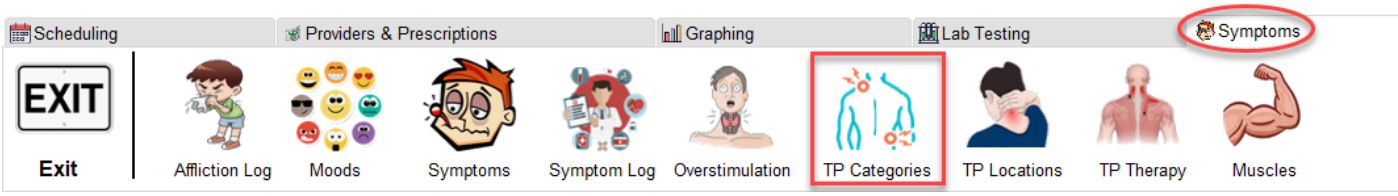


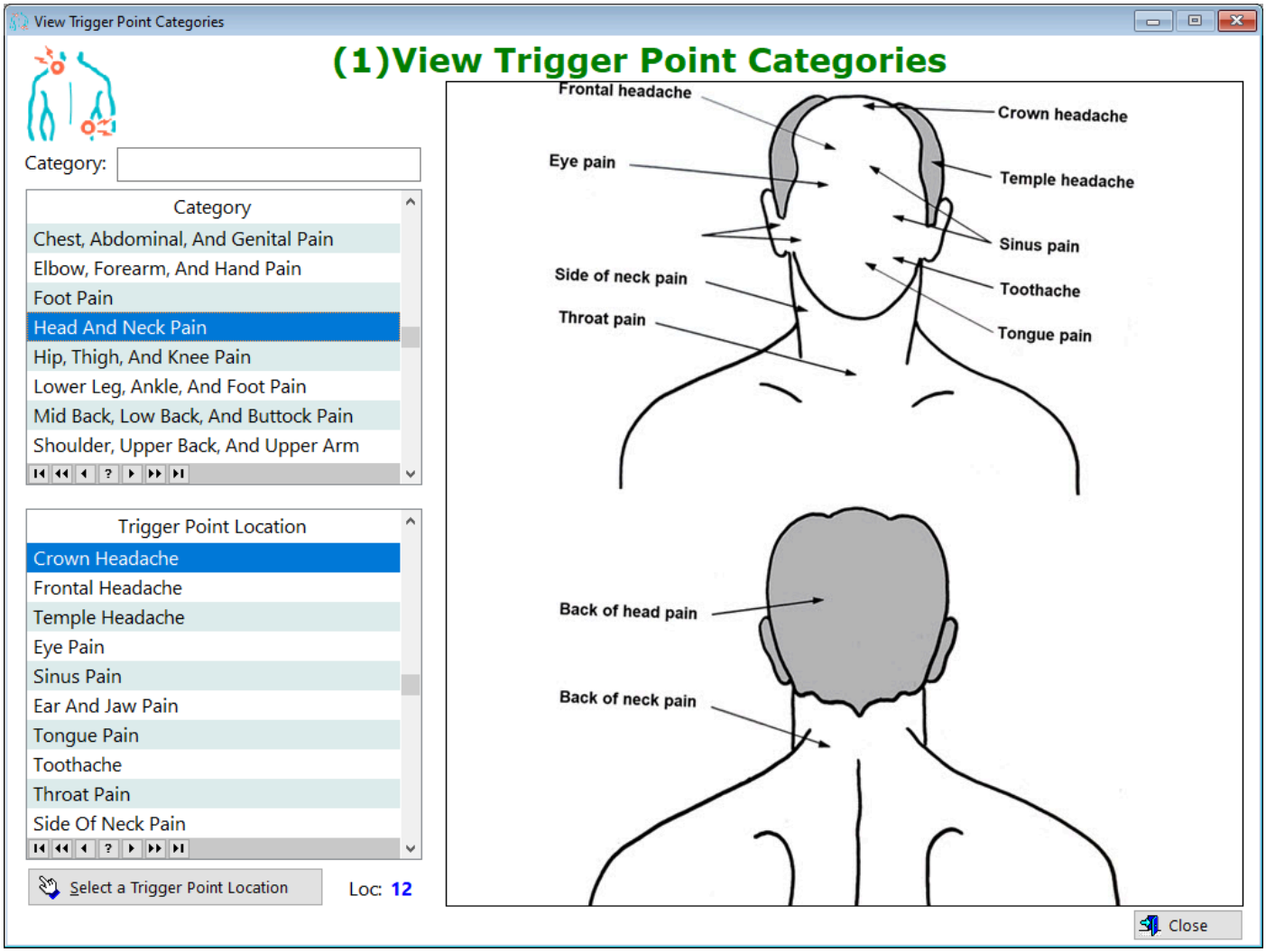
Topic - Displays the name of the topic

UpdateTopic

HelpID: Topics

Trigger Point Categories

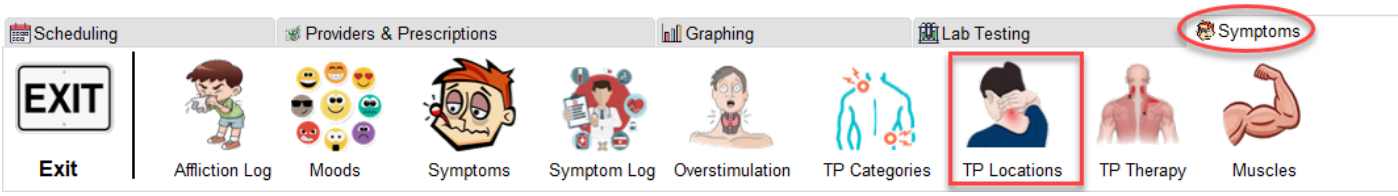


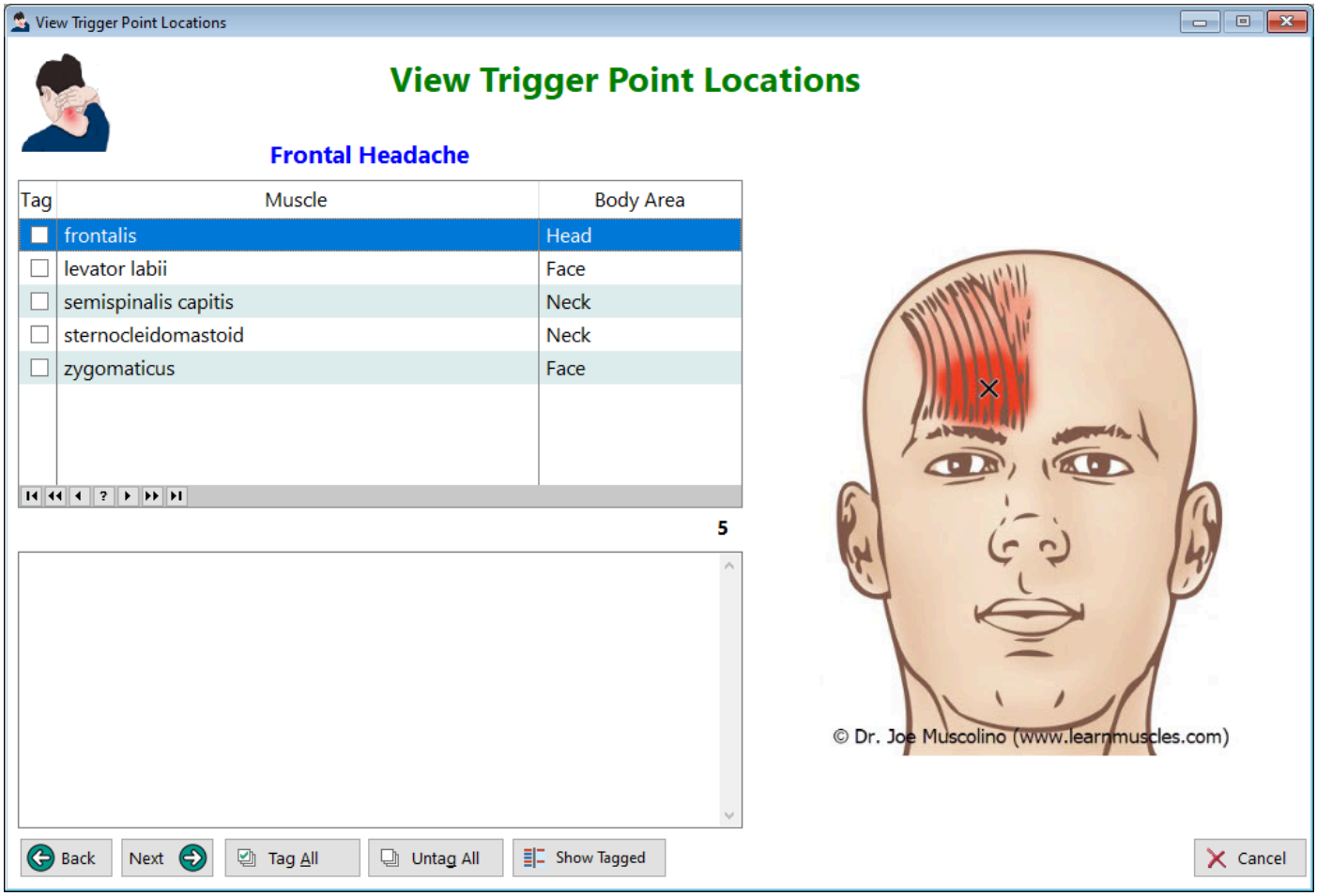


1

HelpID: TPCategories

Trigger Point Locations



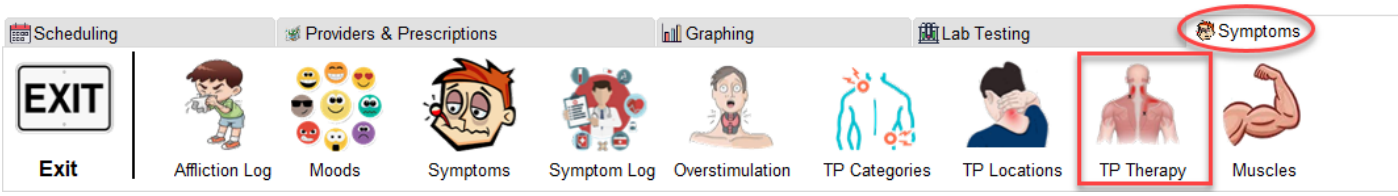


2

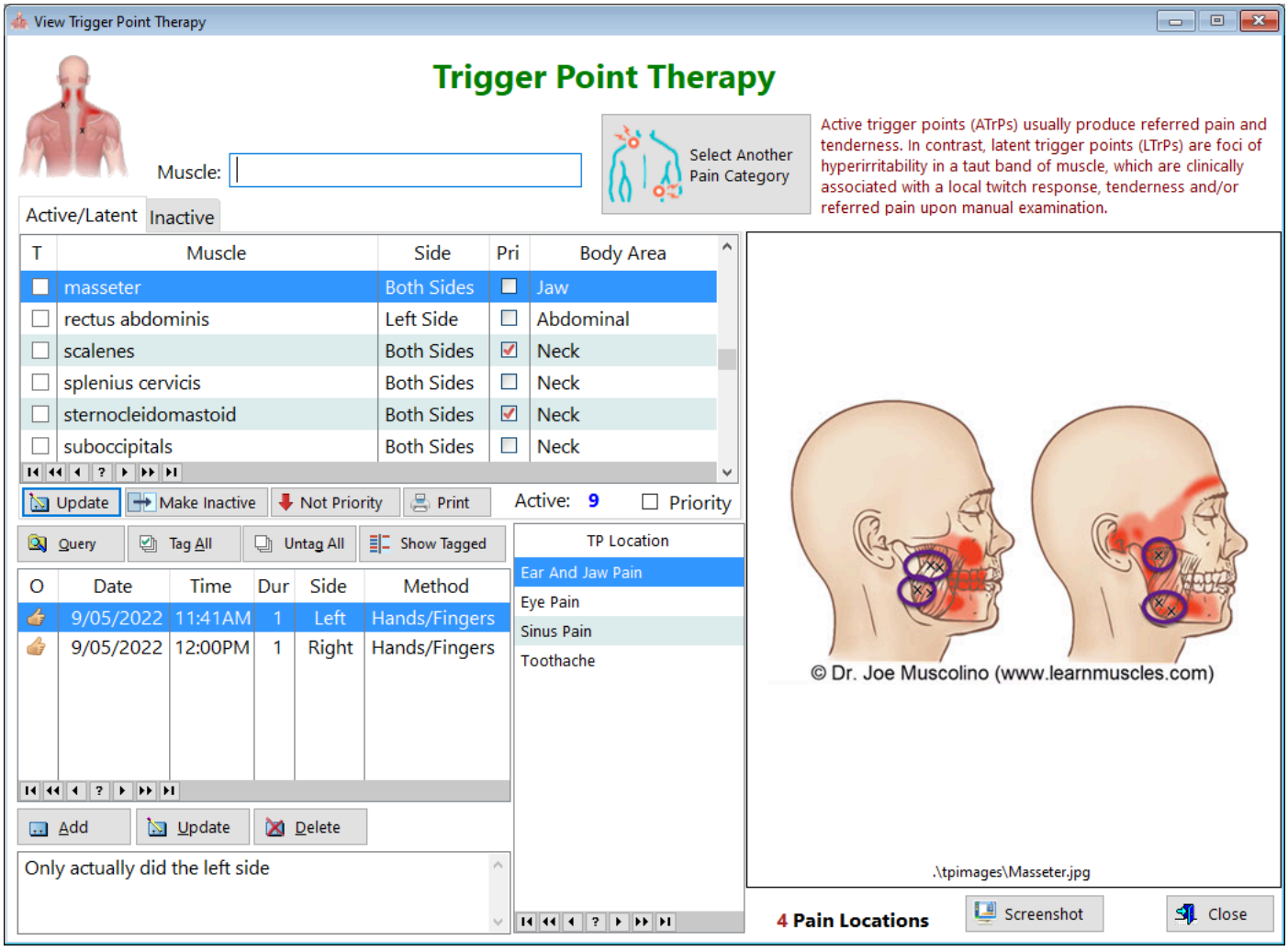
HelpID: TPLoc

TPTherapy

You can find the TP Therapy module under the **Symptoms** Tab



The TP Therapy module enables you to create a list of the trigger points that you want to monitor and treat



3

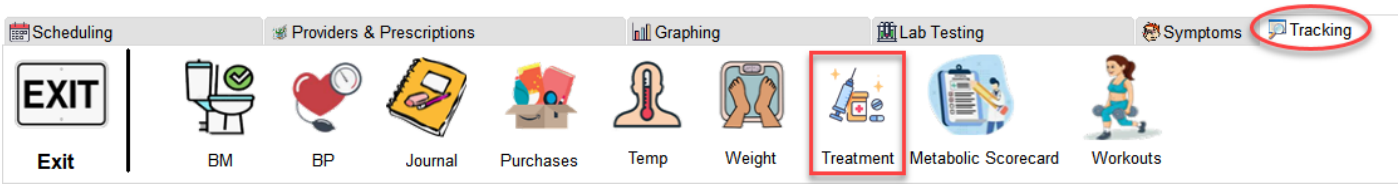
See also...

- UpdateMuscleTherapy
- UpdateTPTherapy

HelpID: TPTherapy

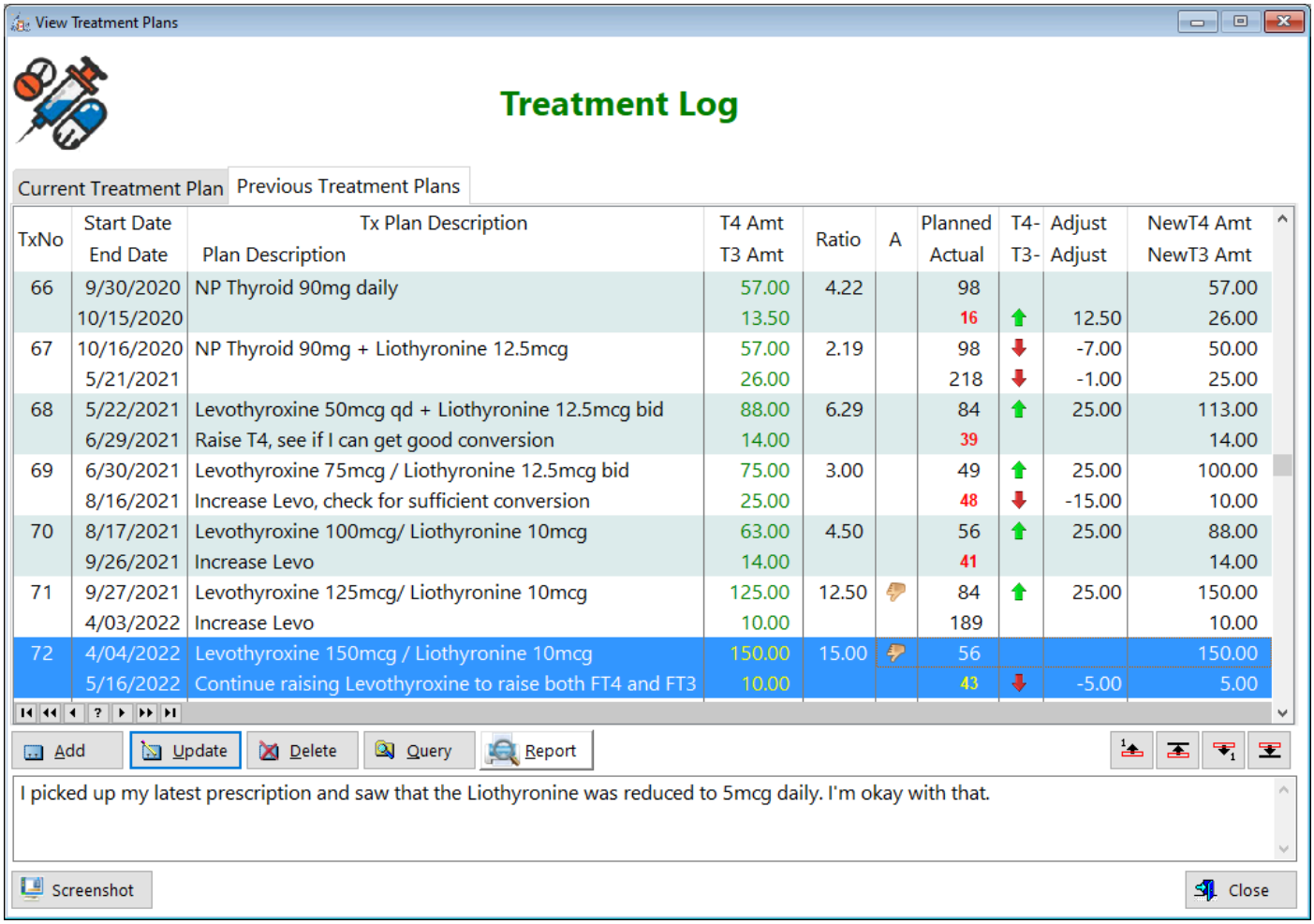
Treatment Log

You can find the Treatment Log under the **Tracking** Tab



The Treatment Log module enables you to document phases of your treatment by entering the beginning and ending of each dosage change. You have tools in the update form to document virtually everything that happens.

Previous Treatment Plans

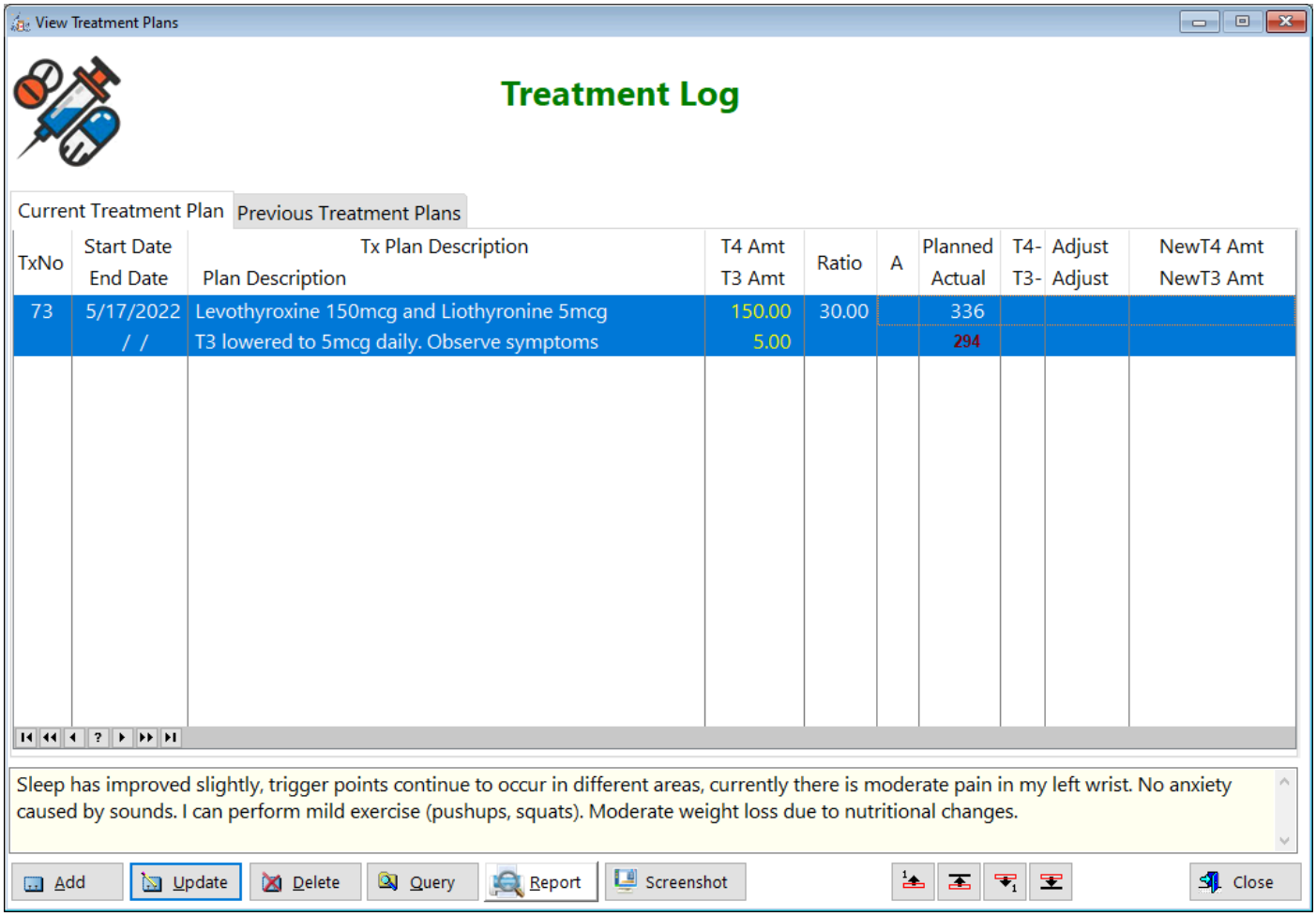


TxNo - Displays the number of your treatment plan.
Start Date - Displays the date when you began this treatment plan
End Date - Displays the date you completed this treatment plan
Tx Plan Description - Displays the name you used to describe this treatment plan
Plan Description - Displays additional information about this treatment plan
T4 Amt - Displays the total amount of T4 (levothyroxine) you're taking with this plan

T3 Amt - Displays the total amount of T3 (Liothyroning) you're taking with this plan
Ratio - Displays the calculated ratio of T4 to T3
A - Displays an icon depicting a 'thumbs up' or 'thumbs down' effectiveness of this plan
Planned - Displays the number of days you intended to stay on this treatment plan
Actual - Displays the actual number of days you stayed on this plan
T4 - Adjust - Displays any changes in the amount of T4 from the previous plan to the current plan
T3 - Adjust - Displays any changes in the amount of T3 from the previous plan to the current plan
NewT4 Amount - Displays what will show up in the current treatment plan for T4
NewT3 Amount - Displays what will show up in the current treatment plan for T3
TxNo 72 - If you look at the arrows in the lower right hand corner (above), you'll see that an adjustment was made in the amount of T3. It was reduced by 5mcg.

TxNo 73 (Current) - You can see that this change is reflected with the current dose showing T4-150mcg and T3-5mcg. This is now the current treatment plan and you click on the Update button to make changes as time goes by and you want to enter new data.

Current Treatment Plan

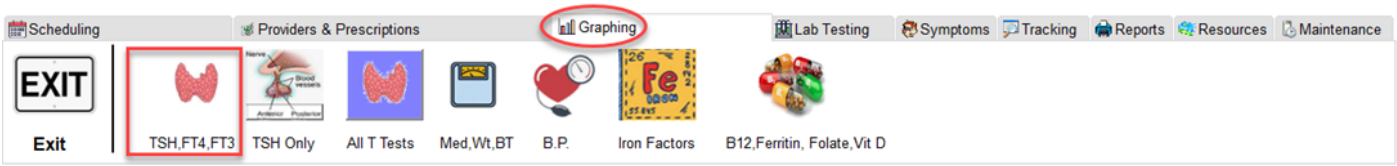


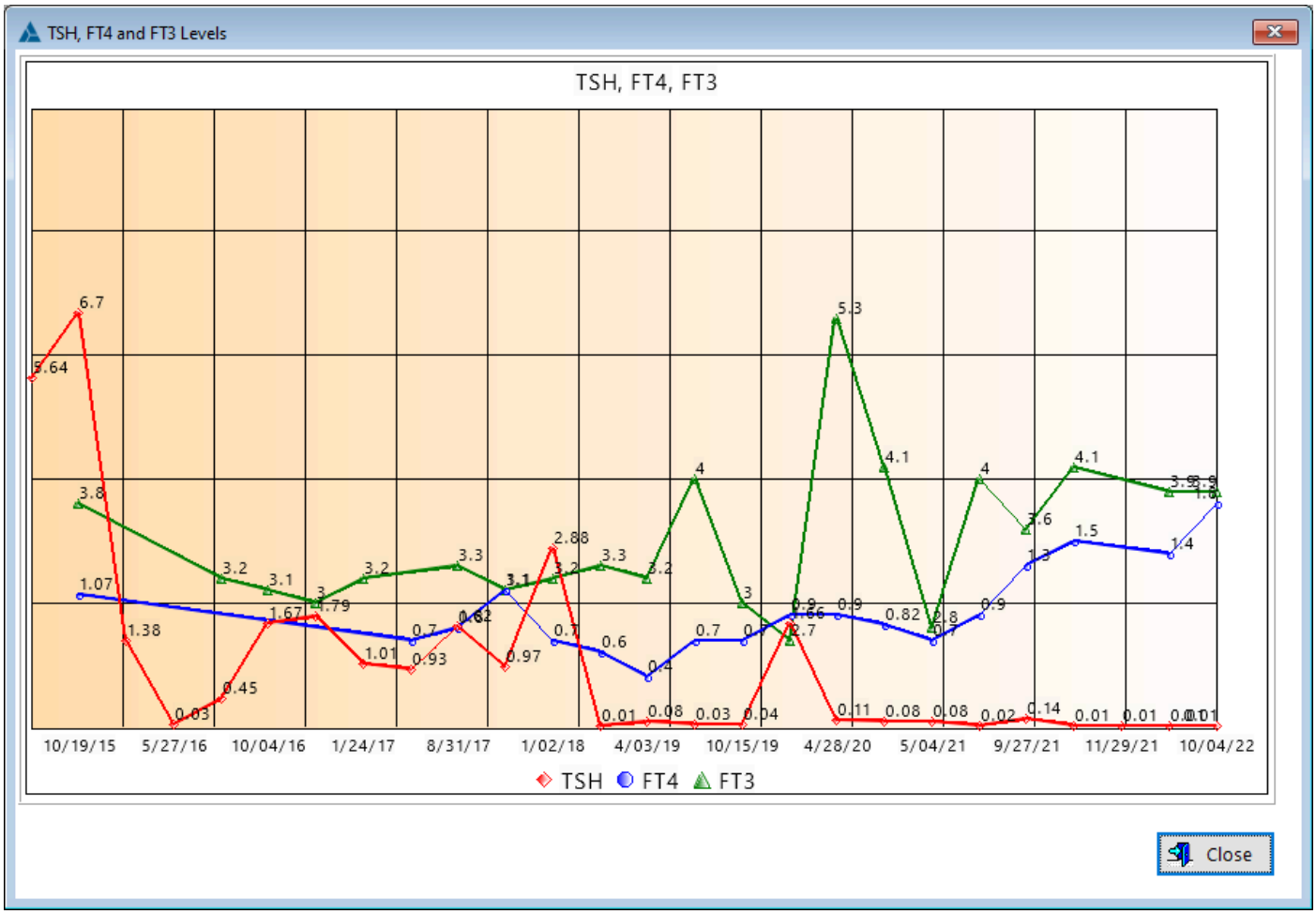
See also...

- UpdateTxLog

HelpID: TreatmentLog

TSH Ft4 Ft3 Graph

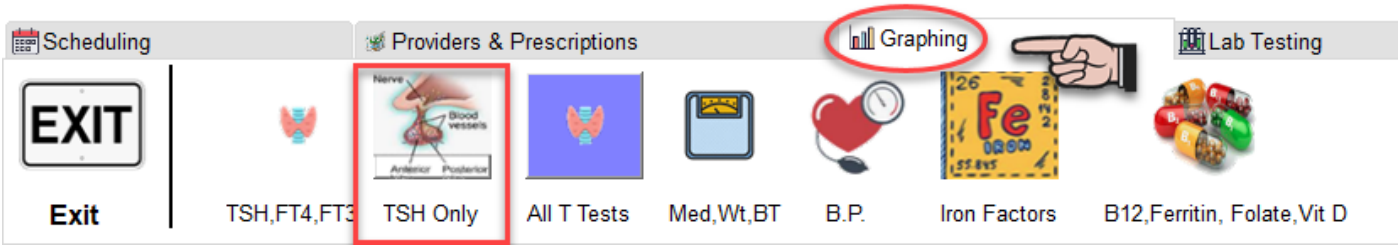




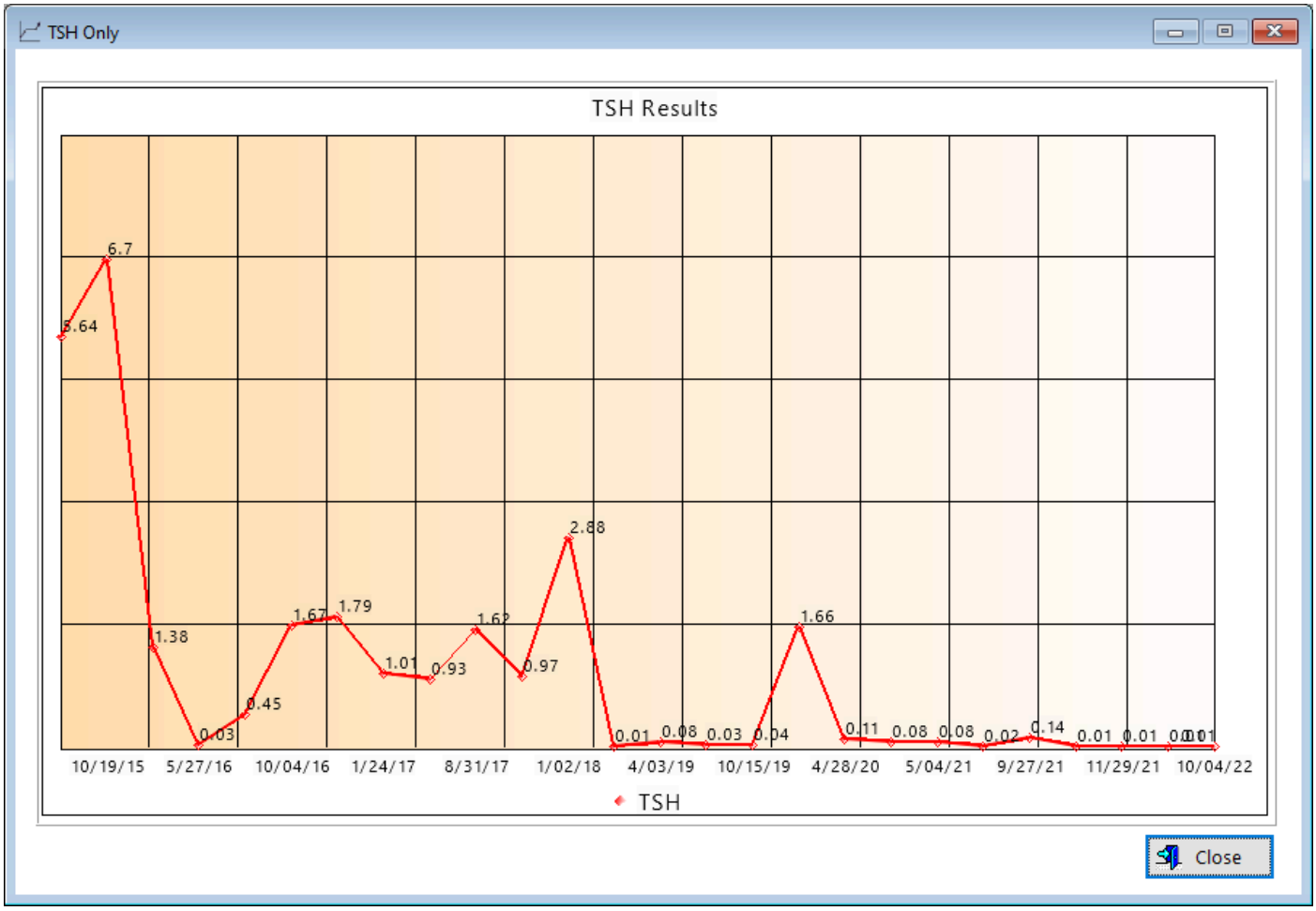
HelpID: TSHFt4Ft3

TSHOnly

You can find the TSH Only Graph under the **Graphing** Tab



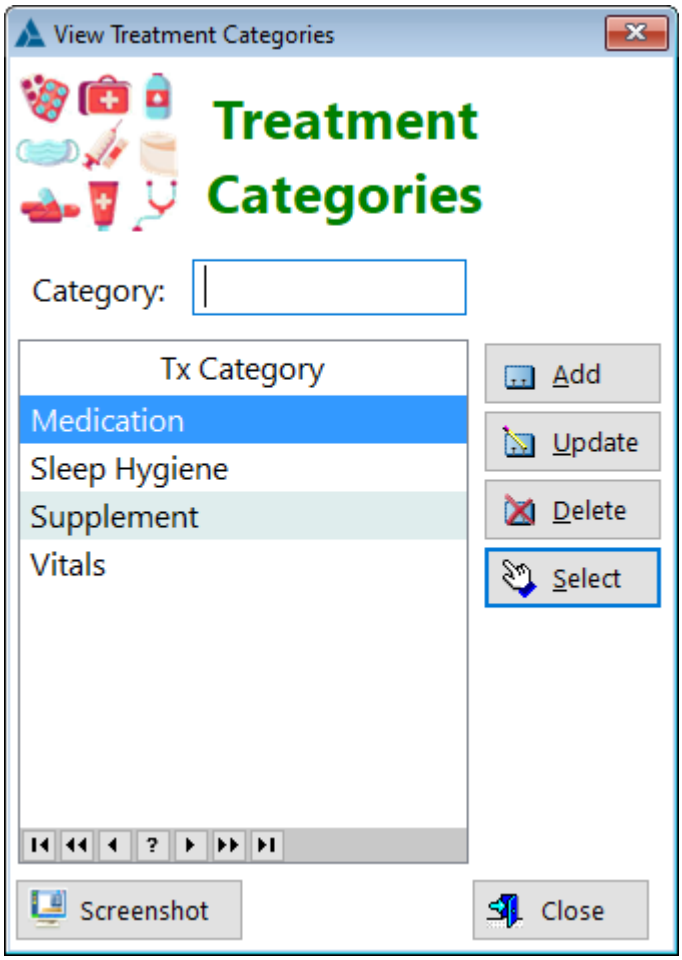
The TSH graph depicts your TSH levels over time. The data is pulled from the Lab Testing modules.



HelpID: TSHOnly

Tx Categories

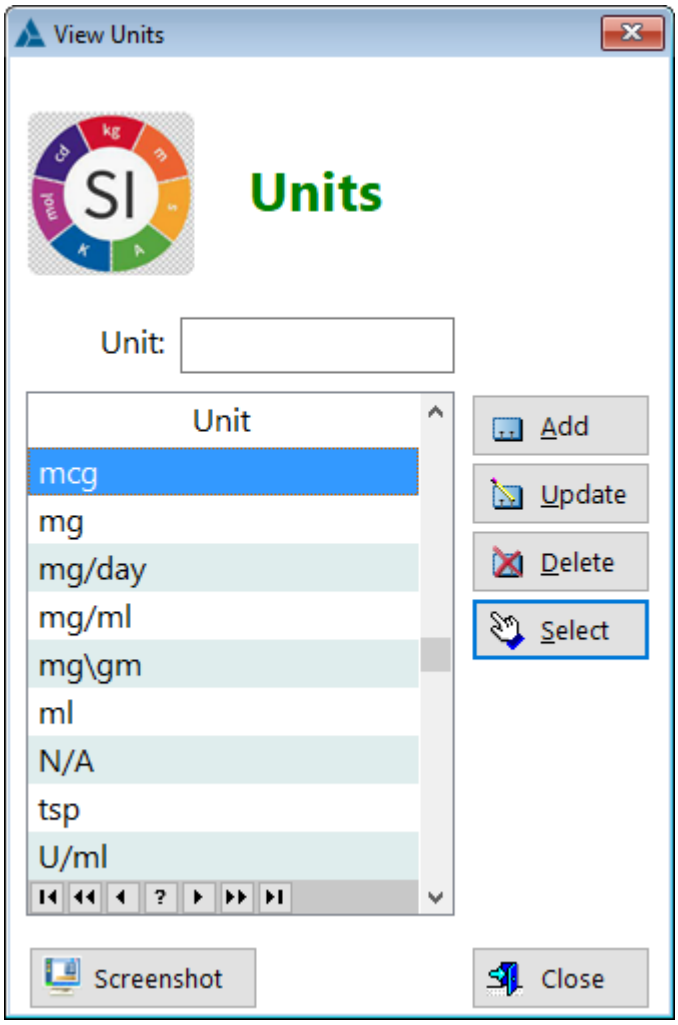
The Treatment Categories table displays



UpdateTxCategories

HelpID: TxCategories

Units



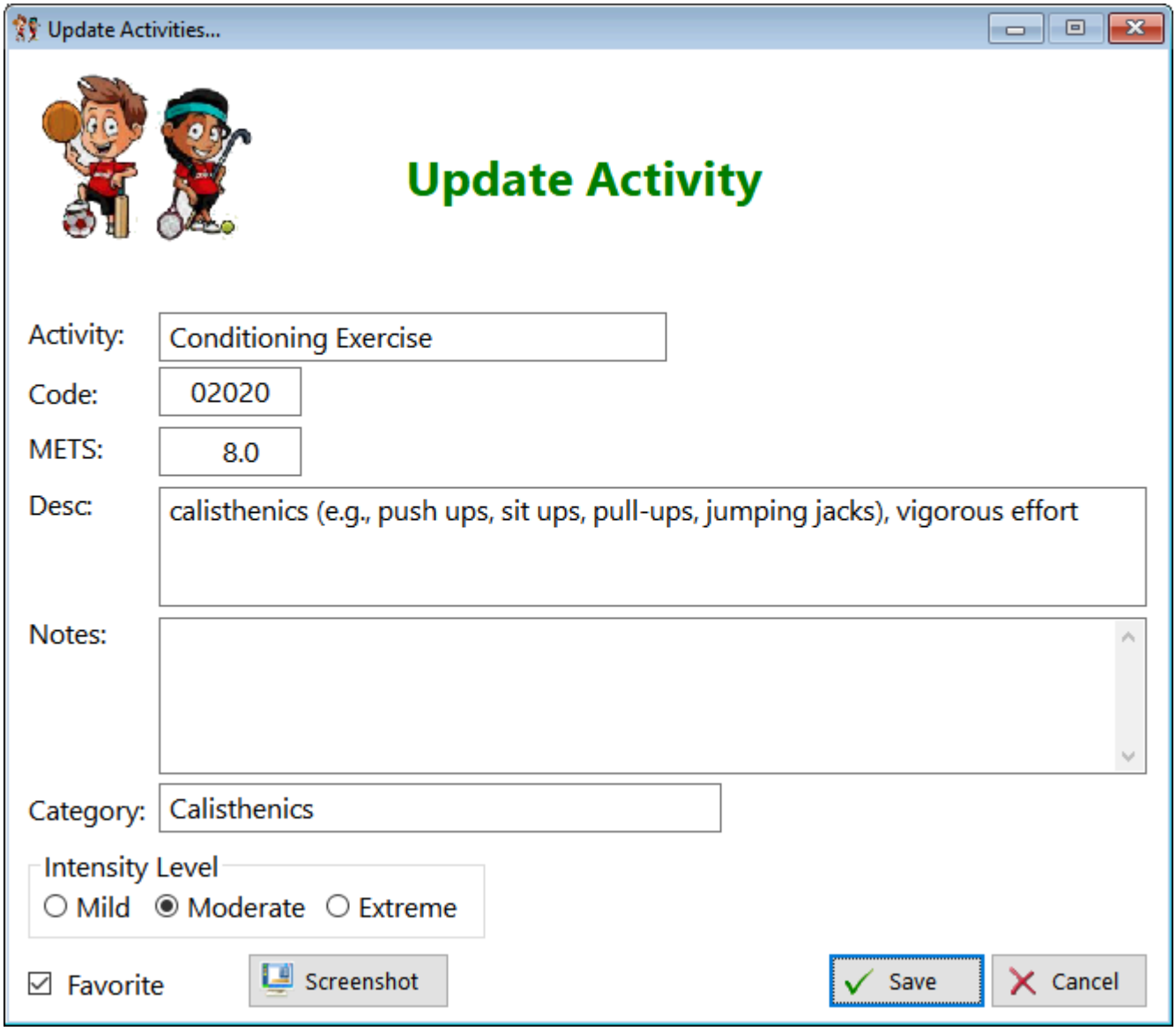
See also...

- UpdateUnits

HelpID: Units

Update Activity

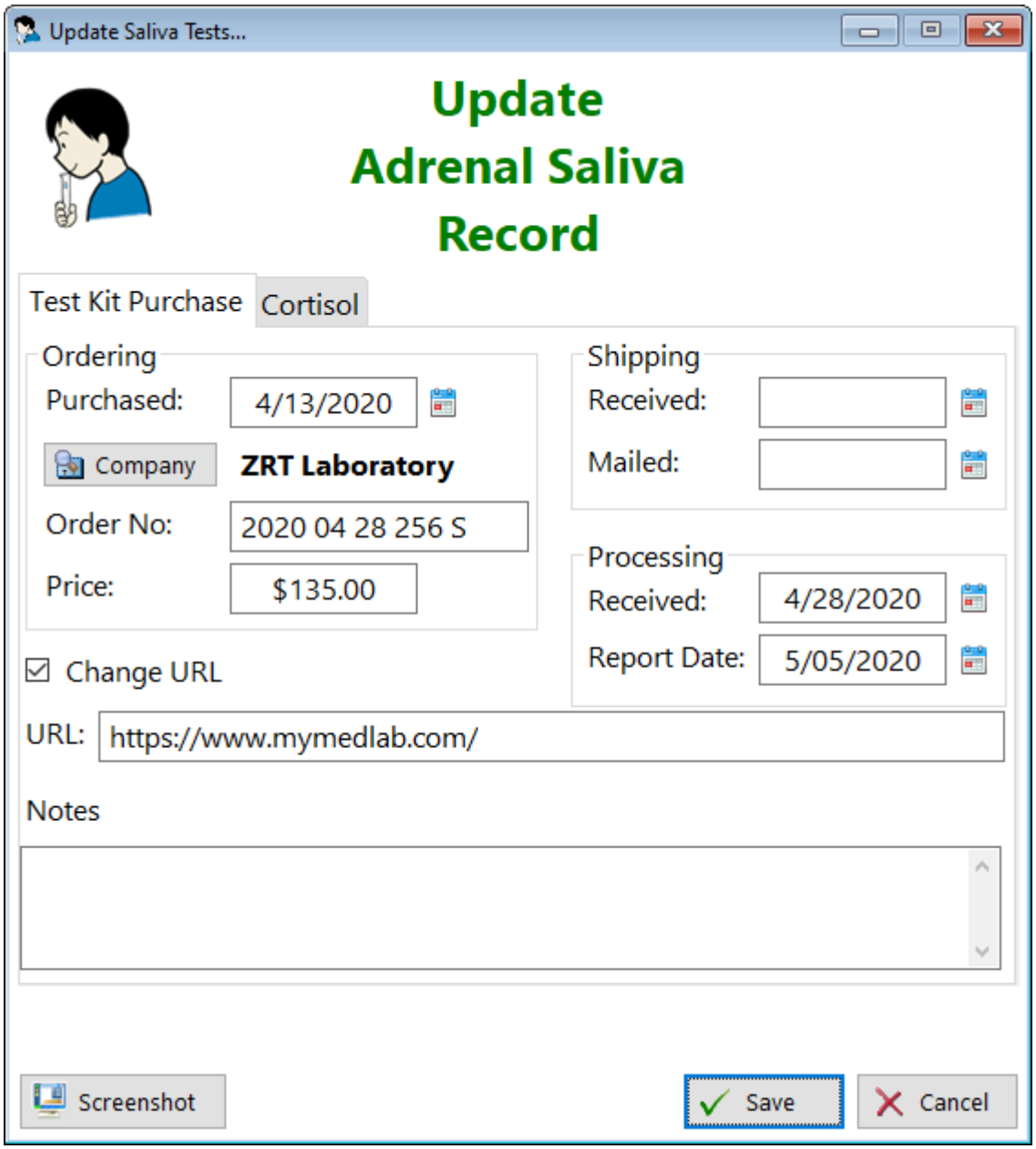
The Update Activity form enables you to make changes to an existing record. You won't likely need to do this, as all the data has been entered for you. But if more exercises are added to the compendium, then you'll be able to add them to the activity table.



Activity - The name of the activity goes here
Code - Enter the code of the activity here
METS - Enter the metabolic equivalent here
Desc - Add a description here
Notes - Add any comments you want here
Category - Enter the group this activity belongs to
Intensity Level - Select the level of energy this exercise will consume
Favorite (checkbox) - Check this box if it's an activity you'll be doing often

HelpID: UpdateActivity

Update Adrenal Saliva



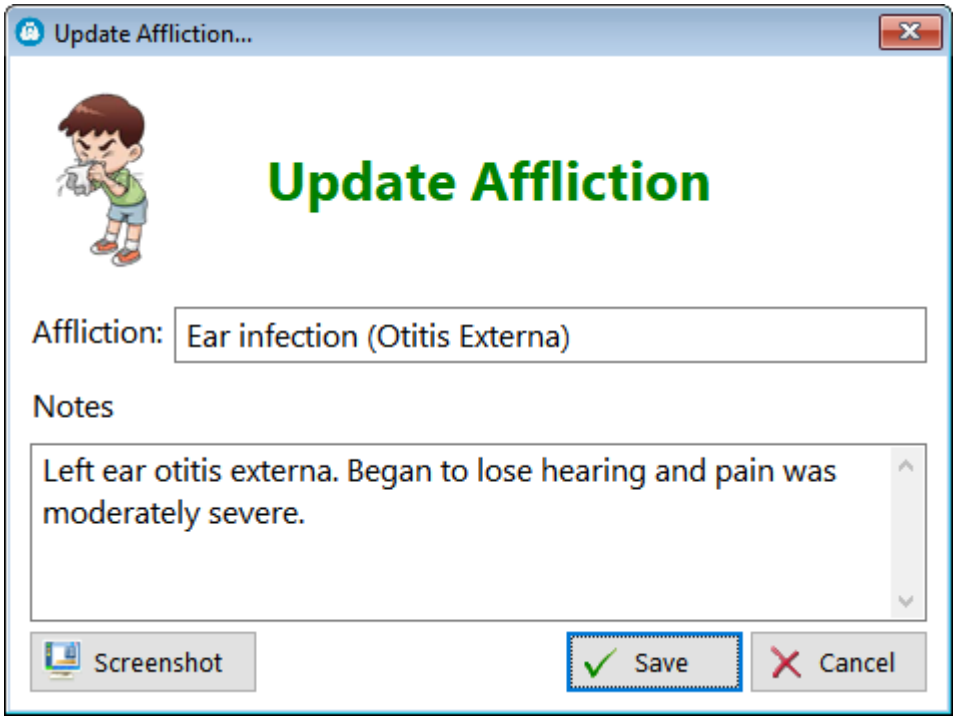
See also...

- TestUnits

HelpID: UpdateAdrenalSaliva

Update Affliction

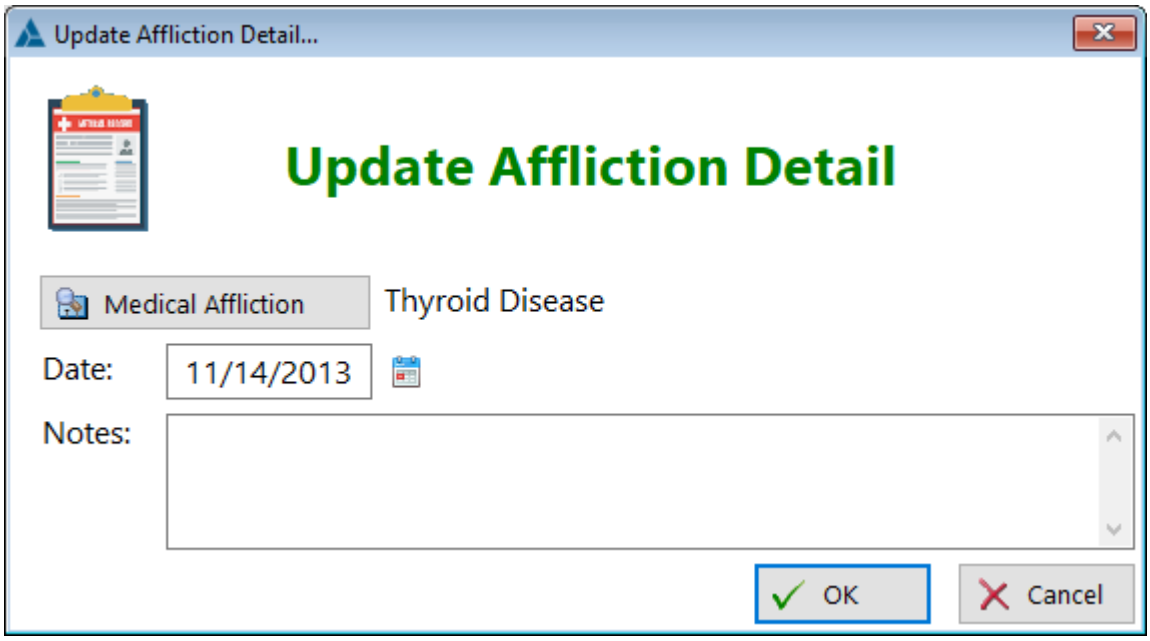
The Update Affliction update form enables you to add or make changes to an affliction



Affliction - Enter the name of the issue you have
Notes - Enter any comments you believe are necessary regarding the affliction

HelpID: UpdateAffliction

Update Affliction Detail

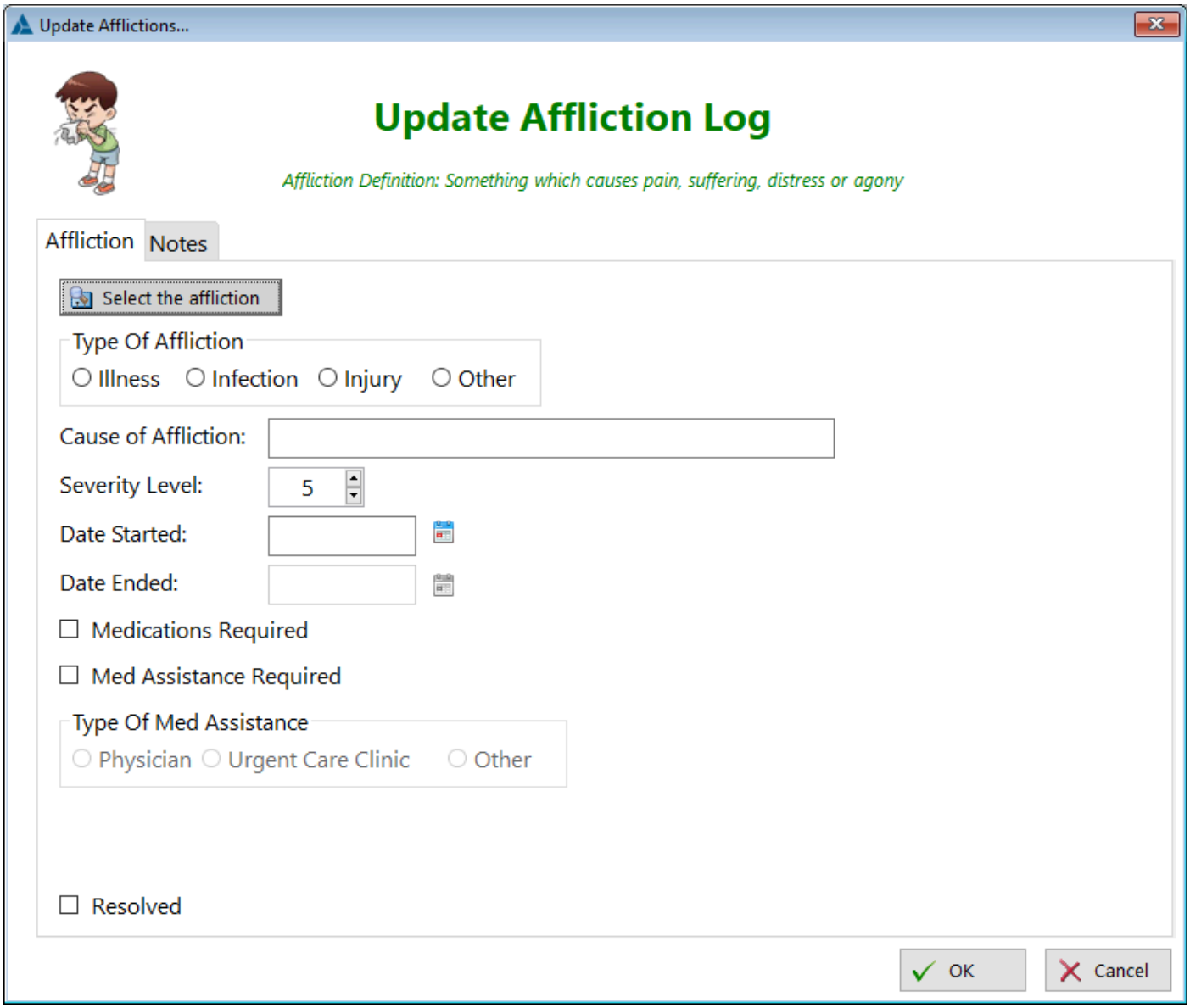


See also...

- MedicalAfflictions

HelpID: UpdateAfflictionDetl

Update Affliction Log

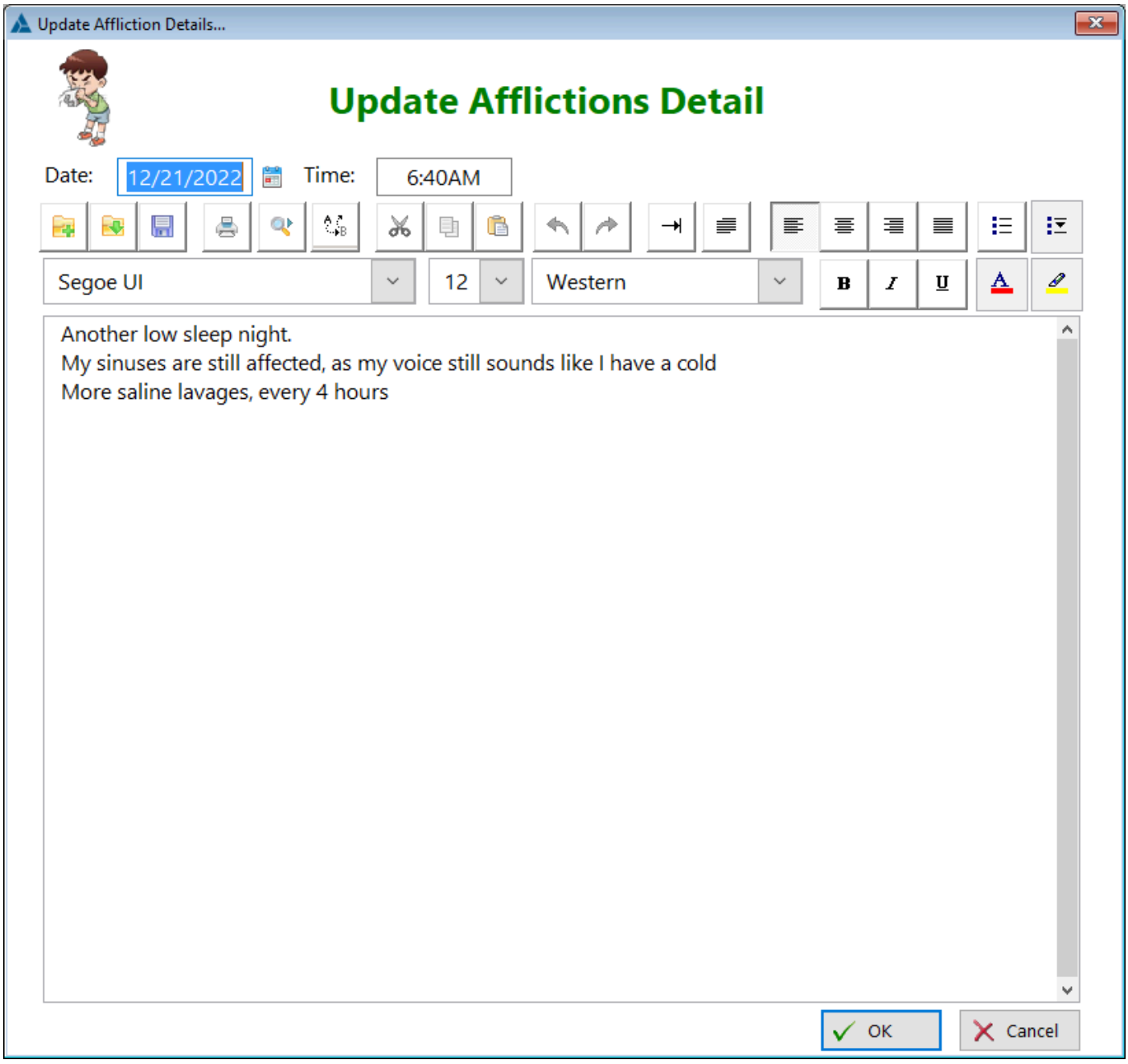


See also...

- Affliction

HelpID: UpdateAfflictionLog

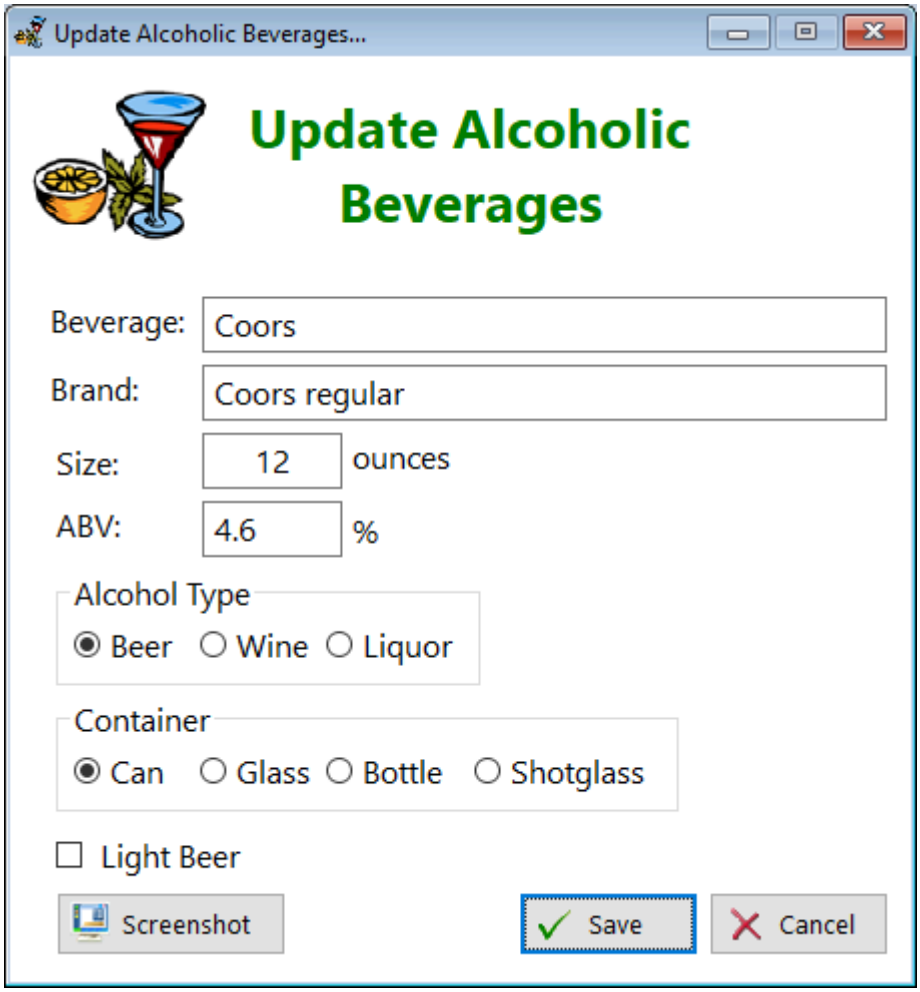
Update Affliction Log Detail



HelpID: UpdateAffLogDetail

Update Alcoholic Beverages

The Update Alcoholic Beverages screen enables you to enter an alcoholic drink into an alcoholic beverage table

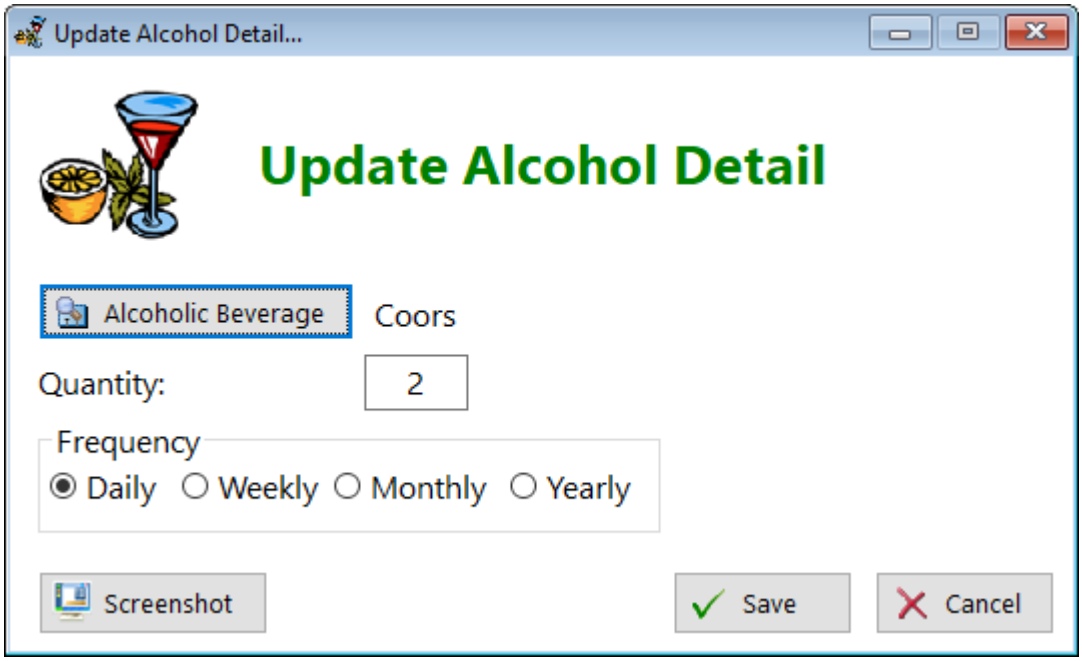


Beverage - Enter the name of the alcoholic beverage
Brand - Enter the brand or a specific type for this beverage
Size - Enter the size of the container
ABV - Enter the percent alcohol-by-volume
Alcohol Type - Select the type of alcoholic beverage
Container - Select the type of container you purchase
Light Beer - Check this box if the alcoholic beverage is a light beer

HelpID: UpdateAlcoholBeverage

Update Alcoholic Beverage Detail

The Update Alcoholic Beverage Detail screen enables you to add or make changes to an alcoholic beverage table



Alcoholic Beverage - Click this button to select an alcoholic beverage to be inserted into a table
Quantity - Enter the number of containers you usually drink at a time
Frequency - Select the most appropriate interval that you consume this particular type of drink

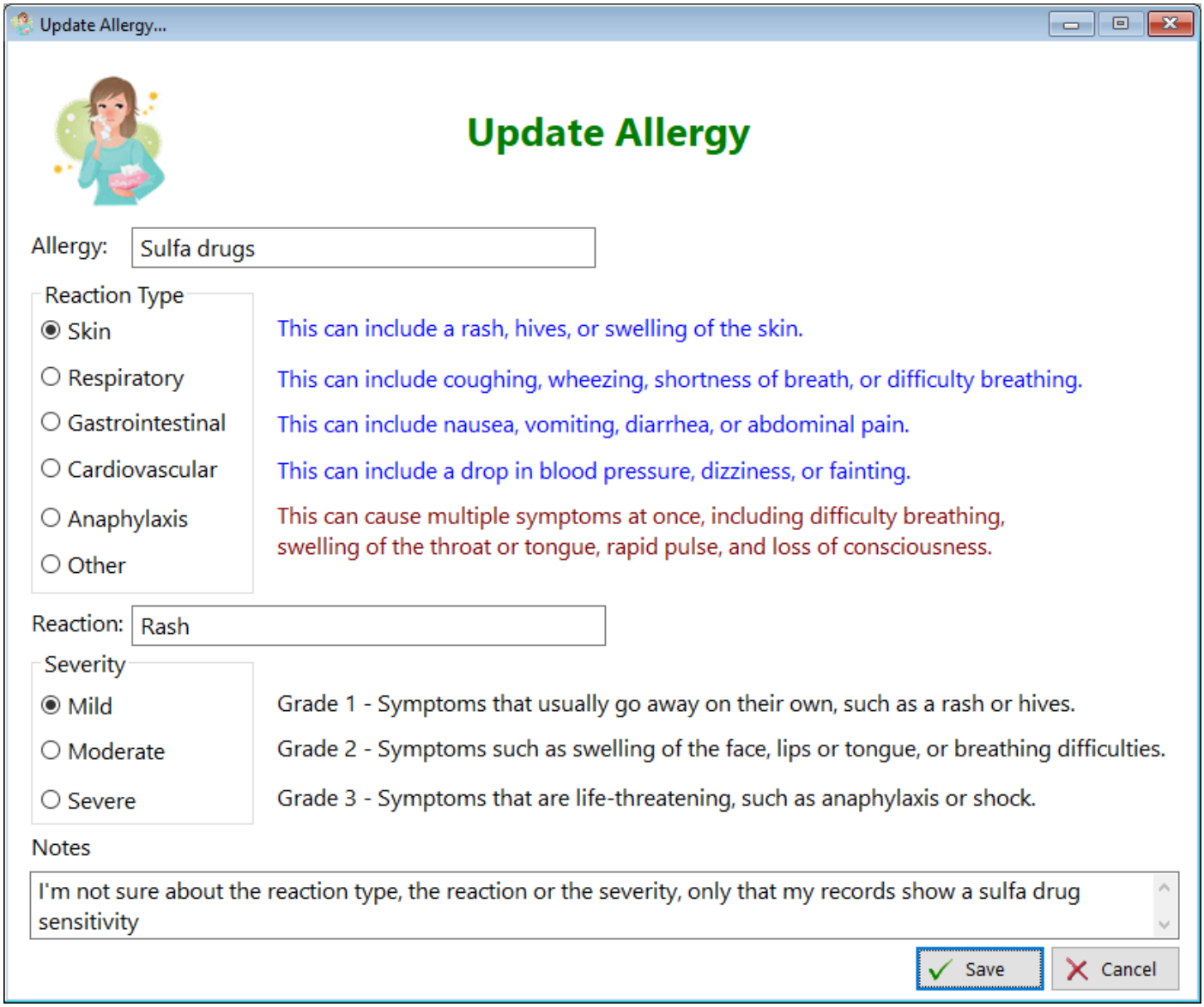
See also...

- AlcoholBeverages

HelpID: UpdateAlcoholBevDetail

Update Allergy

The Update Allergy form enables you to add or make changes to records regarding any allergies you might have

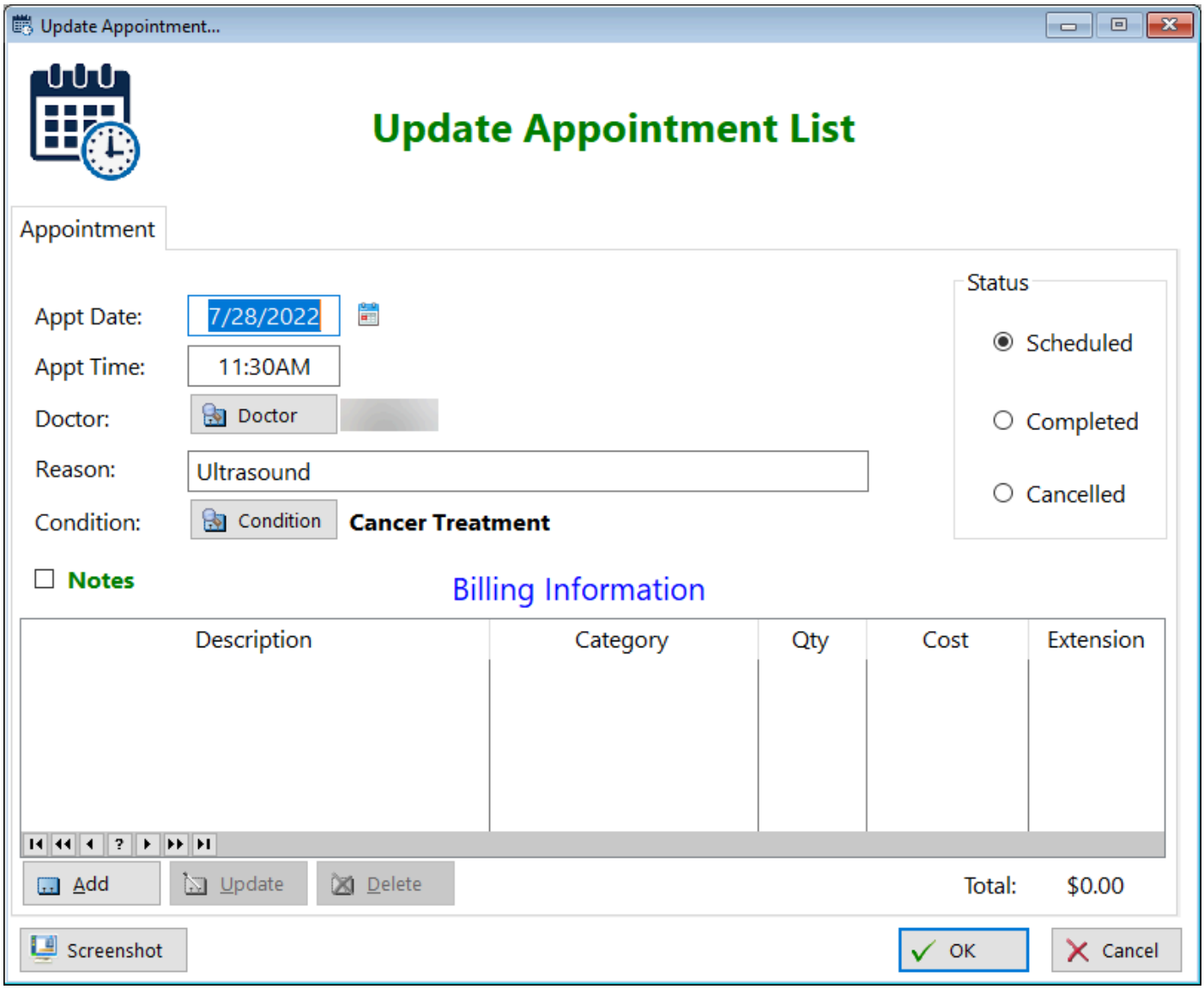


Allergy - Enter the name of the allergy you have
Reaction Type - Select the region from where your allergy comes from
Reaction - Enter what happens when you're exposed to the allergen
Severity - Select how serious this reaction becomes
Notes - Enter any comments you believe are appropriate for this allergy

HelpID: UpdateAllergy

Update Appointment

This is the form where you're able to add or update an appointment record



1. **Appt Date** - Enter the date of your appointment
2. **Appt Time** - Enter the time of your appointment
3. **Doctor** - click the button and a doctor pick list will open. Select the appropriate doctor for this appointment.
4. **Reason** - enter a reason for this visit
5. **Condition** - Click on the button and a condition pick list will open. Select the condition that this doctor is treating
6. **Notes** - Click this checkbox and another tab will be revealed. You can enter any notes regarding this appointment
7. **Status** - This defaults to 'Scheduled'. When the appointment is over, just click on the 'Completed' radio button. If you have to cancel an appointment, you just check the 'Cancelled' button.
8. **Billing Information** - Once you've concluded your appointment, you can enter the cost, if any, for this appointment.

9. **Screenshot** - If you click on this button, a screenshot will be done. This is primarily for support purposes. Maybe you have suggestions on how to improve the screen. You can email us on how you think it would be better.
10. **OK** - Once you've entered your data, just click on the OK button and the record will be saved. If you make any changes to an existing record, those changes will be saved by clicking on the OK button as well.

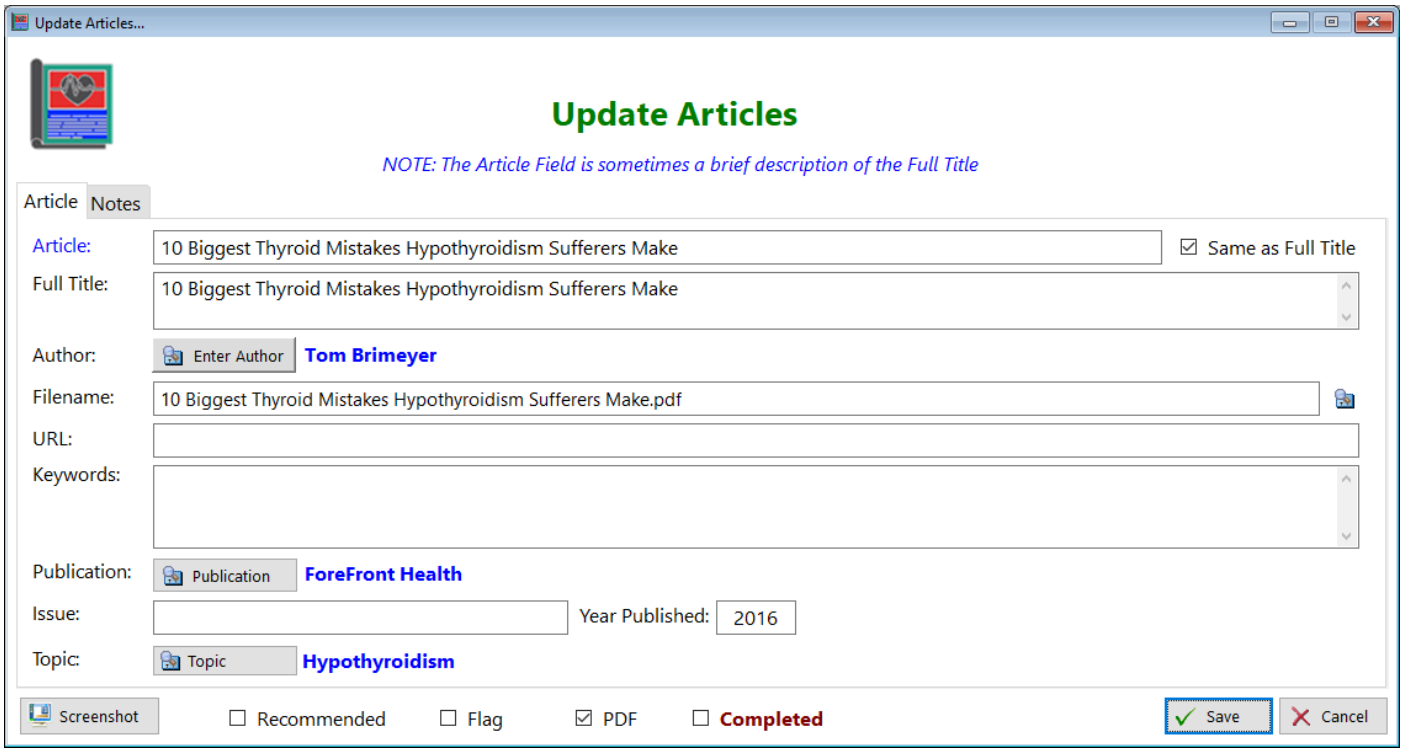
See also...

- Conditions
- Providers
- UpdateBilling

HelpID: UpdateAppointment

Update Articles

This is the screen where you enter a new article or update an existing one.



1. Article - This entry field shows an abbreviated form of the actual title, primarily because many articles have very long titles.
2. Full Title - This is where the complete title can be entered
3. Author - You can enter the name of the author here. For multiple authors

See also...

- Authors
- Publications
- Topics

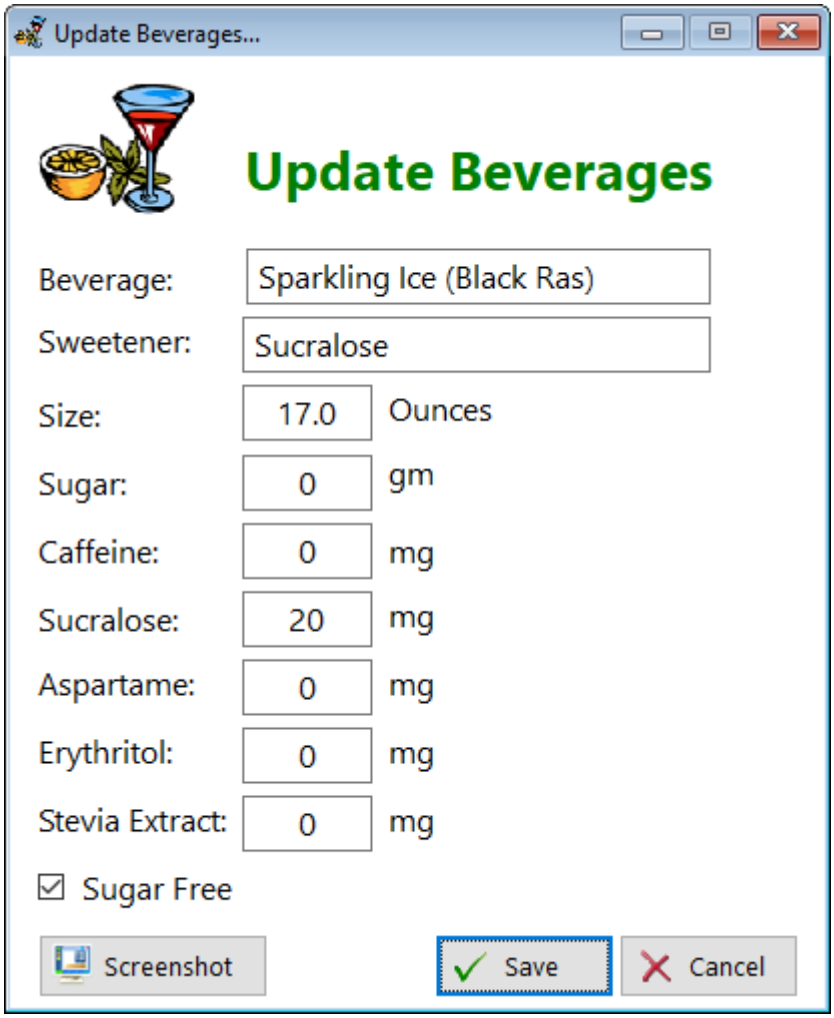
HelpID: UpdateArticles

Update Authors

HelpID: UpdateAuthors

Update Beverages

The Update Beverages screen enables you to add or make changes to a soft drink's data



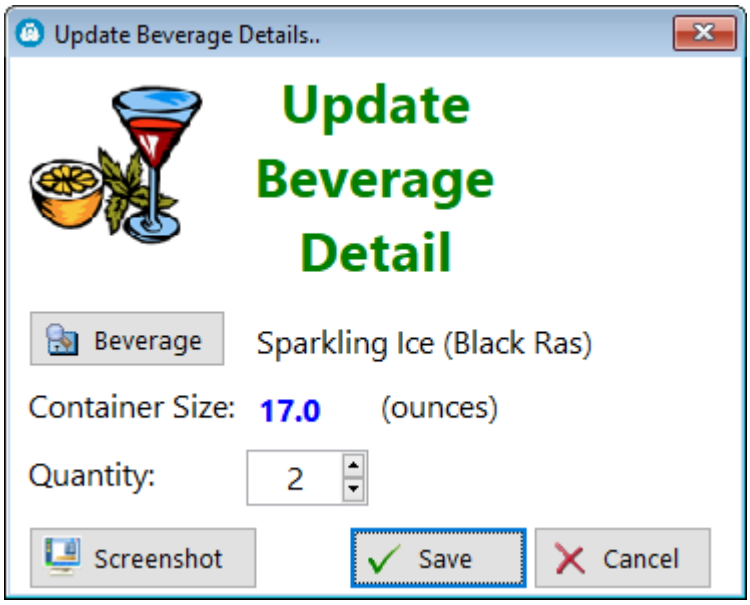
Beverage - Enter the name of the beverage
Sweetener - Enter the primary sweetener used in this drink. (Usually it's either sugar, high fructose corn syrup, or both)
Size - Enter in the size of the container. Most soft drinks come in a 12 ounce can
Sugar - Enter the amount of sugar found on the label
Caffeine - Enter the amount of caffeine found on the label
Sucralose - Enter the amount of sucralose found on the label. This is a sugar substitute made from sugar
Aspartame - Enter the amount of aspartame found on the label. This is another artificial sweetener
Erythritol - Enter the amount of erythritol found on the label. This is a sugar alcohol and can cause digestive disturbances (farting, diarrhea)
Stevia Extract - Enter the amount of Stevia found on the label.

You can find most of the nutritional information online, in case it's not found on the label.

HelpID: UpdateBeverages

Update Beverage Detail

The Update Beverage Detail screen enables you to add a record to the main list.



Beverage - Click this button to select a soft drink
Container Size - This information is pulled in from the Beverages pick table
Quantity - Enter the number of containers(bottles, cans, etc.) that you drink per day.

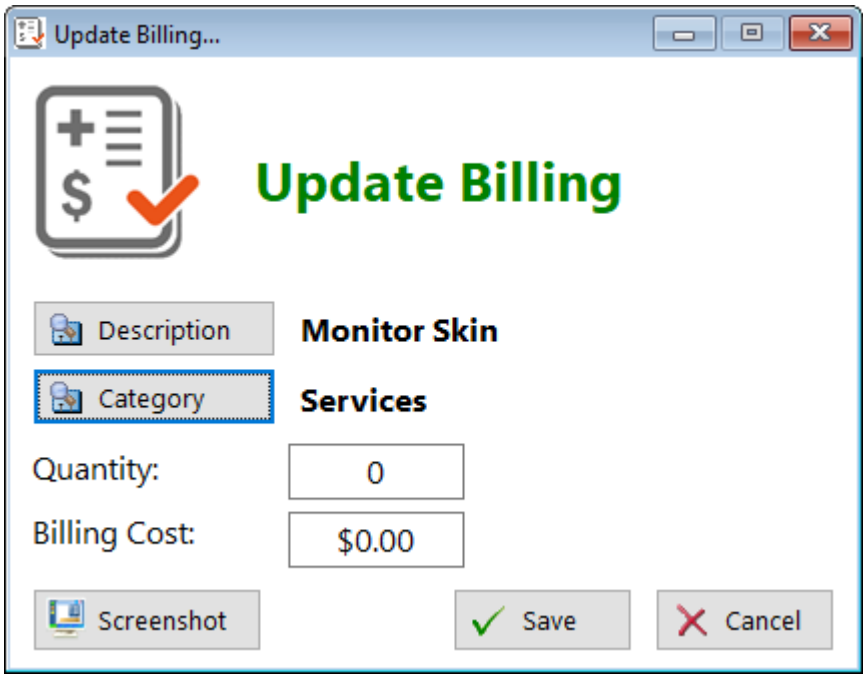
Click on **Save** to keep your data

See also...

- Beverages

HelpID: UpdateBeverageDetail

Update Billing



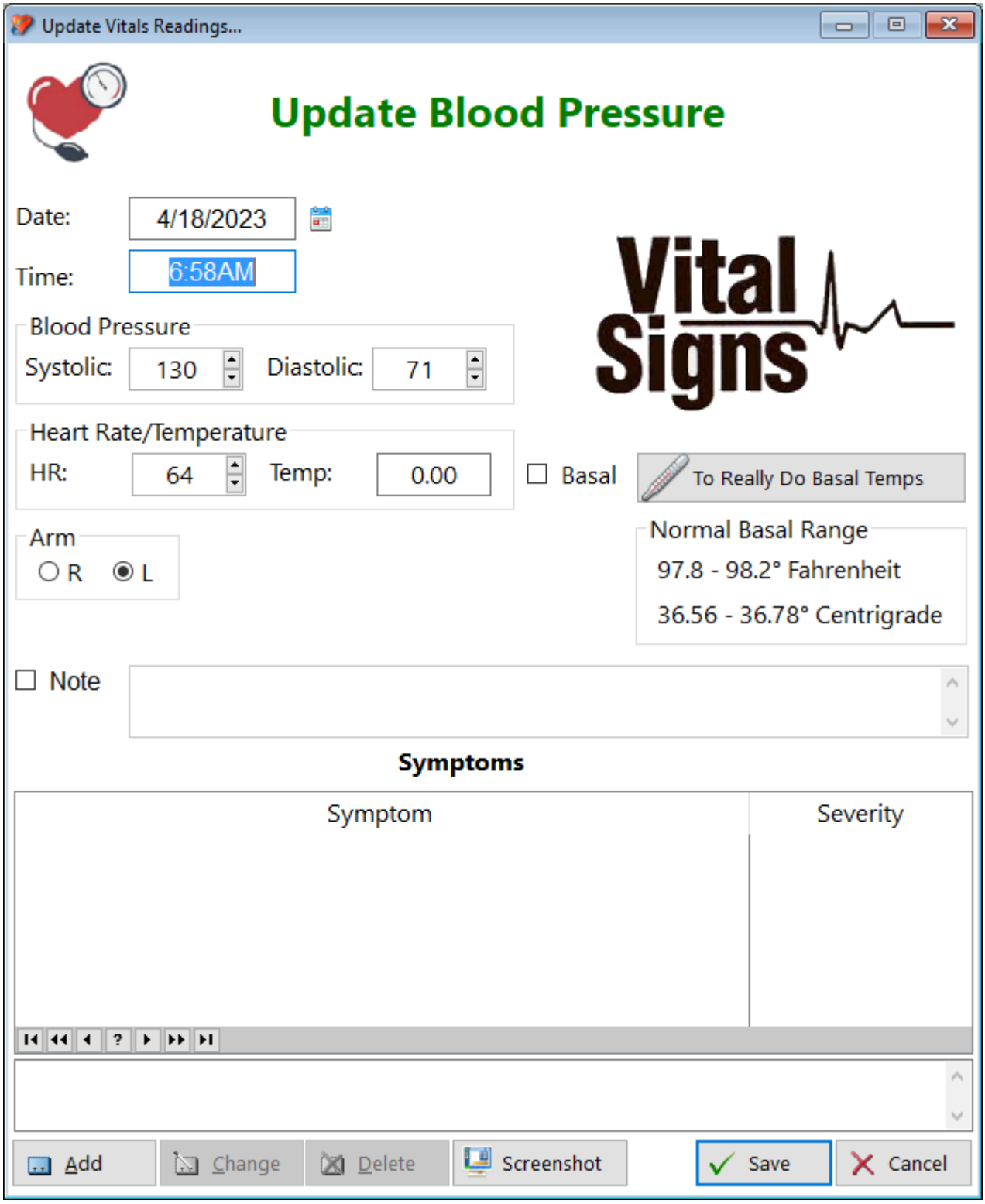
See also...

- BillingCategories
- Description

HelpID: UpdateBilling

Update Blood Pressure

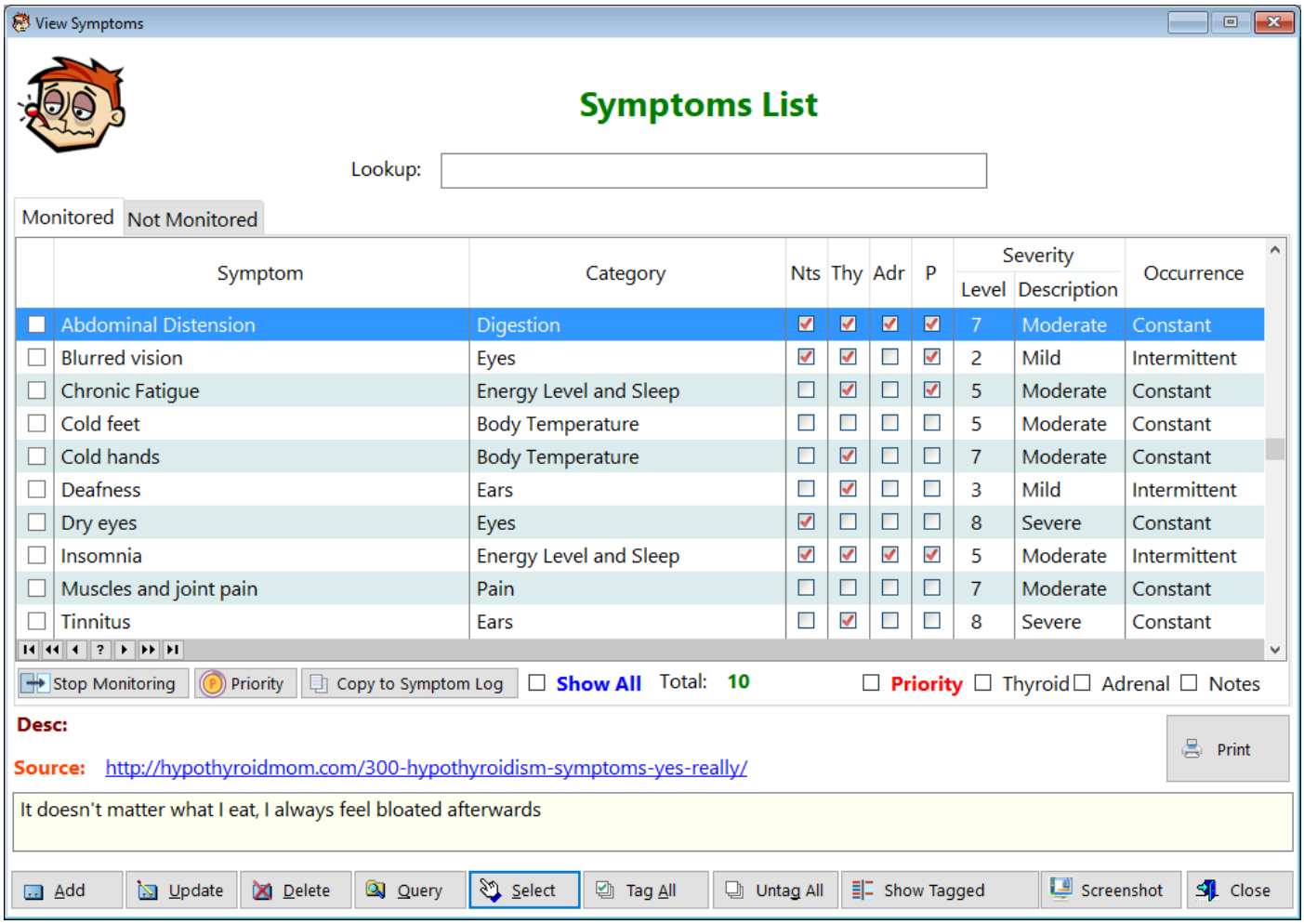
This is the screen where you enter your blood pressure, heart rate and temperature. The program will date and time-stamp the record for you.



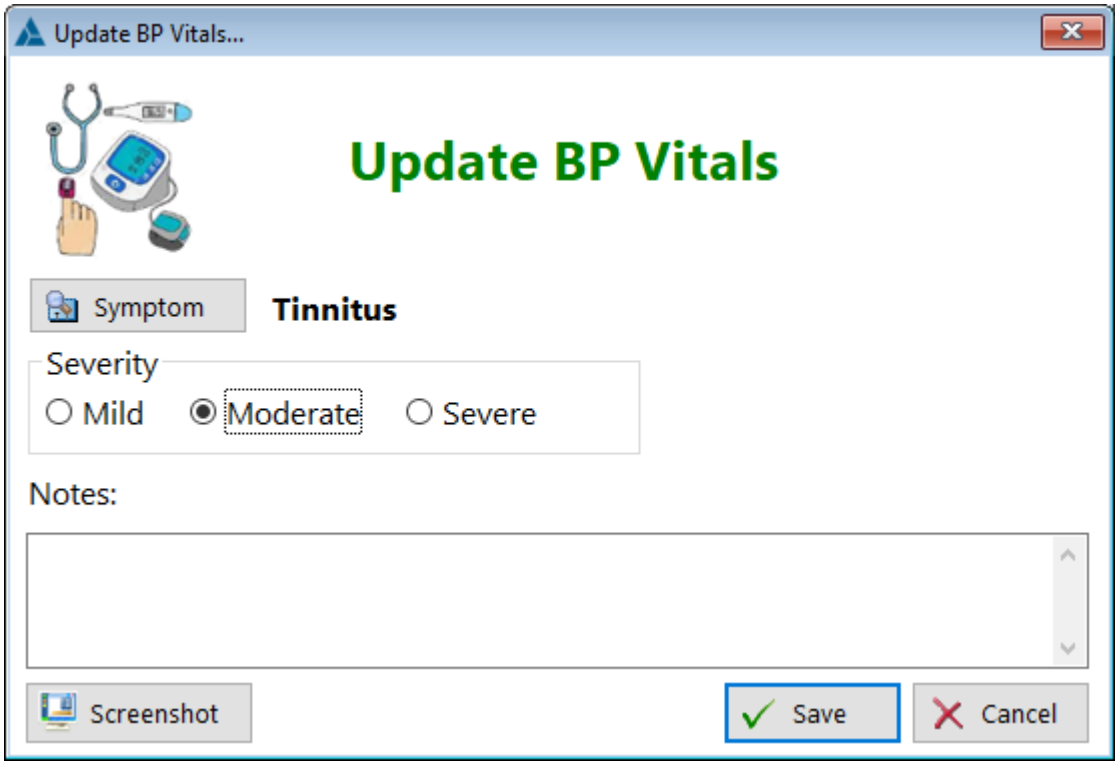
Date - Enter the date you took the measurements
Time - Enter the time you took the measurements
Blood Pressure - Enter both the systolic and diastolic readings

Heart Rate - Enter your heart rate
Temperature - Enter your body temperature (optional)
Arm - Select which arm you performed the reading
Checkbox(Note) - Check this box in order to enter notes. The reason for having you do this is to easily recognize which records have notes written
Note - Enter any documentation you find necessary to explain the reading (optional)

Symptoms - If you noticed symptoms of overstimulation or anxiety, you can add them to your notes
Symptom - Click on the Add button and a pick list of symptoms will be displayed
Severity -



Click on the **Select** button for the symptom you want to add. It will be displayed to the right of the button.



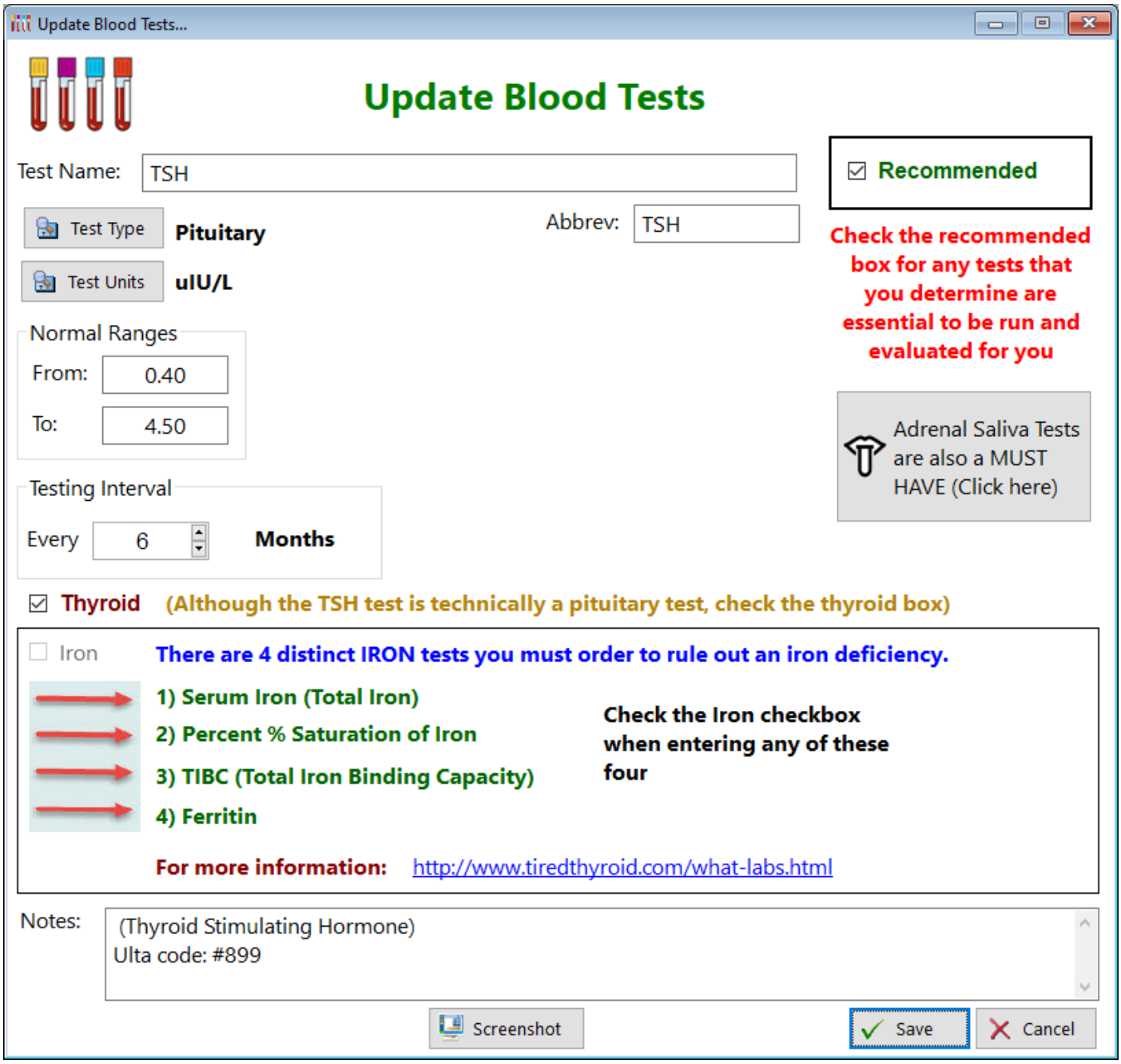
Choose the level of **Severity**. Add notes if you want.
Click on **Save** to return to the original screen

See also...

- Temperature
- UpdateBPVitals

HelpID: UpdateBloodPressure

Update Blood Tests



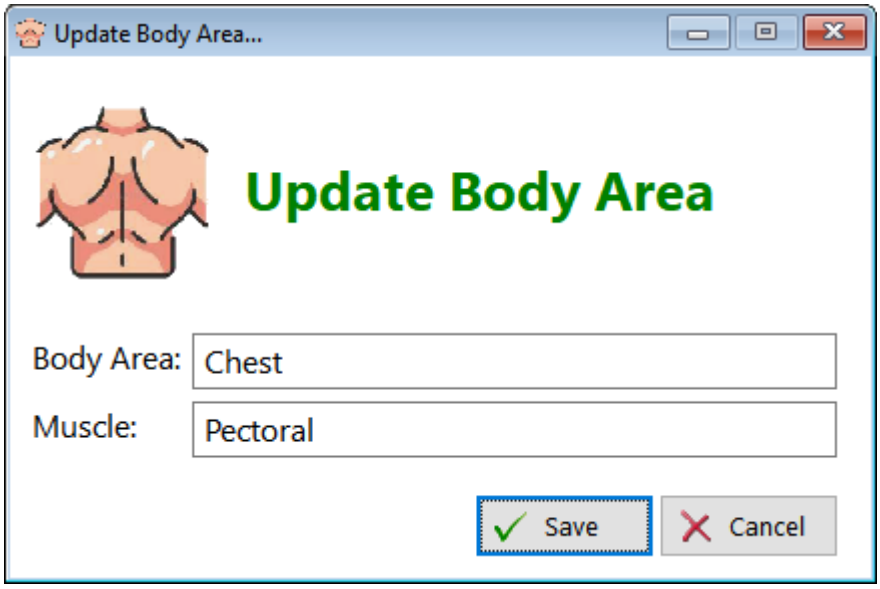
See also...

- AdrenalSaliva
- TestType
- TestUnits

HelpID: UpdateBloodTests

Update Body Area

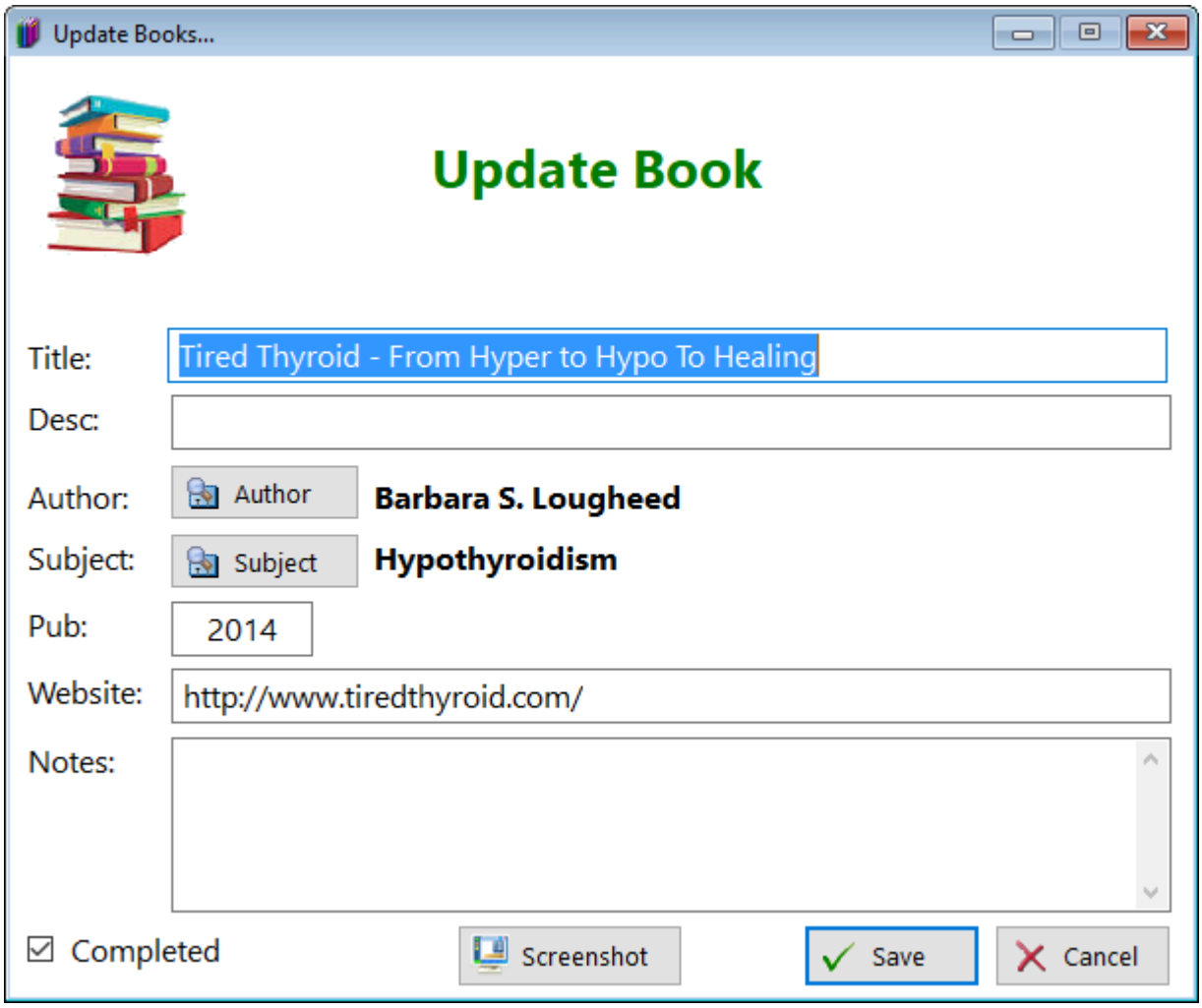
The Update Body Area form enables you to enter the areas of your body you want to train for weight-lifting purposes.



Body Area - Enter the area of the body
Muscle - Enter the Muscle

HelpID: UpdateBodyArea

Update Books



Title - Enter the title of the book
Desc - Enter a description of the book (optional)
Author - Select an author from a list
Subject - Select a subject from a list
Pub - Enter the year of publication
Website - Enter a website if the author has one
Notes - Enter any notes you wish to record
Checkbox(Completed) - Check the box if you've finished reading the book
ScreenShot - Click on this button if you want to send suggest improvements to the window. A screenshot will be created in the ScreenShots folder. You can attach it to an email.

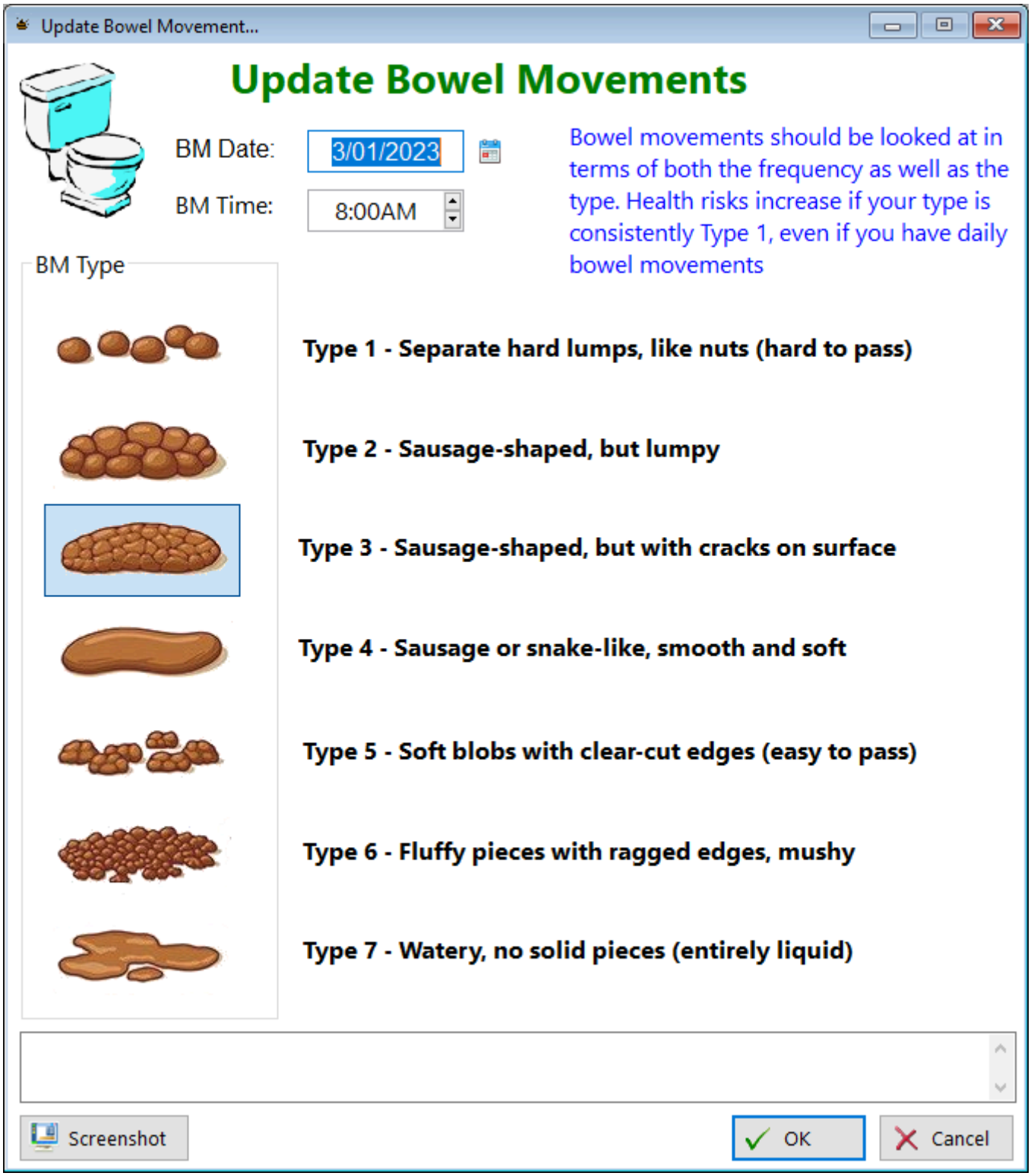
See also...

- Authors
- Subjects

HelpID: UpdateBooks

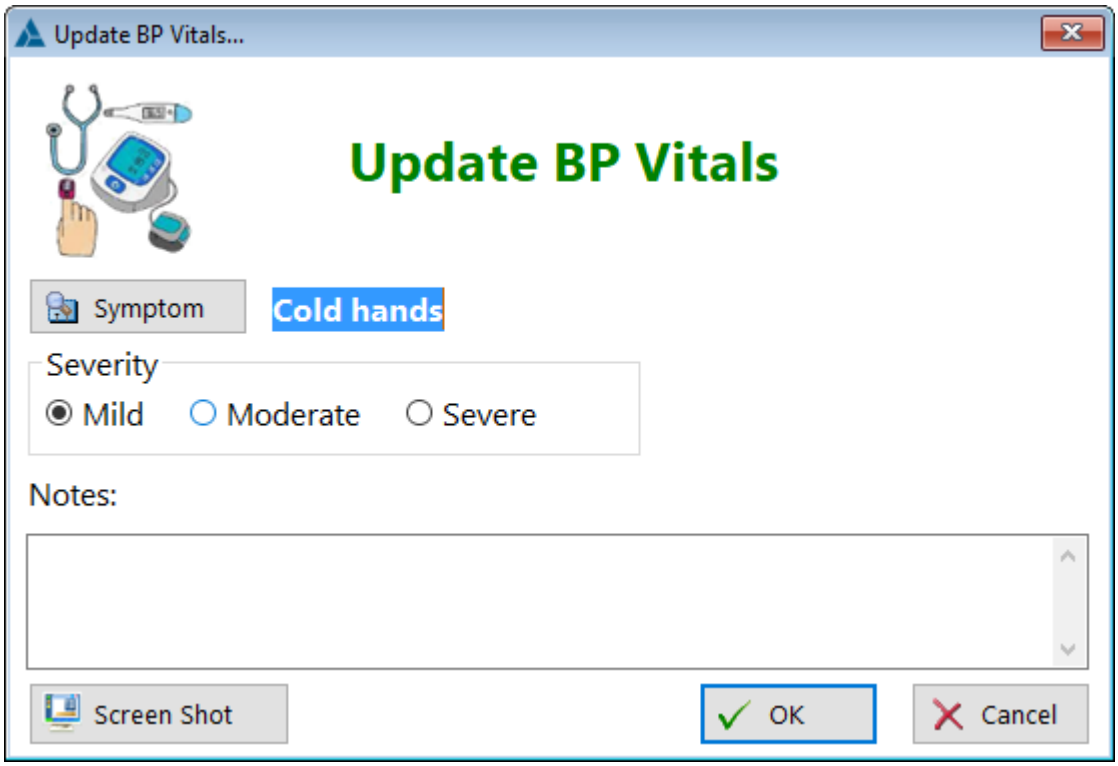
Update Bowel Movements

This is the update form you'll use to add or make changes to records



HelpID: UpdateBowelMovements

Update BP Vitals

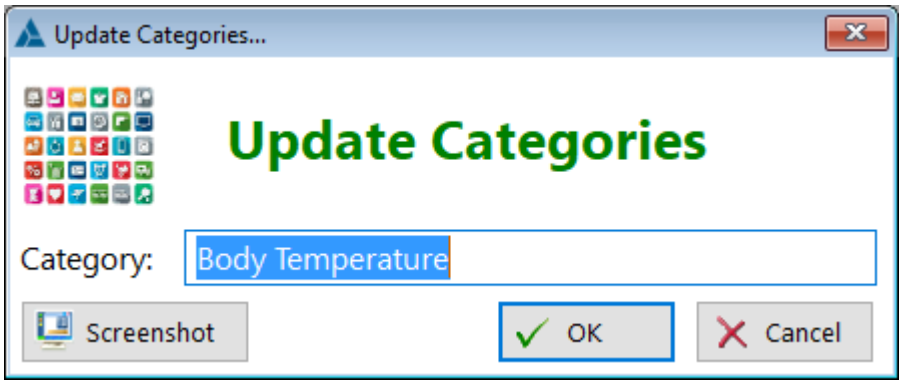


See also...

- Symptoms

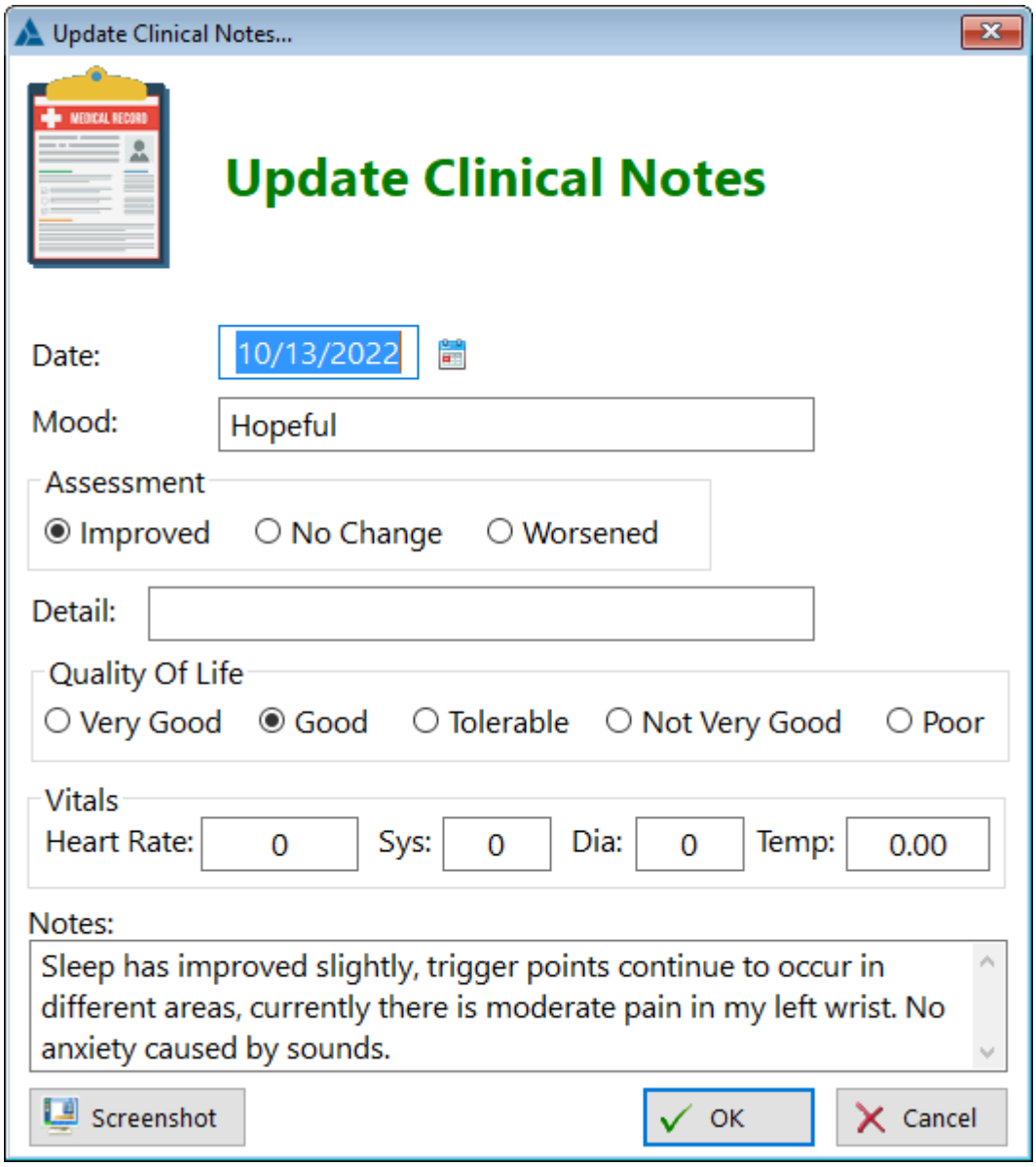
HelpID: UpdateBPVitals

Update Categories



HelpID: UpdateCategories

Update Clinical Notes

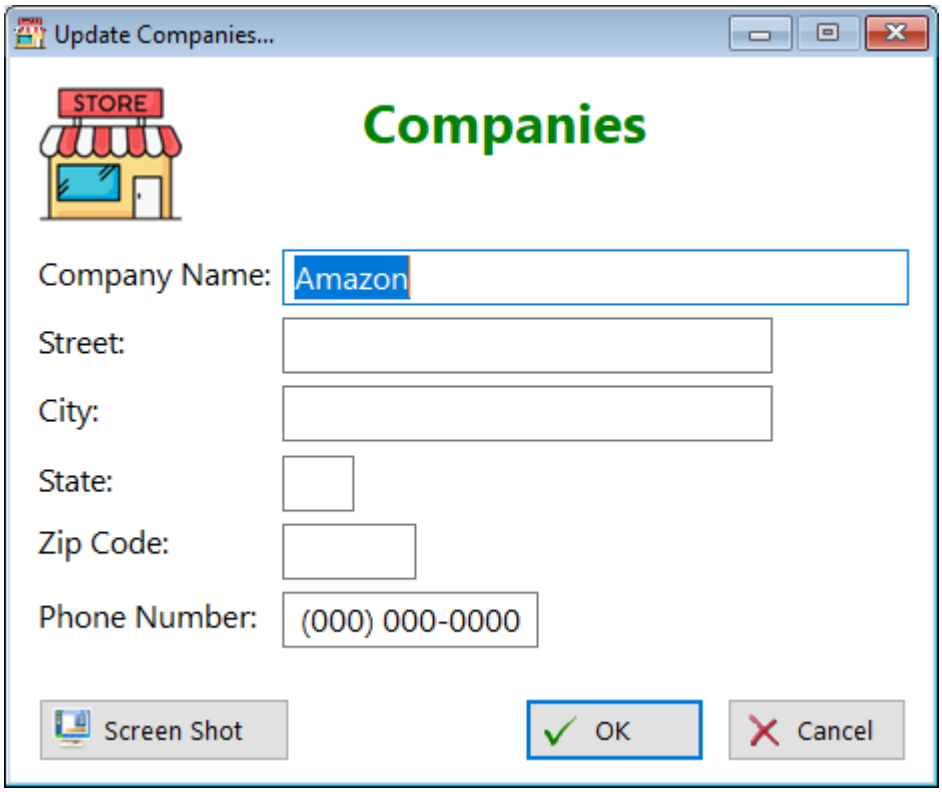


See also...

- Moods

HelpID: UpdateClinicalNotes

Update Companies

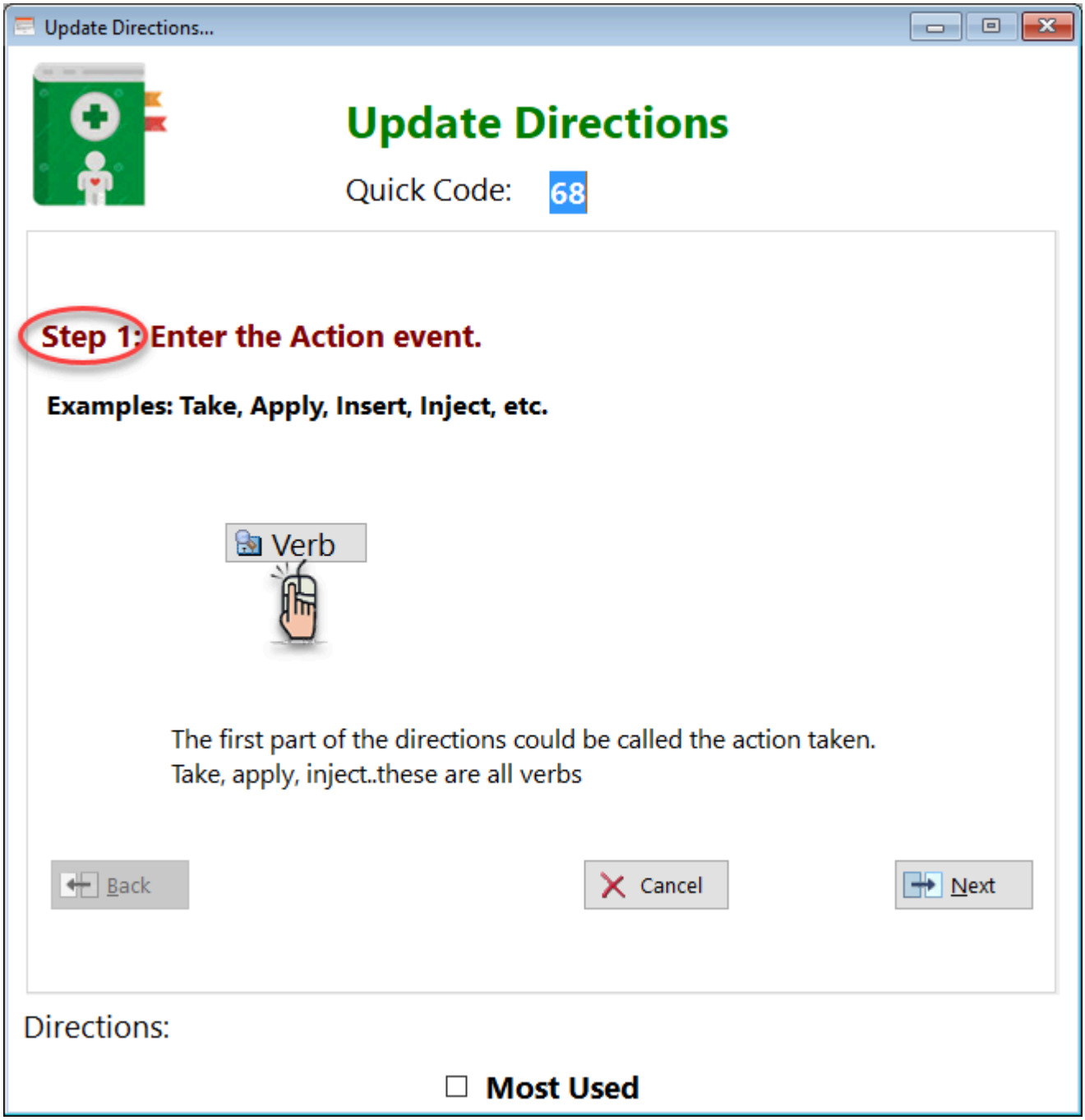


HelpID: UpdateCompanies

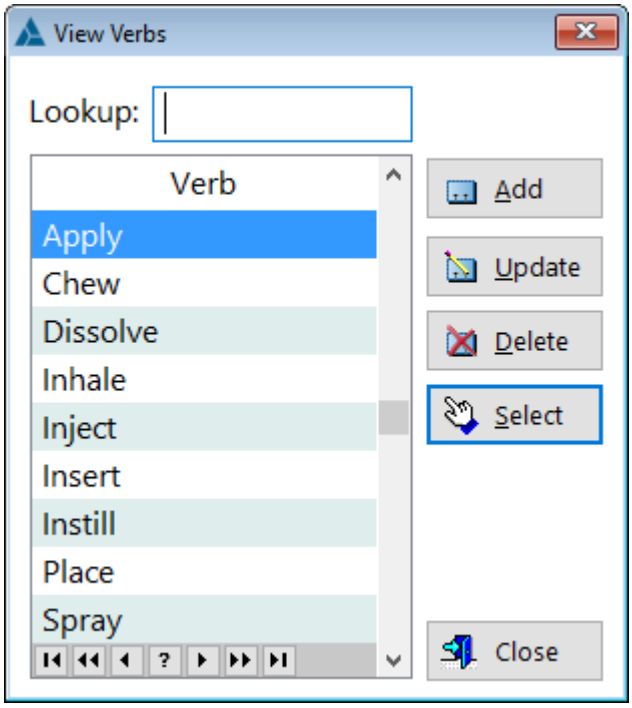
Update Directions

The Directions table is designed to walk you through the process of describing how to take a medication or supplement

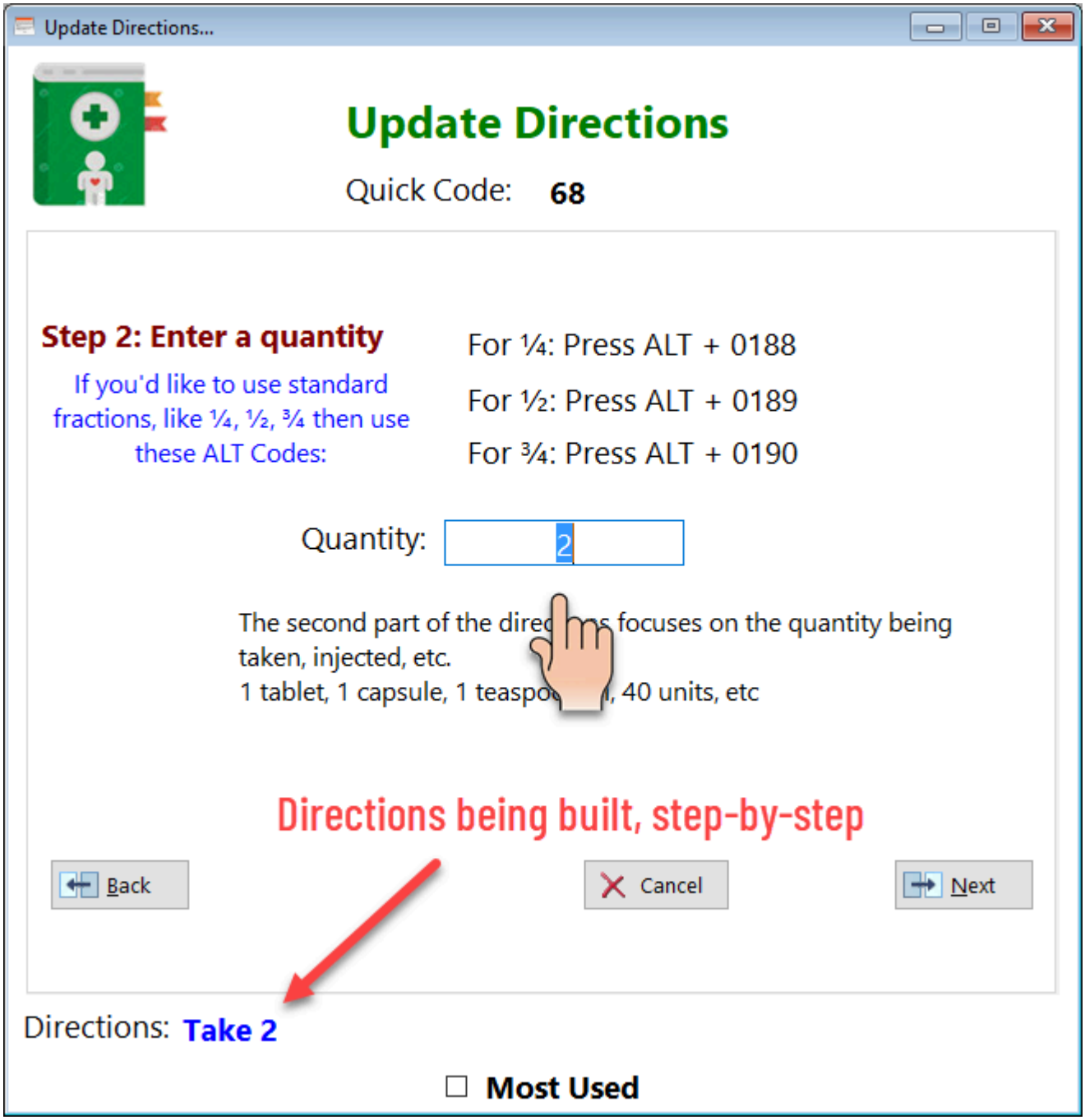
Step 1: Click on the Verb button. Most of the time you'll select 'Take'



Select a Verb

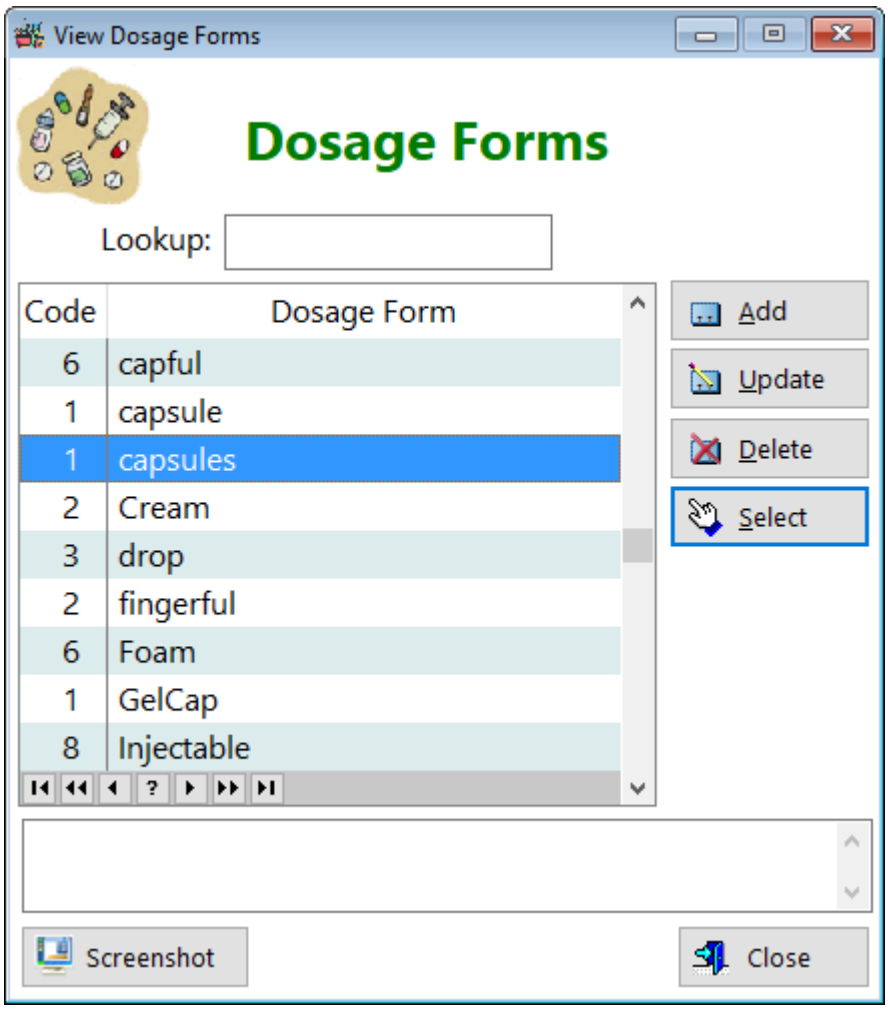


Step 2: Click Next. Enter the quantity

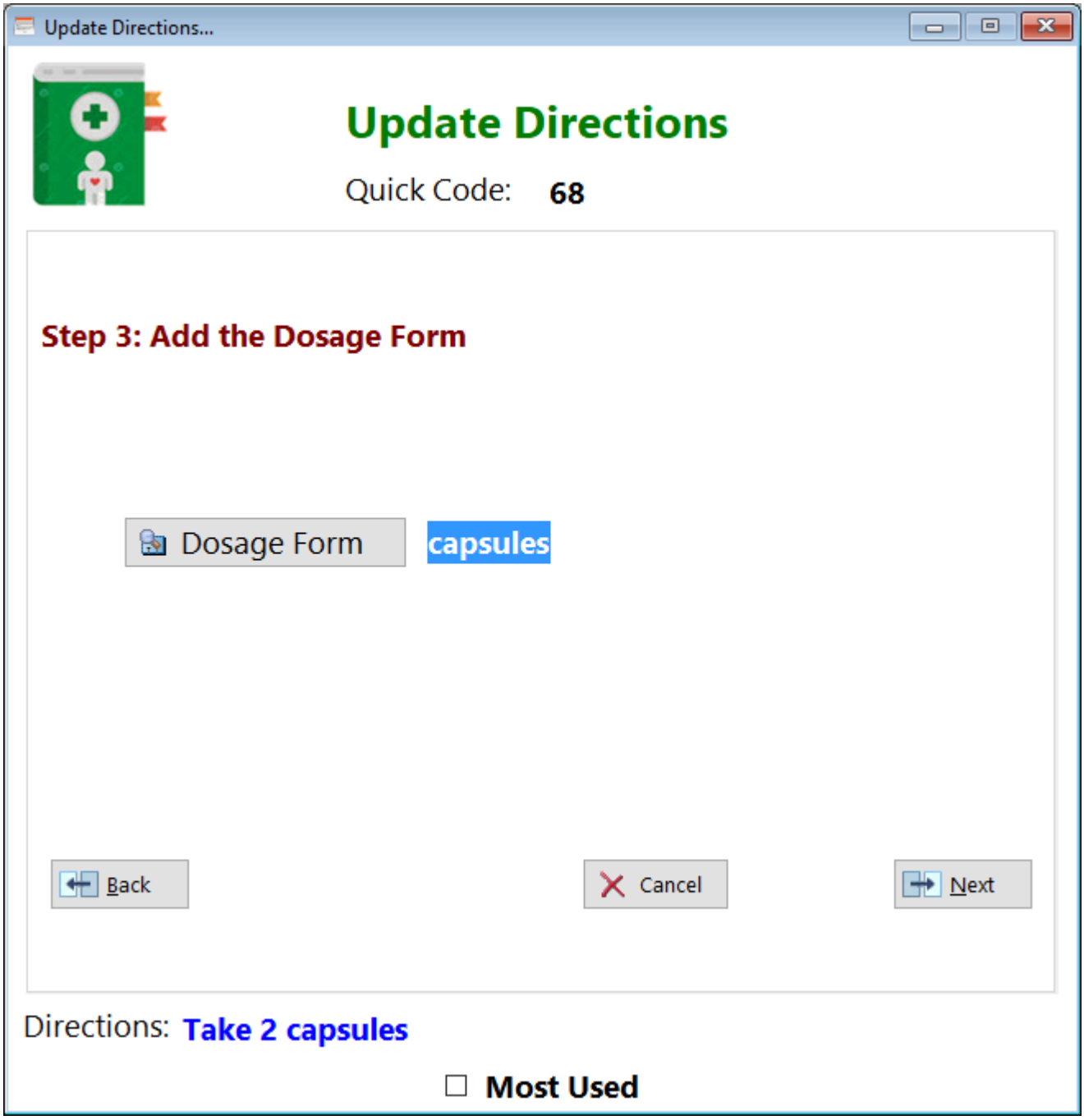


Click **Next**

Step 3: Add the dosage**.** Select the appropriate dosage form

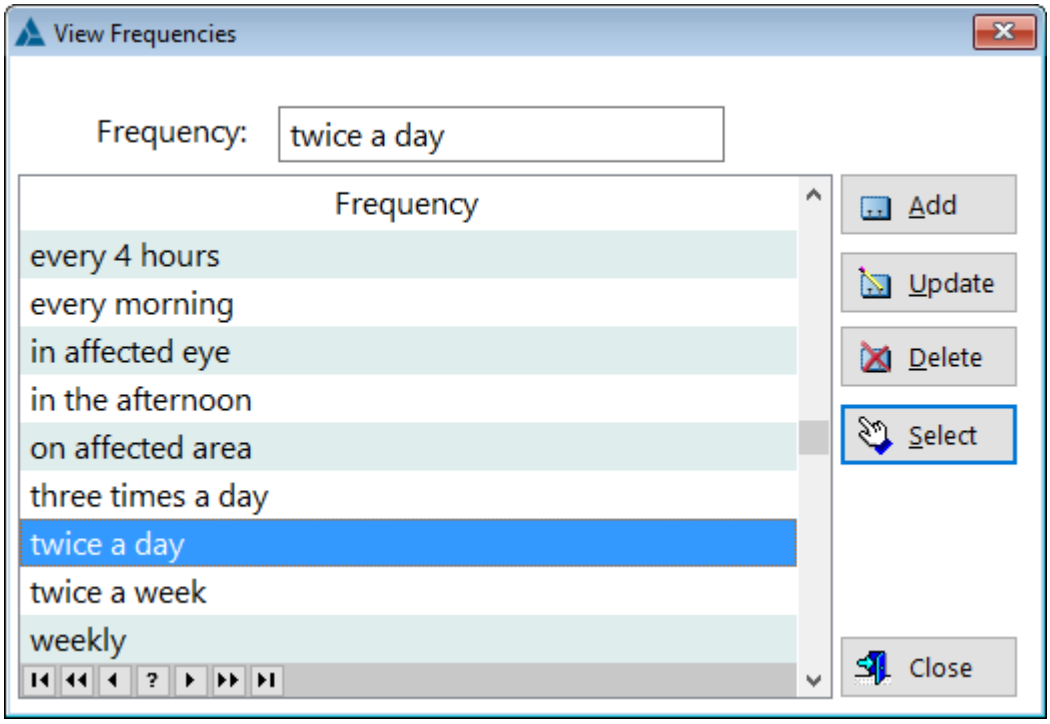


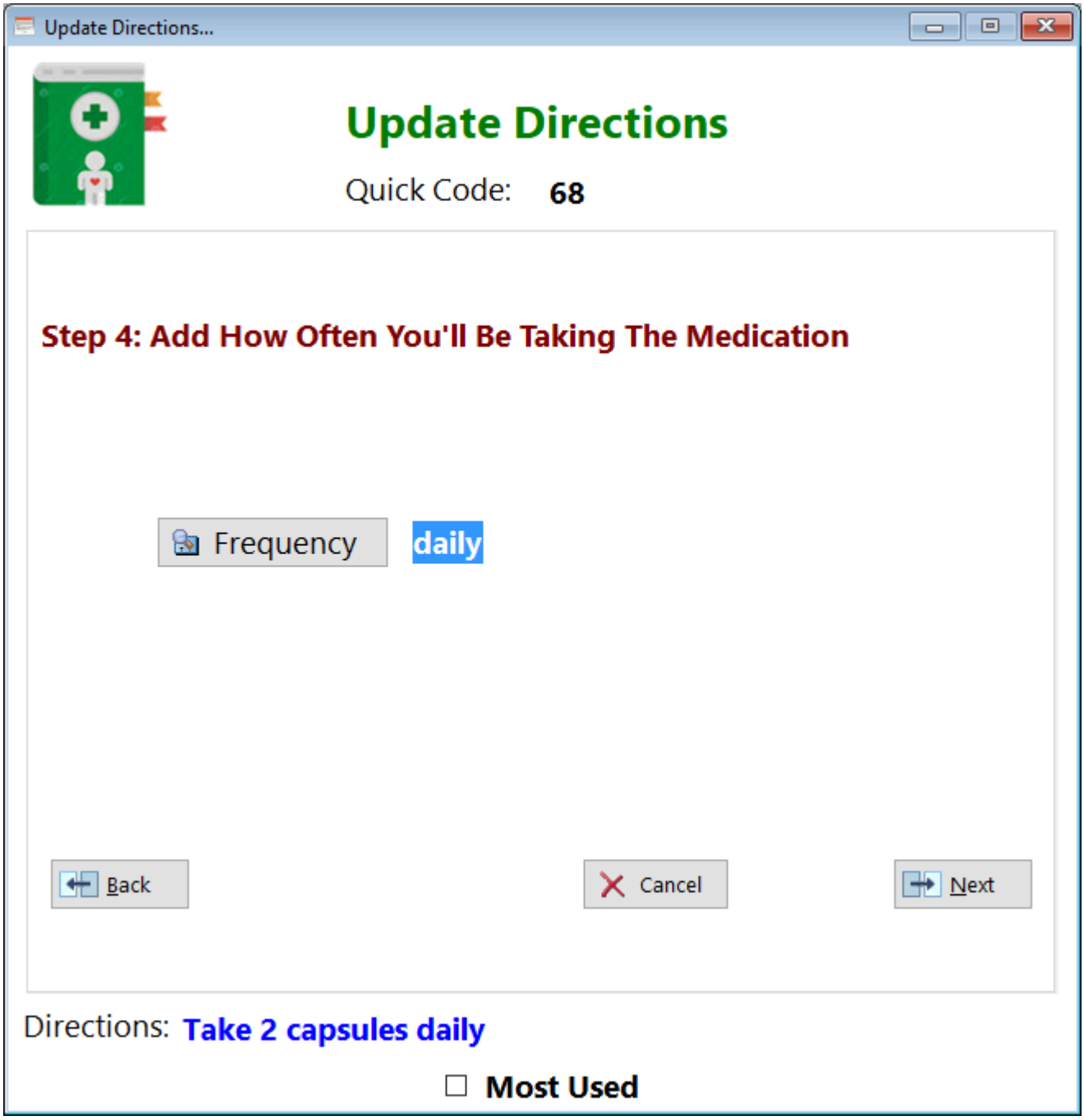
Click on **Select**



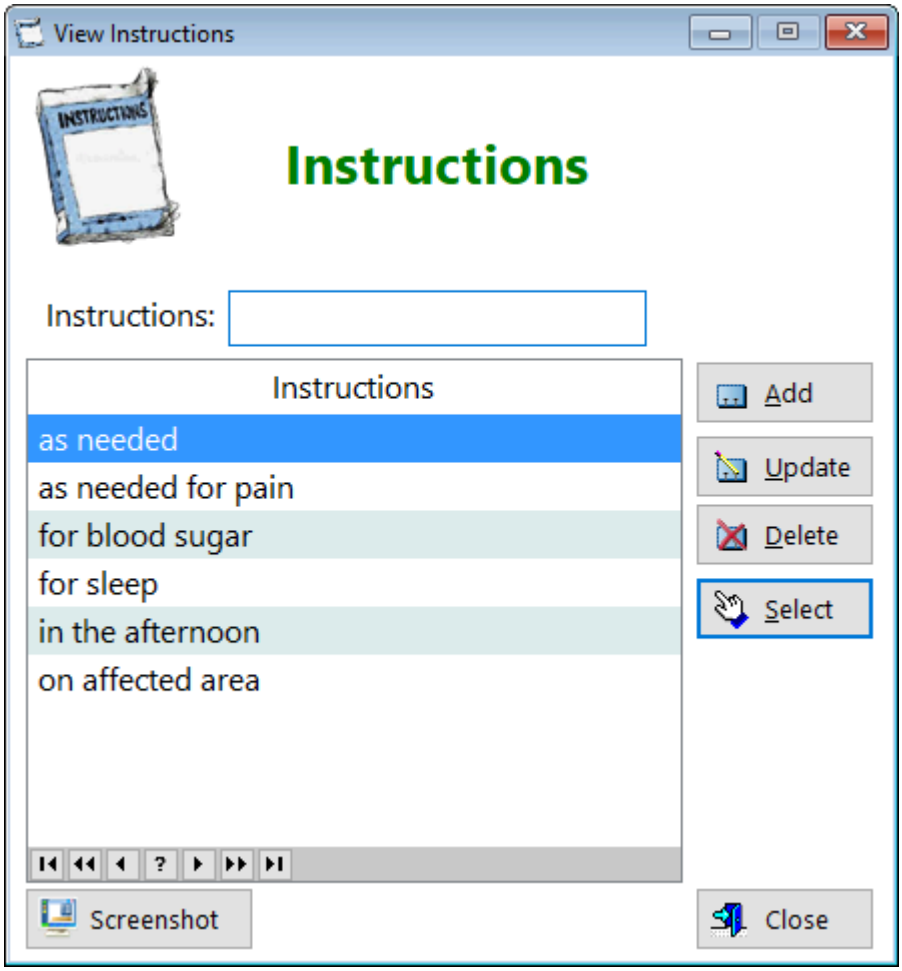
Click **Next**

Step 4: Add the Frequency


View Frequencies
Frequency:
twice a day
Frequency
every 4 hours
every morning
in affected eye
in the afternoon
on affected area
three times a day
twice a day
twice a week
weekly
Add
Update
Delete
Select
Close

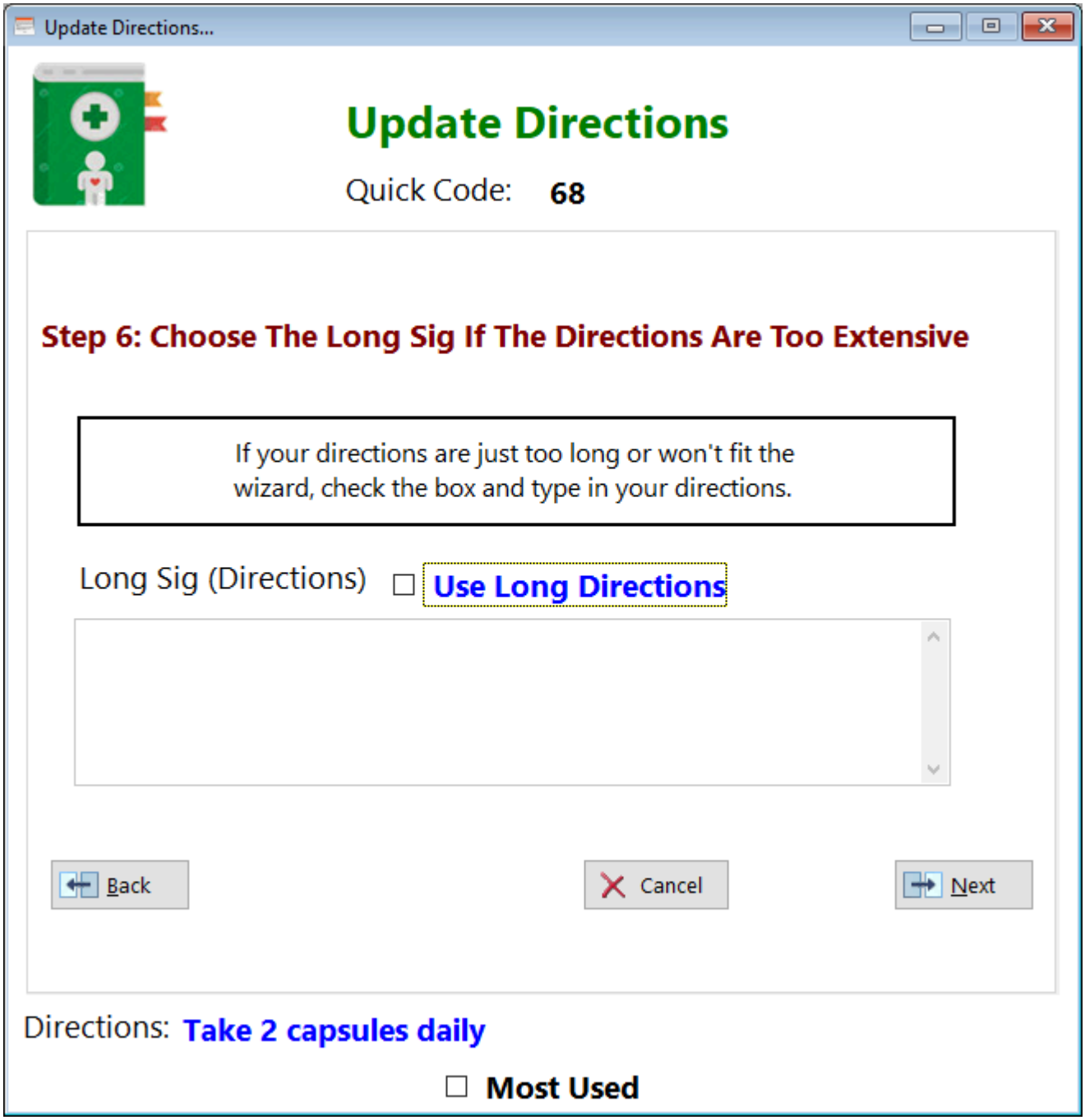


Step 5: Adding additional instructions (optional)



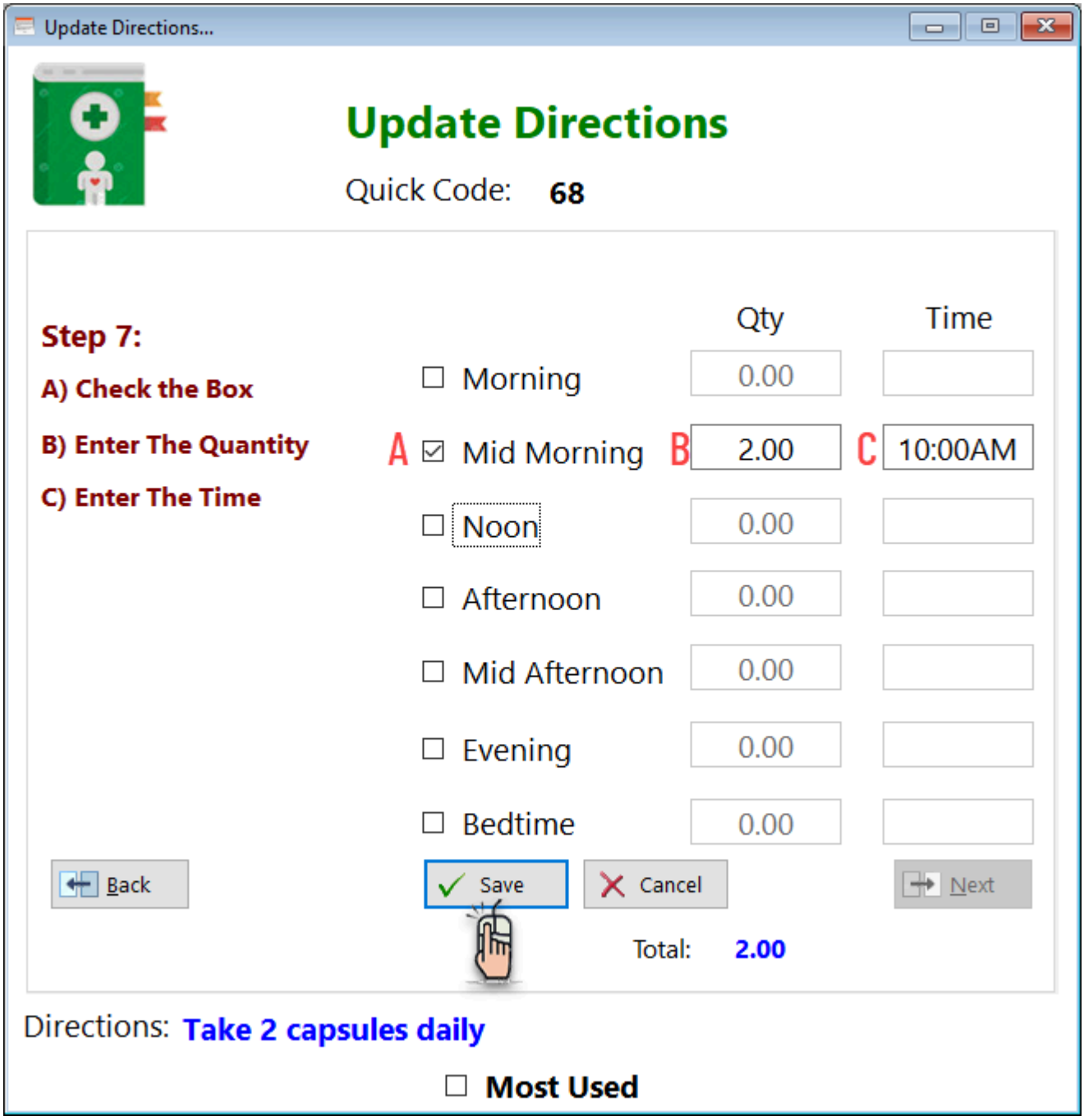
Press the ESC key if you don't plan to add more instructions

Step 6: Long Instructions. Use this only if the directions on your medication are too long to fit



Click on Next again

Step 7: Choose the quantity and time of day



You must do ALL of the following:
1) Check the appropriate box
2) Enter the appropriate qty
3) Enter the appropriate time

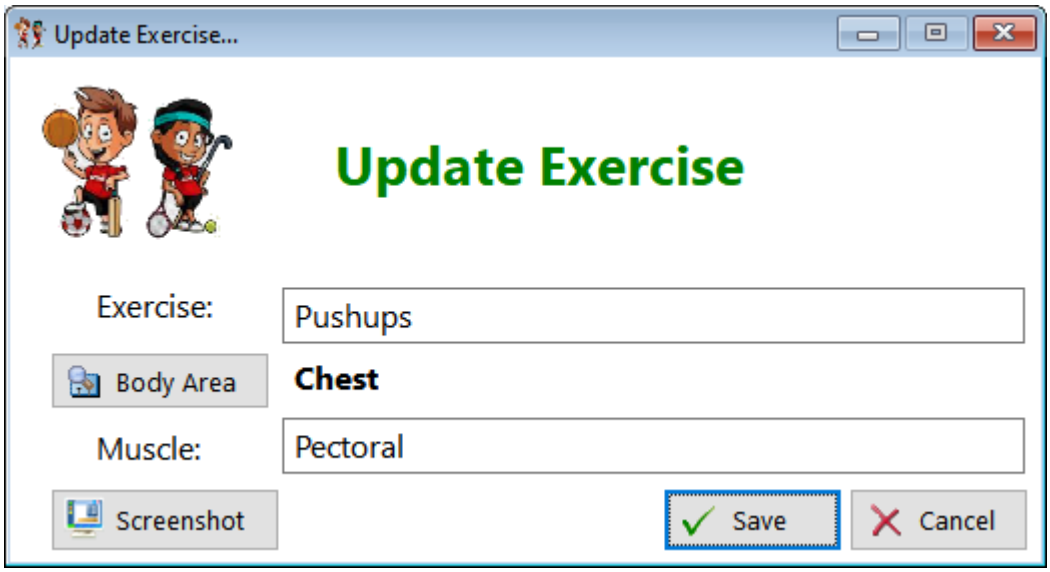
Click the **Save** button to save your record

Quick Code - This number is auto-generated for you to memorize. This can be handy if you use this direction often.
Most Used - Click this checkbox if you want to be able to filter this record

HelpID: UpdateDirections

Update Exercise

The Update Exercise form enables you to add or make changes to existing records.



Exercise - Enter the name of the exercise
Body Area - Select the area of the body associated with the exercise
Muscle - Enter the name of the muscle you'll be exercising

See also...

- BodyAreas

HelpID: UpdateExercise

Update Family Member

The Update Family Member form enables you to add or make changes to your family history, showing some conditions they might have experienced.

Family Member - Enter the name of your family member
Highlight - Check this box if you want this record to be highlighted in the list of family members
Lineage - Select whether your grandparents were from your mother or father's side of the family
Current Health - Select the current health status of each of your family members
Gender - Select the appropriate gender (sex) of your family member
Age - Enter the age of your family member if they're still alive
Age of Death - When you select 'Deceased' from the Current Health field, you'll be able to enter the age that your family member died.
Cause of Death - Enter how your family member died

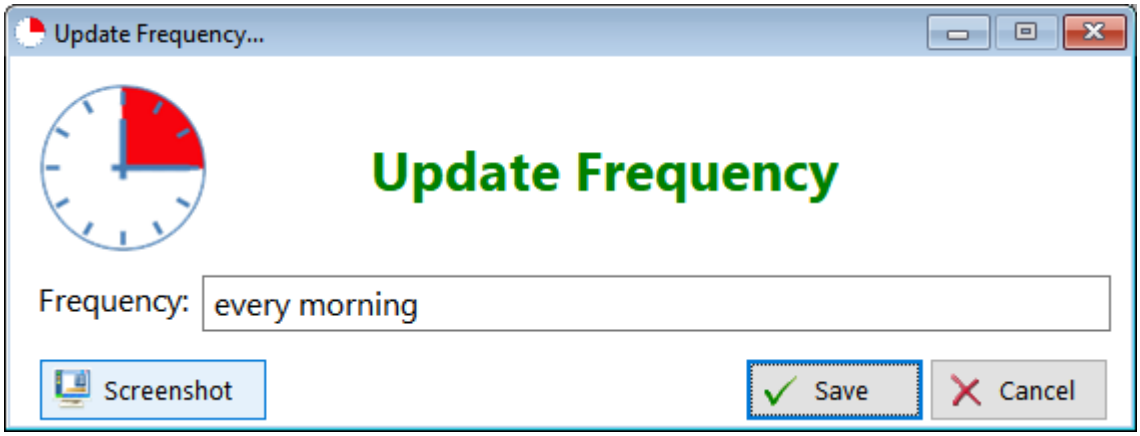
Conditions

Select 'Yes' to any of the conditions that your family member had. It should be noted that most health care providers are more concerned about a condition that existed (Yes) than when they didn't have a condition (No). Therefore, you'll see that the only selections that show up in the list are those that are 'Yes'.
Clicking on 'No' simply empties the field. I hope this is clear.
Notes - Enter any notes that you believe are necessary regarding this family member.

HelpID: UpdateFamilyMember

Update Frequency

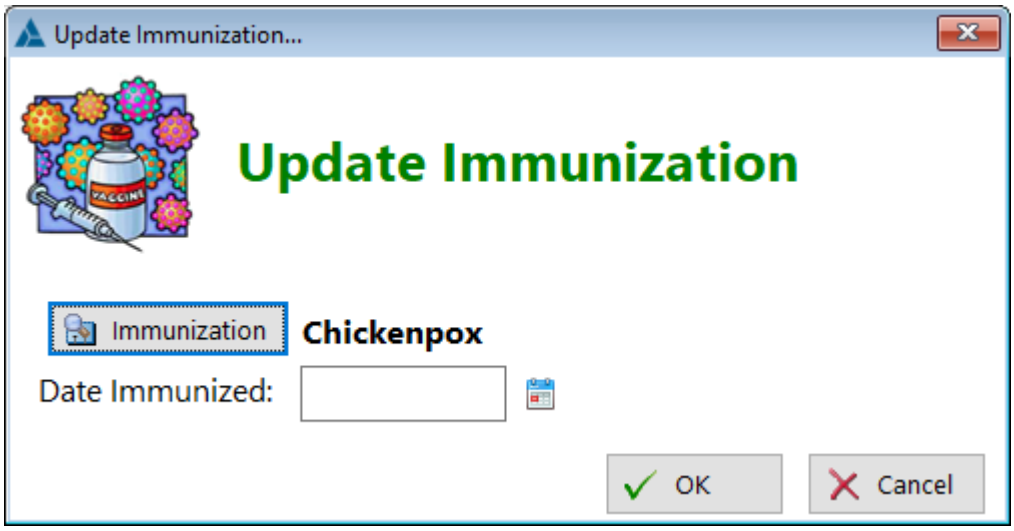
The Update Frequency update form enables you to add how often you'll be taking the medication or supplement



Frequency - enter how often you'll be taking this

HelpID: UpdateFrequency

Update Immunization

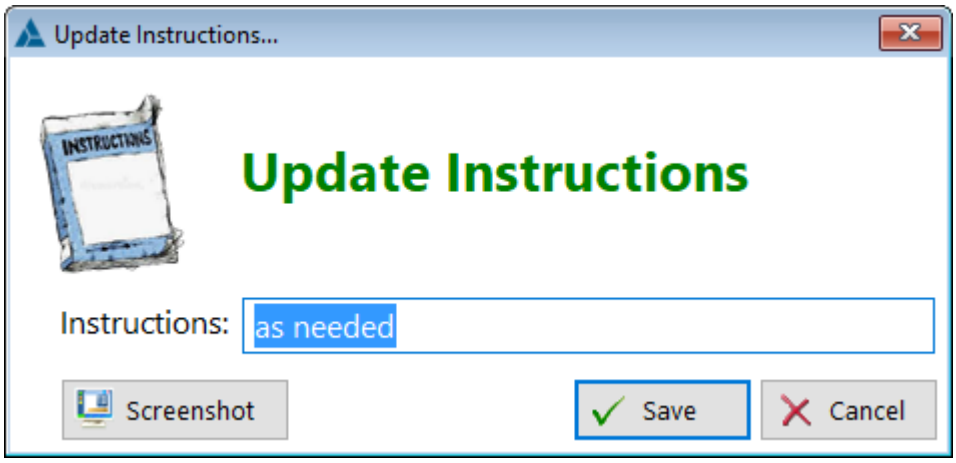


See also...

- Immunizations

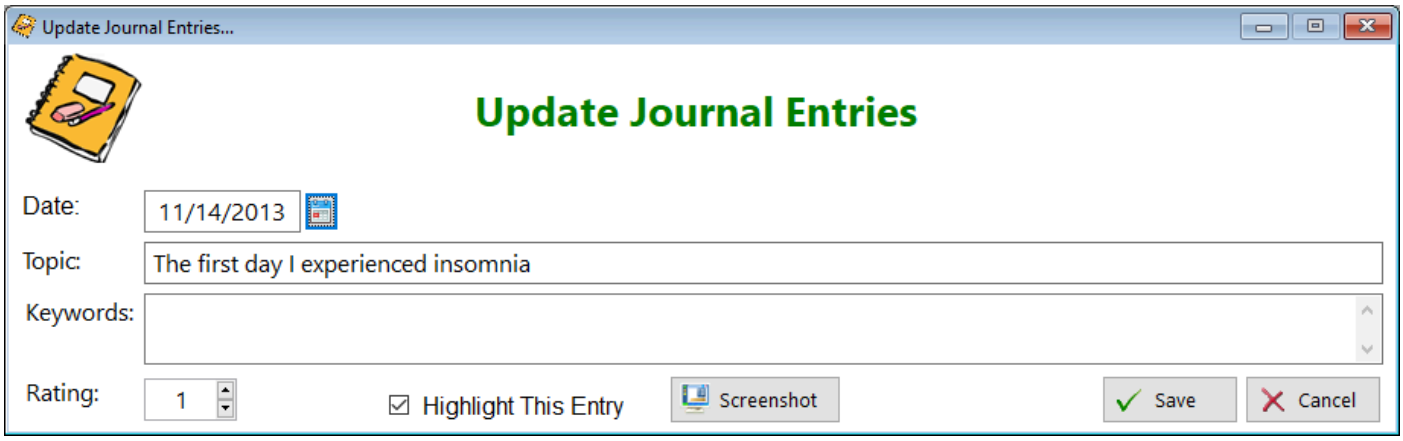
HelpID: UpdateImmunization

Update Instructions



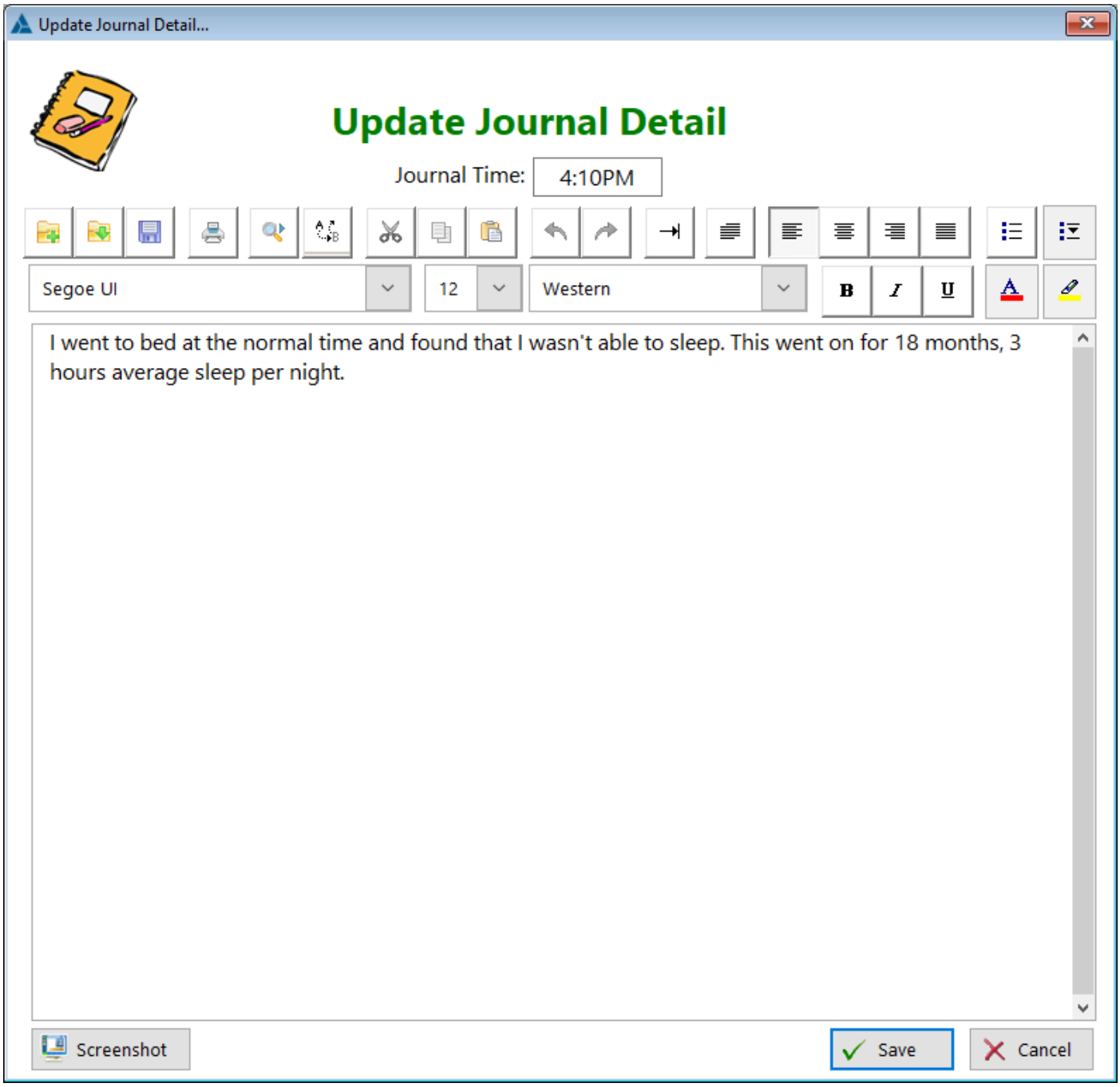
HelpID: UpdateInstructions

Update Journal



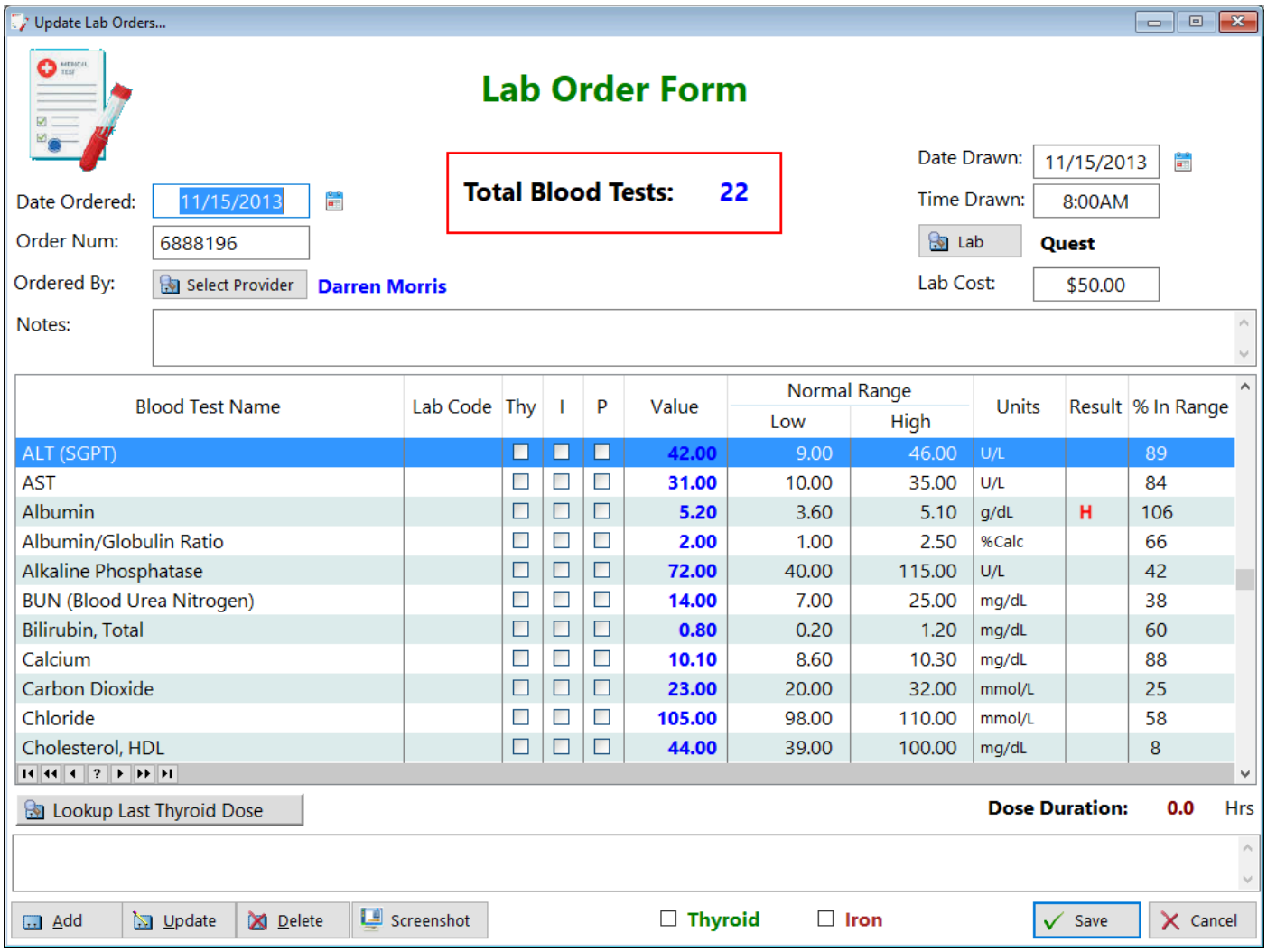
HelpID: UpdateJournal

Update Journal Detail



HelpID: UpdateJournalDetail

Update Lab Order

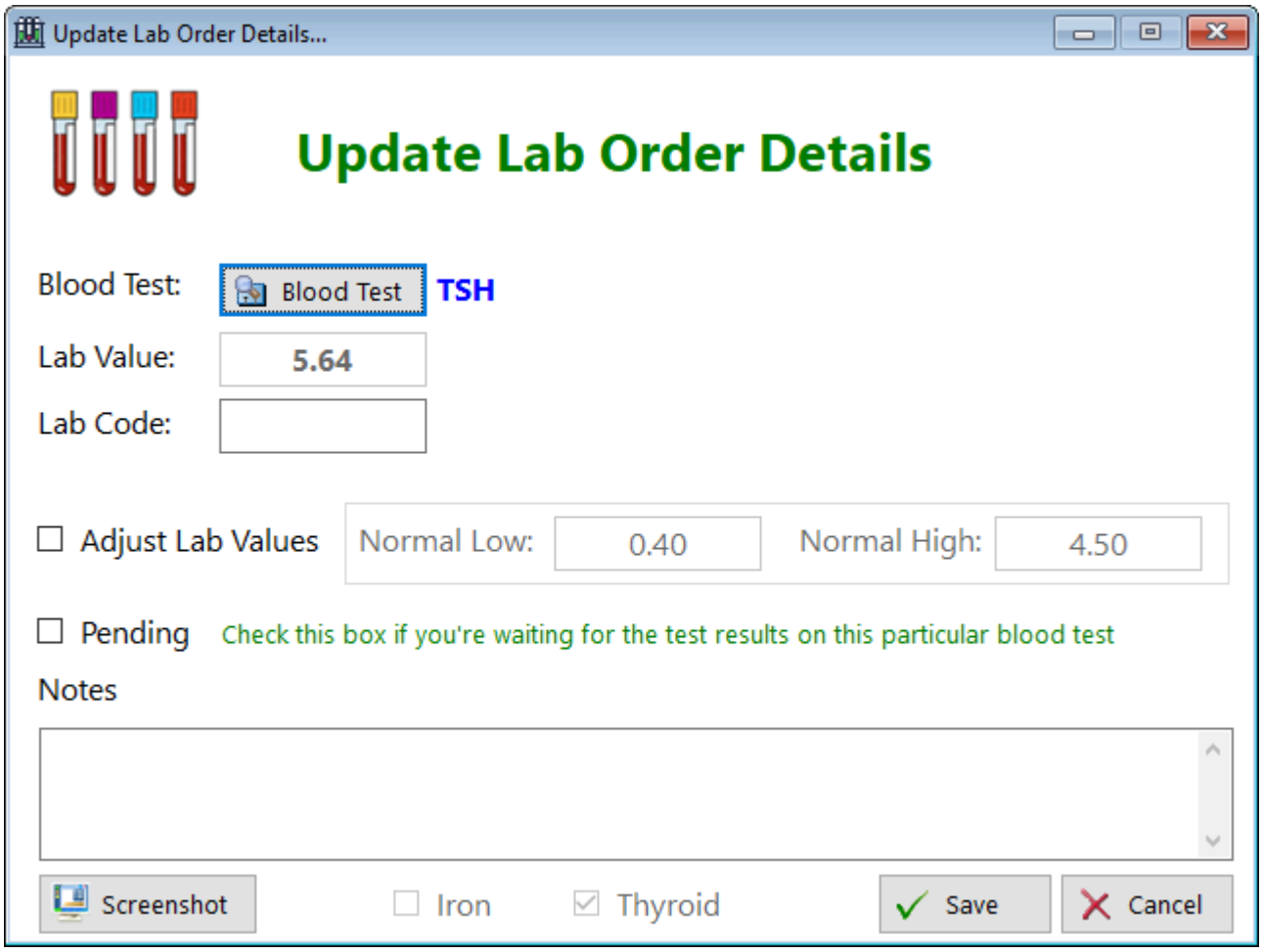


See also...

- Labs
- MedLogBTDuration
- Providers
- UpdateLabOrderDetails

HelpID: UpdateLabOrder

Update Lab Order Details



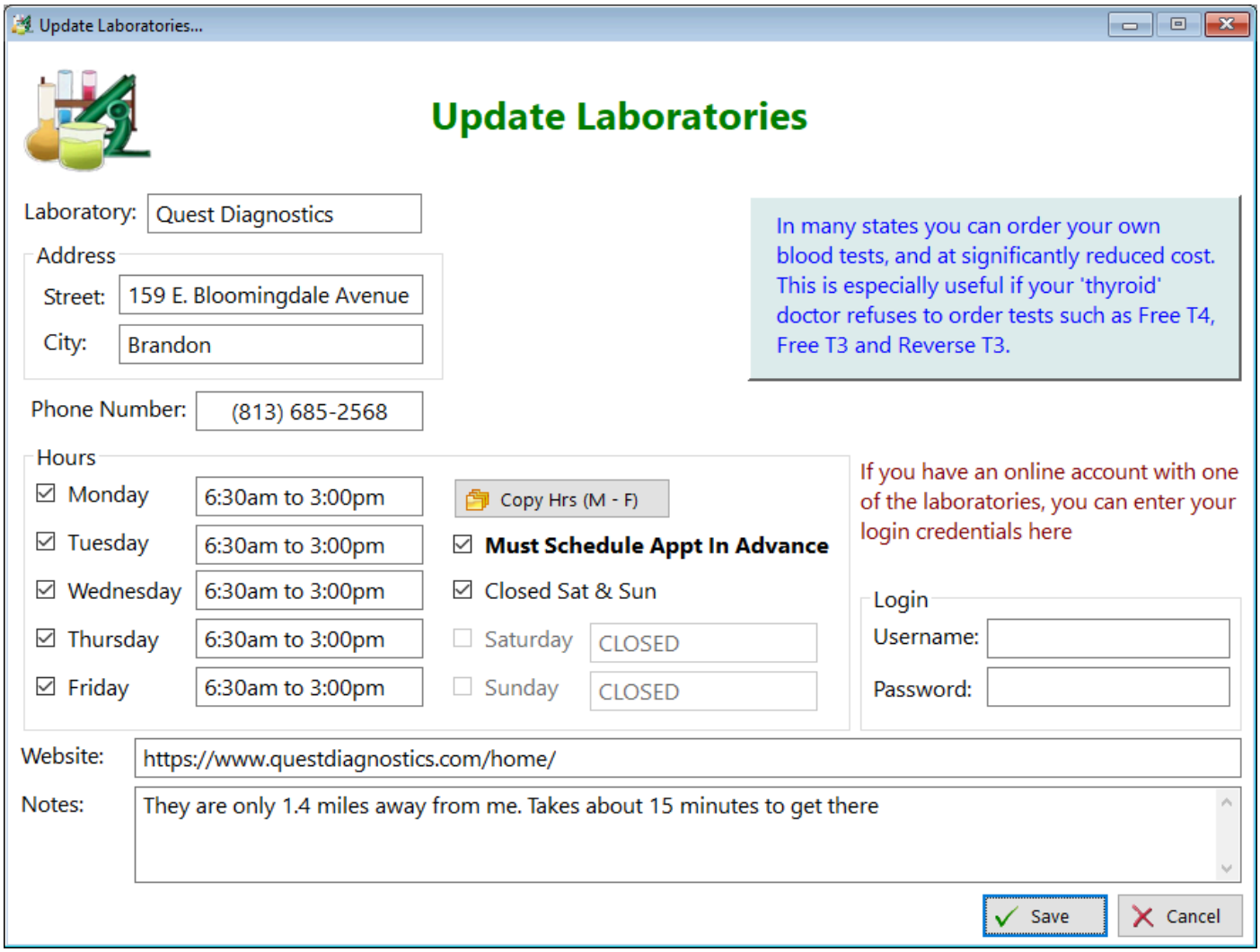
See also...

- BloodTests

HelpID: UpdateLabOrderDetails

Update Labs

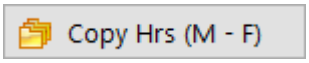
The Update Laboratories module receives data for the Laboratories table.



Laboratory - Enter the name of the lab here (usually Quest or Labcorp)
Address
Street - Enter the location of the lab you have blood drawn at
City - Enter the city where the lab is located

Phone Number - Enter the telephone number of the lab
Hours
Monday(checkbox) - Check the box to gain access to the lab's hours on this day
Monday(Entry field) - Enter the time that the lab is open on Monday
Tuesday(checkbox) - Check the box to gain access to the lab's hours on this day
Tuesday(Entry field) - Enter the time that the lab is open on Tuesday
Wednesday(checkbox) - Check the box to gain access to the lab's hours on this day
Wednesday(Entry field) - Enter the time that the lab is open on Wednesday
Thursday(checkbox) - Check the box to gain access to the lab's hours on this day

Thursday(Entry field) - Enter the time that the lab is open on Thursday
Friday(checkbox) - Check the box to gain access to the lab's hours on this day
Friday(Entry field) - Enter the time that the lab is open on Friday
Saturday(checkbox) - Check the box to gain access to the lab's hours on this day
Saturday(Entry field) - Enter the time that the lab is open on Saturday
Sunday(checkbox) - Check the box to gain access to the lab's hours on this day
Sunday(Entry field) - Enter the time that the lab is open on Sunday



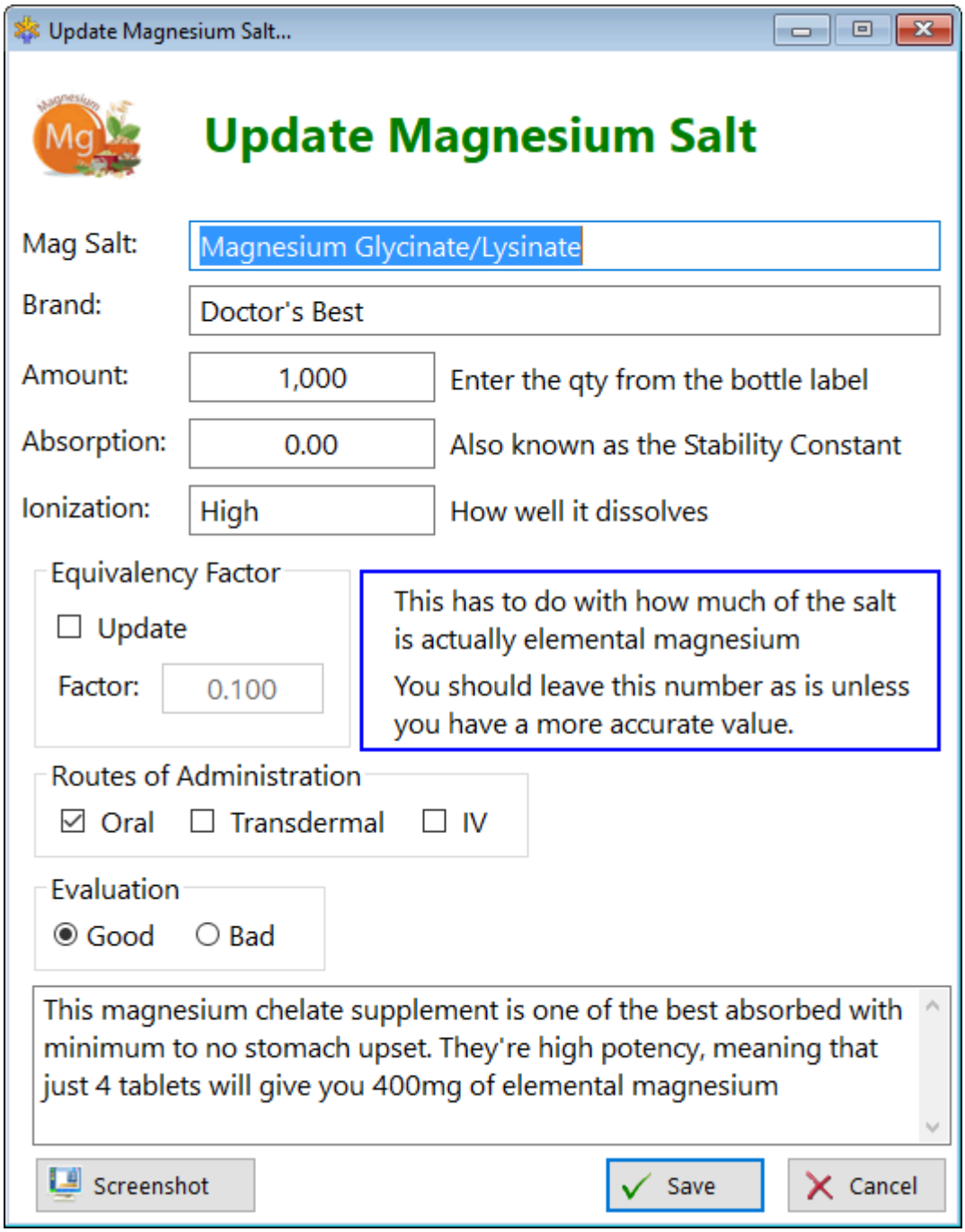
Copy Hrs (M - F) If Monday through Friday all have the same hours, Check the Monday(checkbox), fill in the time, then click this button. It will fill the rest of the time slots from Monday to Friday (skipping Saturday and Sunday since most labs aren't open those days)
Must Schedule Appt In Advance(checkbox) - Some labs no longer permit people to just show up and get blood drawn and require an appointment. Check this box if that applies to you.
Closed Saturday & Sunday(checkbox) - Labs don't tend to be open these two days because it's not profitable. Just check the box if that applies in your case.
Login - These fields were added just in case you have (like me) an online account with one or more of the labs
Username - Enter your username for the online lab account
Password - Enter your password for the online lab account

See also...

- CopyHoursMF

HelpID: UpdateLabs

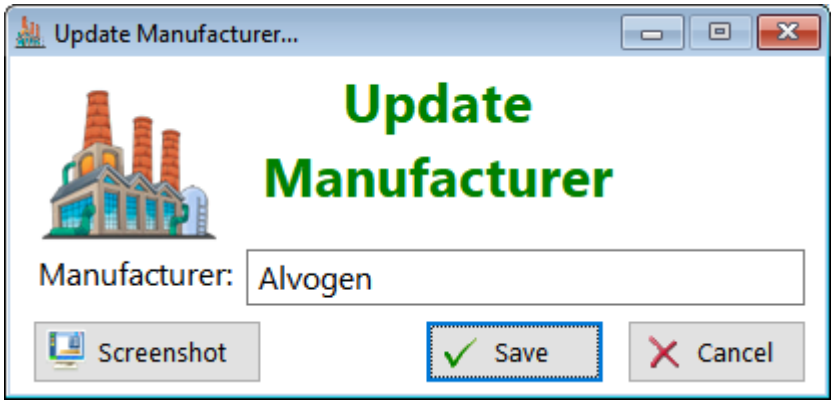
Update Magnesium Salts



HelpID: UpdateMagSalts

Update Manufacturer

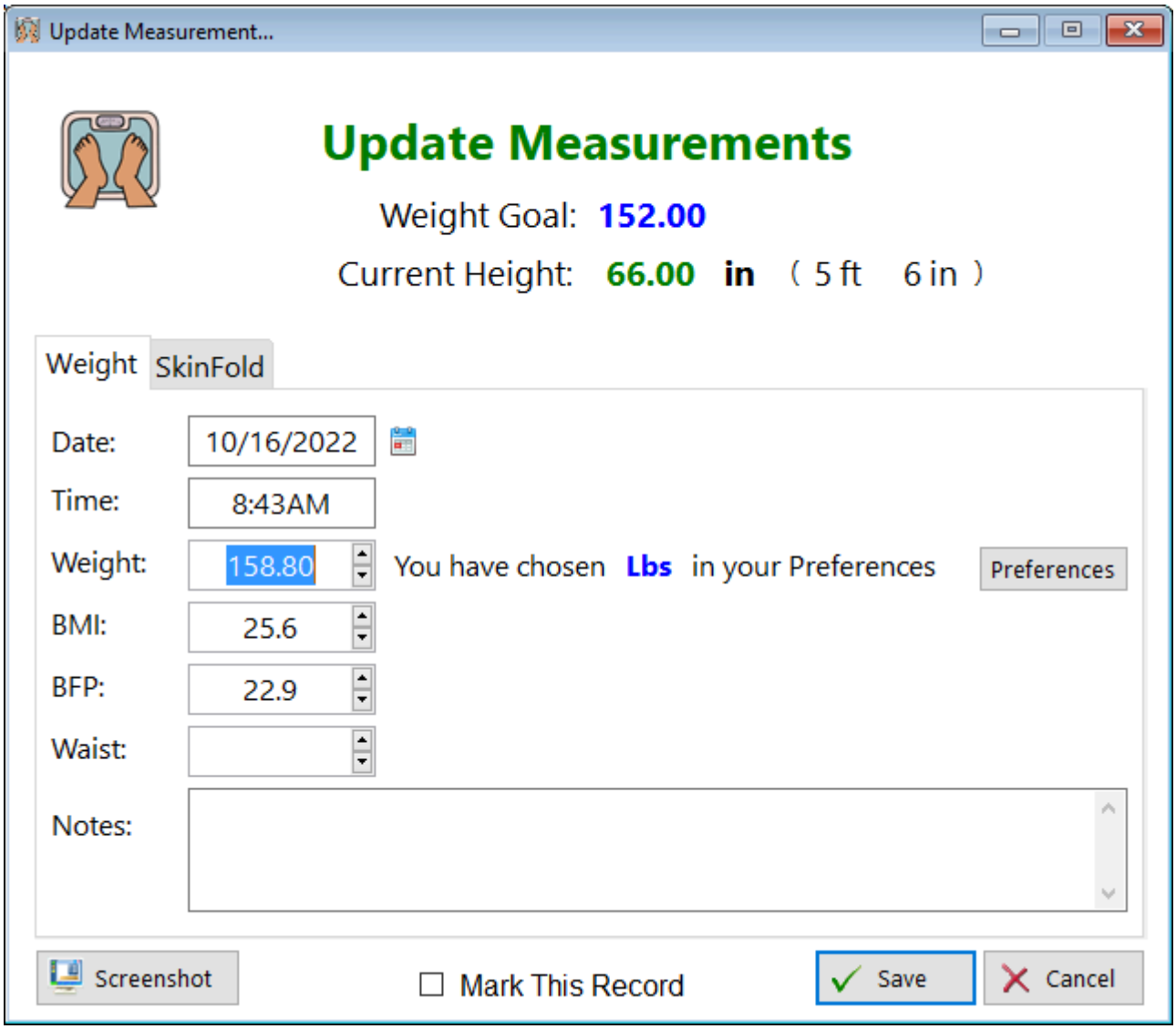
The Update Manufacturer update form enables you to add or update the name of a manufacturer



Manufacturer - Enter the name of the manufacturer

HelpID: UpdateManufacturer

Update Measurements

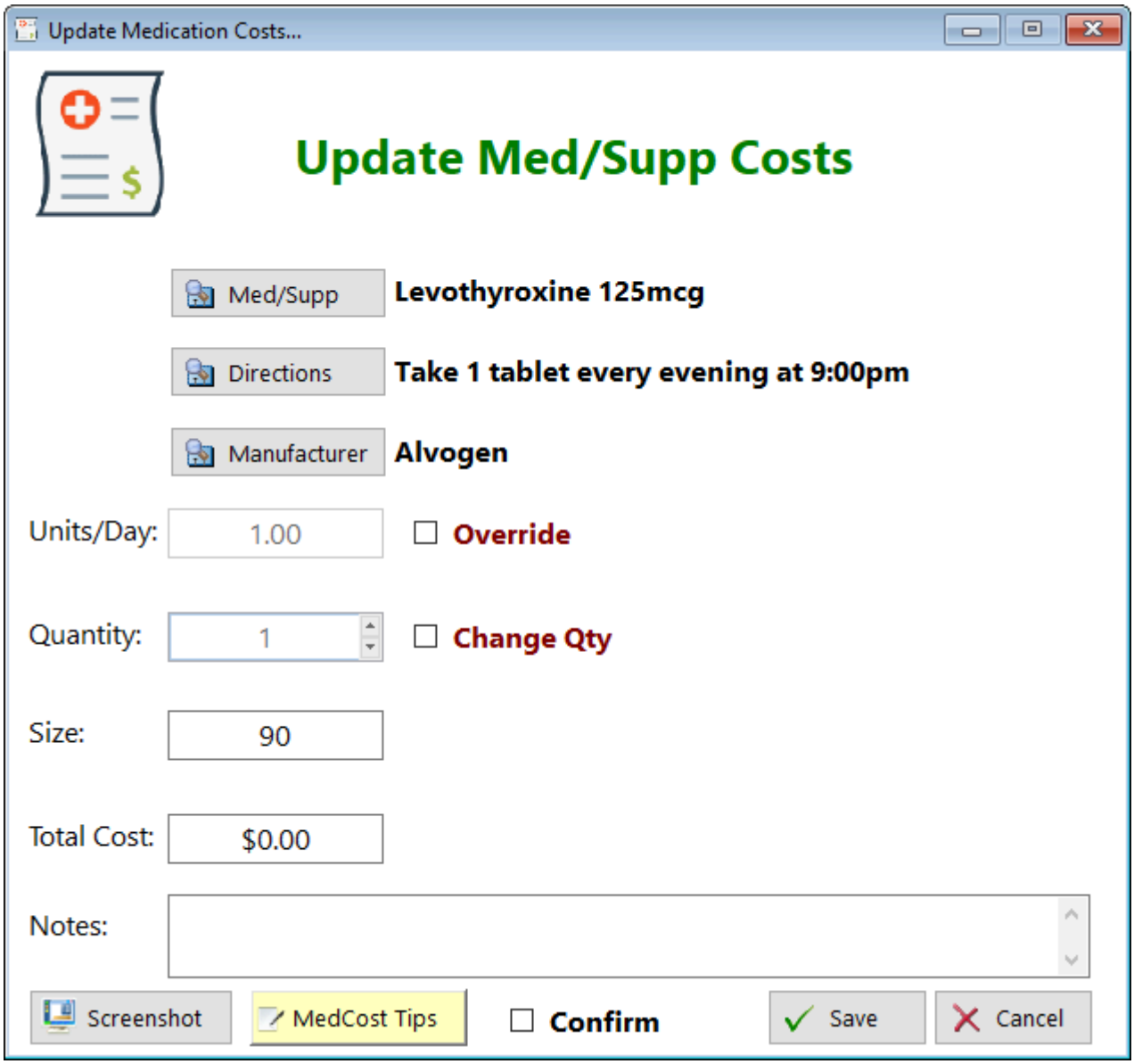


See also...

- Preferences
- SkinfoldChart

HelpID: UpdateMeasurements

Update Med Costs



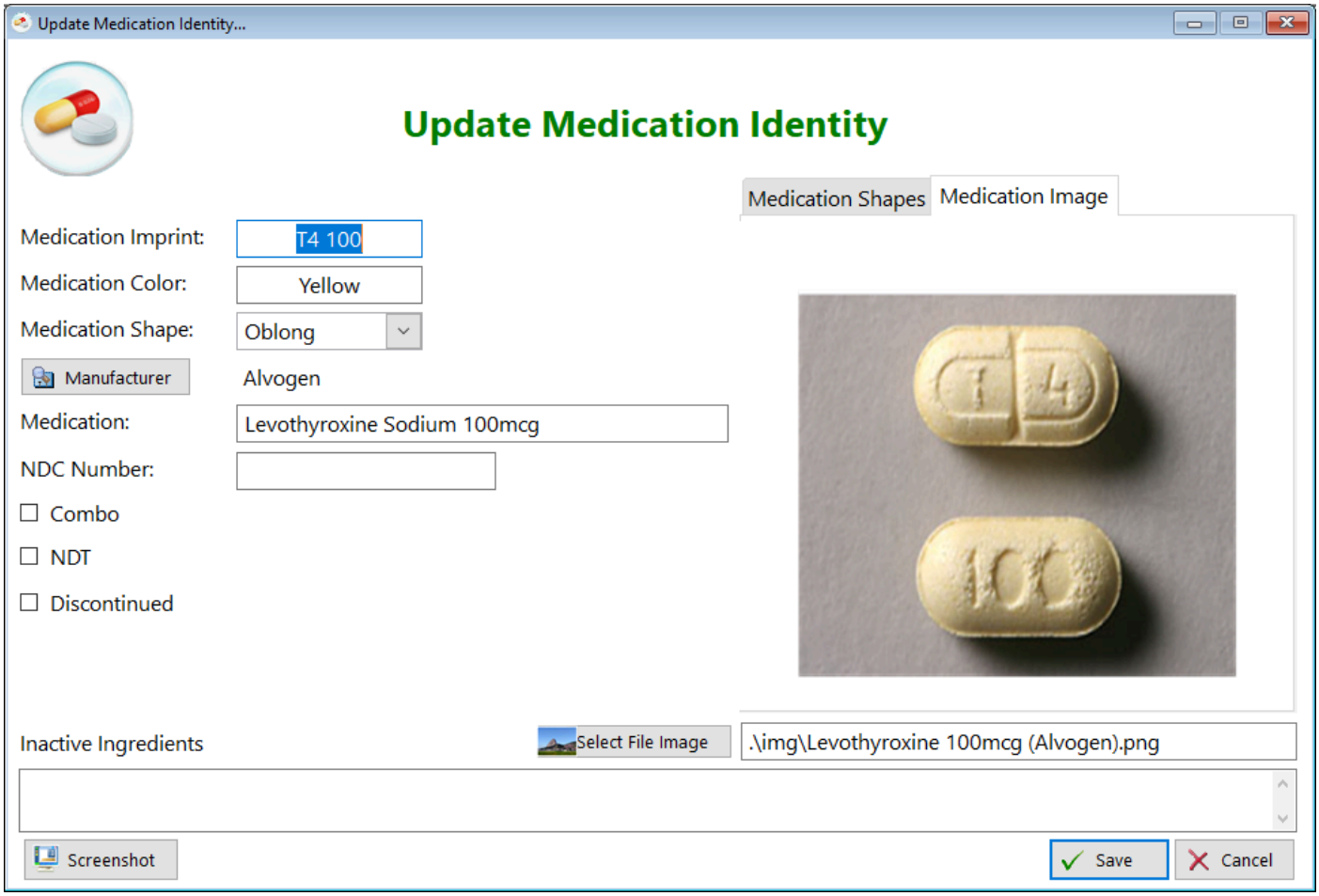
See also...

- Directions
- Manufacturers
- Medications

HelpID: UpdateMedCosts

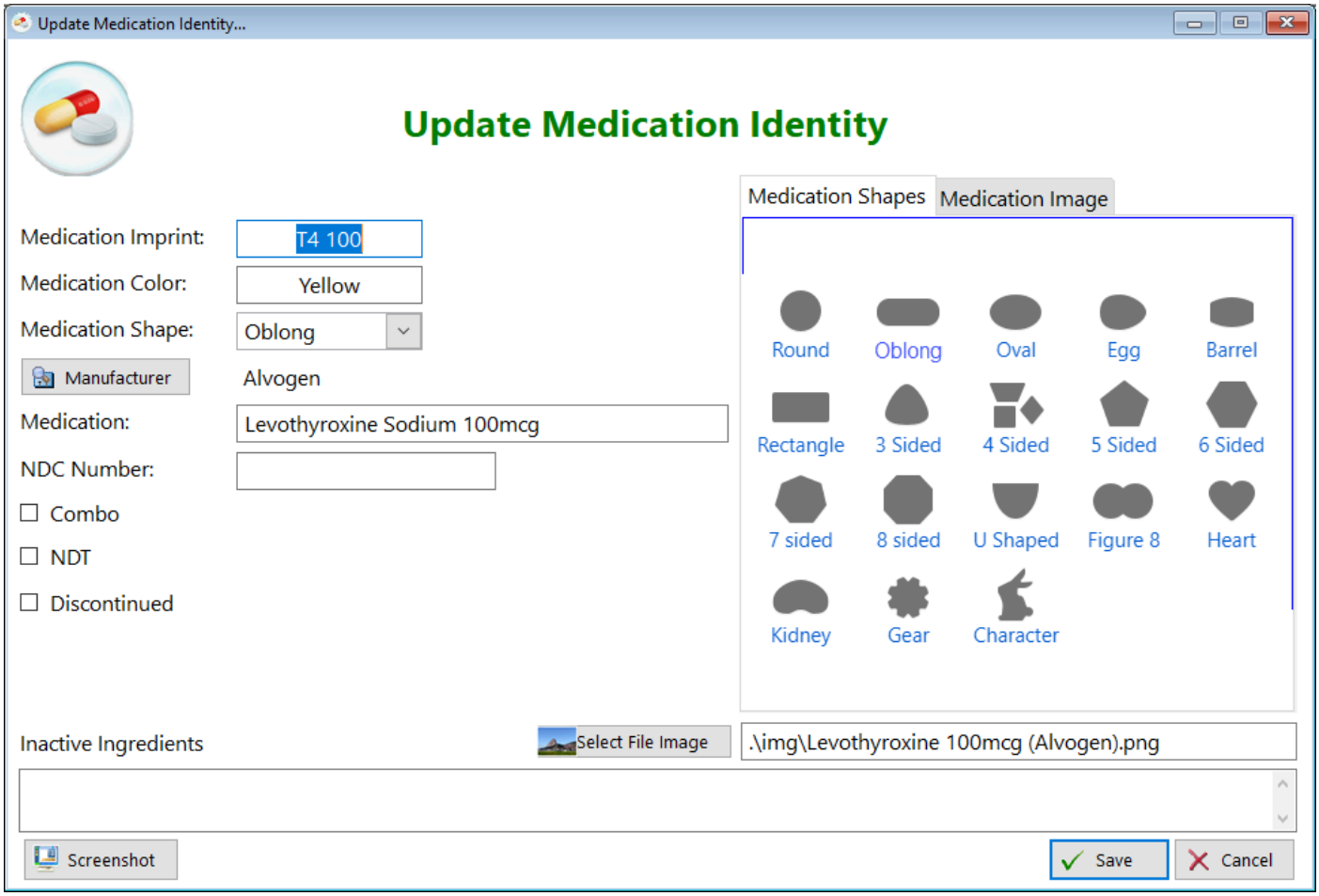
Update Medication Identity

This form enables you to make changes to any of the records in the Medication Identity table. For the most part, all the information you'll need will already be entered. If you find more information about a particular tablet manufacturer, you'll be able to enter that information, such as the inactive ingredients.



Medication Shapes Tab

The Medication Shapes Tab contains an image of what many of the tablets' shapes look like.



Requirements for adding an image:
The image must be 500 X 500 pixels in size. It can be either a jpg or png format. If our database doesn't contain your medication and you would like us to format an image, send us an email. You can do so directly through the Thyroid Tracker Pro program.

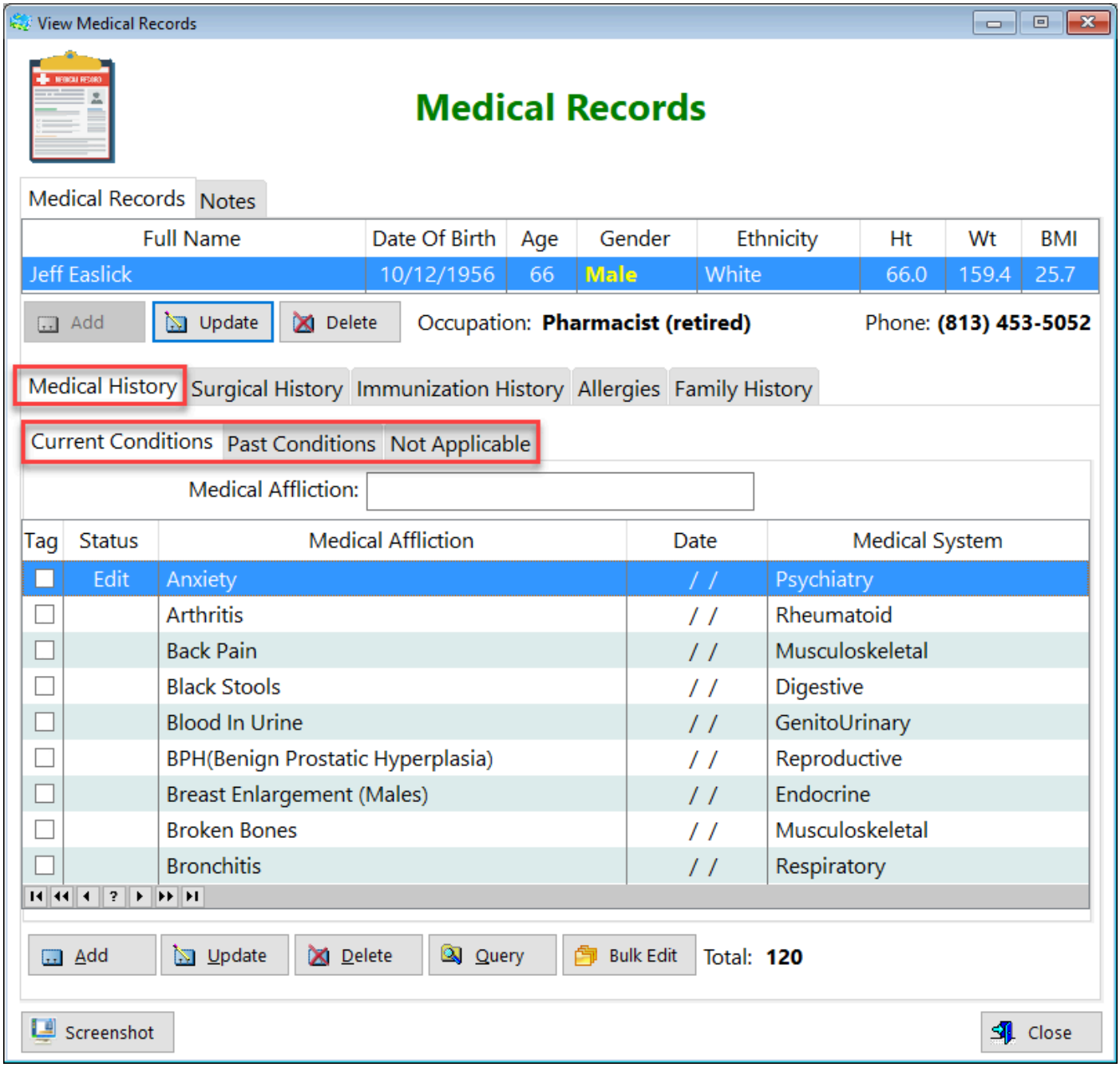
See also...

- Manufacturers

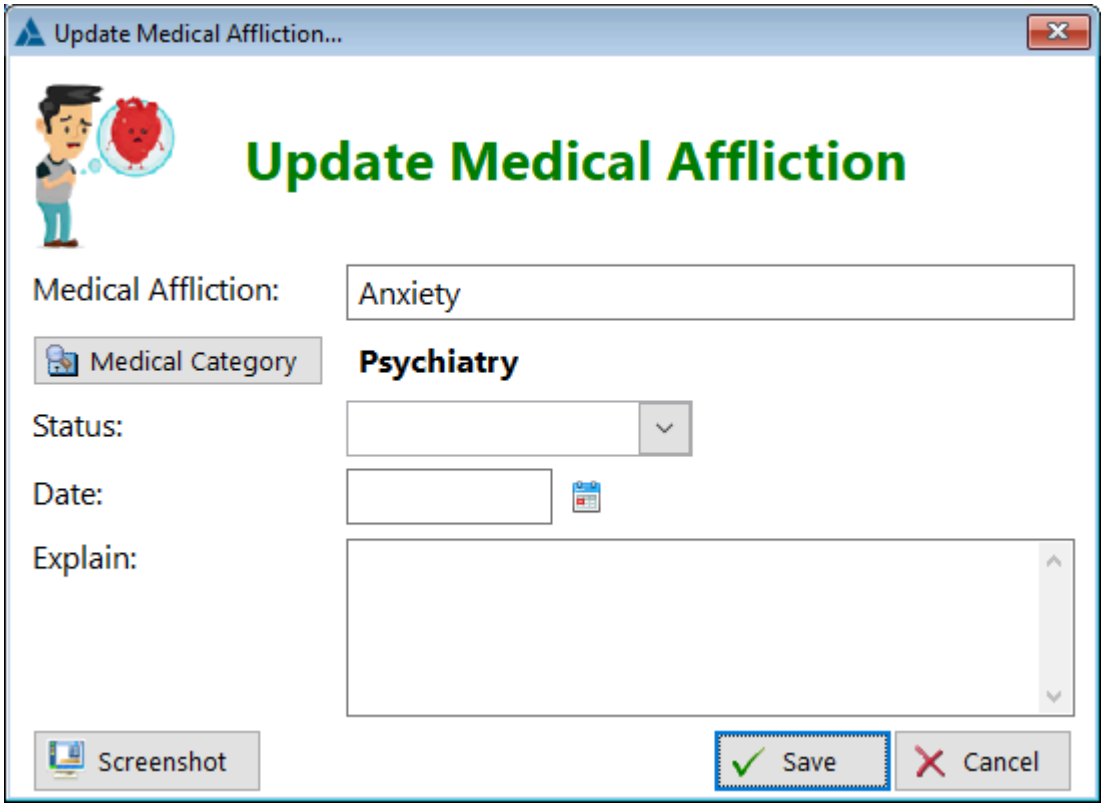
HelpID: UpdateMedIdentity

Update Medical Afflictions

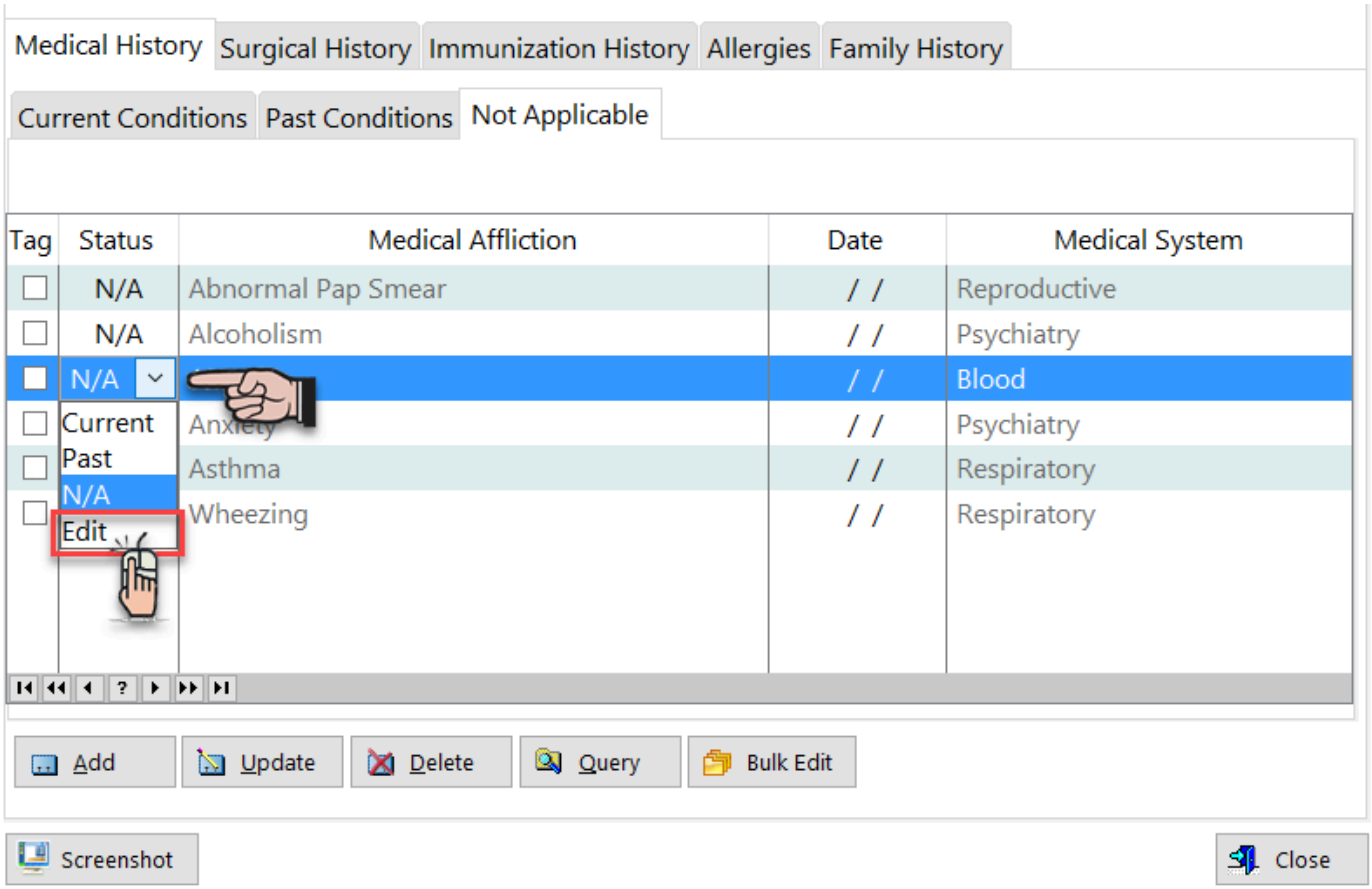
When you open the Medical Records screen, you'll see a Tab called 'Medical History' and underneath that tab are another set of tabs. These records indicate whether you currently have this condition, you had it once, or you've never been bothered by it.



Under the Status column, you'll notice that there aren't any entries, except for the example with 'Edit'.
You'll begin by double-clicking on each record and opening this form.



Status - You'll select the appropriate choice, which can be '**Current (C)**', '**Past (P)**', or '**Not Applicable (N/A)**'.
Date - Enter the date you began to experience this condition (or were diagnosed)
Explain - Use this field to comment on it



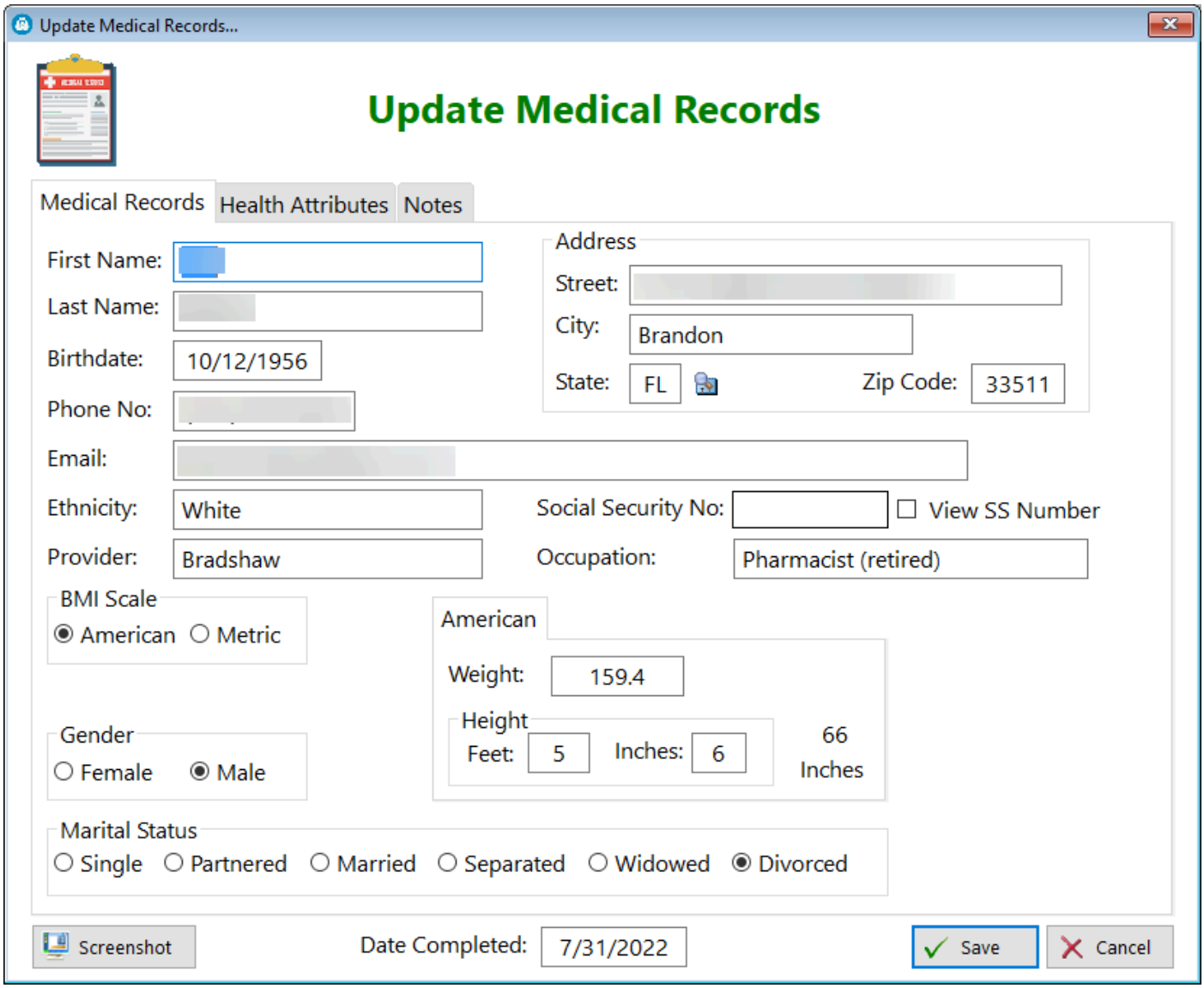
While in the browse screen, you'll have another choice called 'Edit'. This is used to make changes in the update form.
Click on 'Edit' and save that record. Then double-click and you'll have access to the entire form. Make any changes necessary and click 'Save'.

See also...

- MedicalCategories

HelpID: UpdateMedicalAfflictions

Update Medical Records



TABS

Medical Records - Basic information about you

Health Attributes - Information regarding your health, like smoking, drinking, recreational drugs, soft drinks and insomnia.

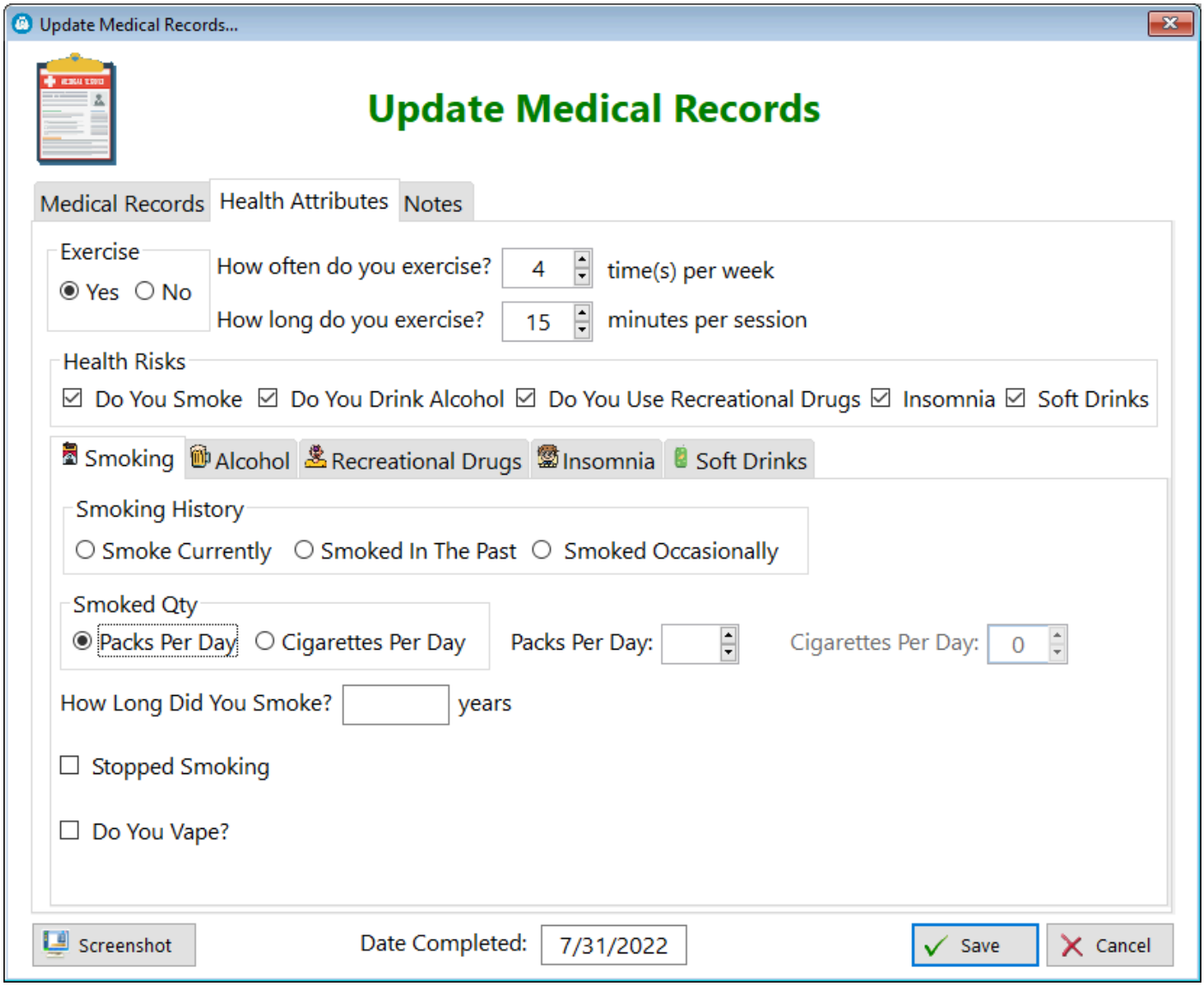
Notes - Enter any comments that will enable your provider to have a better understanding of you as a person.

Exercise - Select the answer best representing your exercise routine, enter how many times per week and how long you work out.

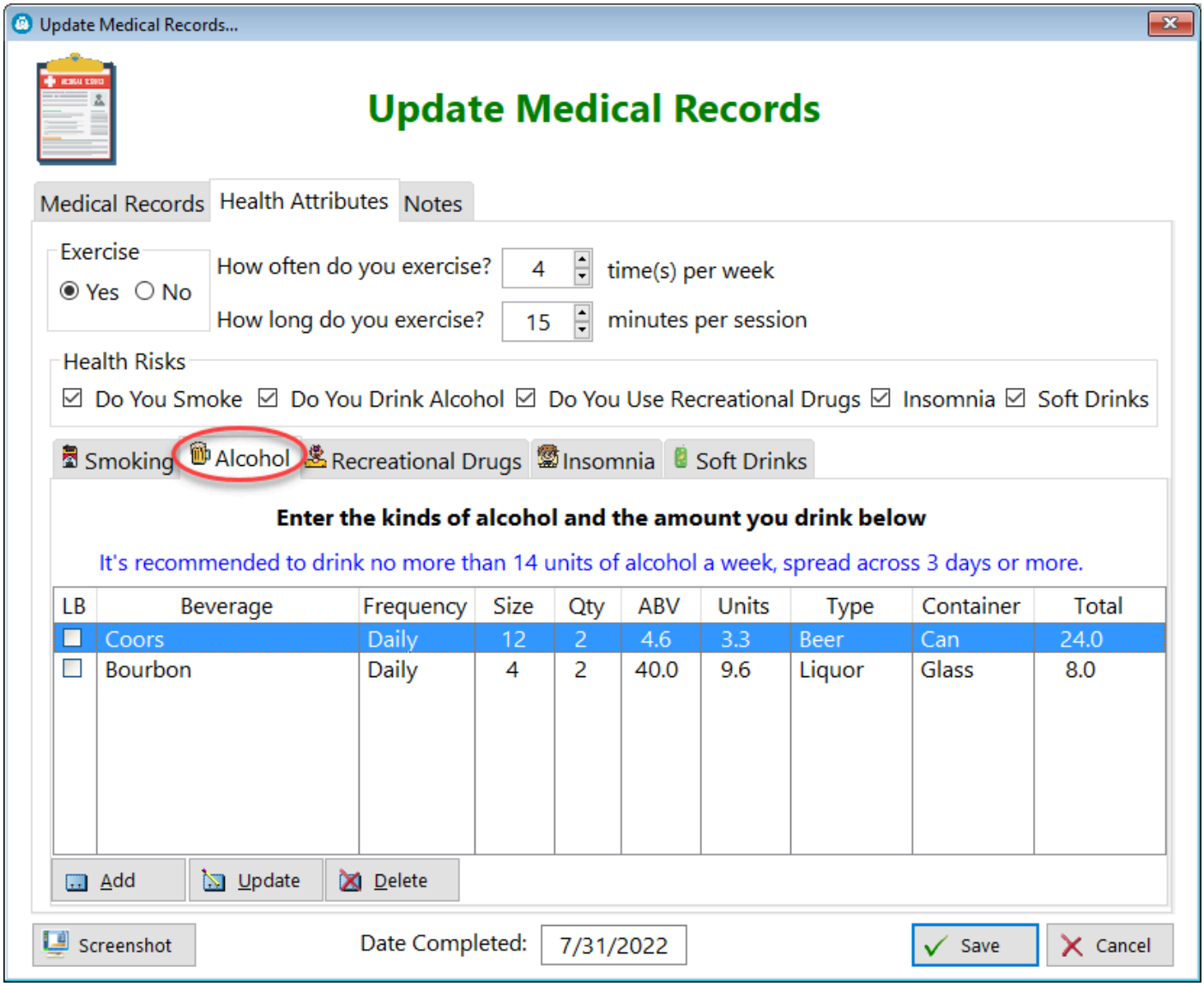
Health Risks - Select any of the checkboxes that you associate with your lifestyle.

TABS

Smoking

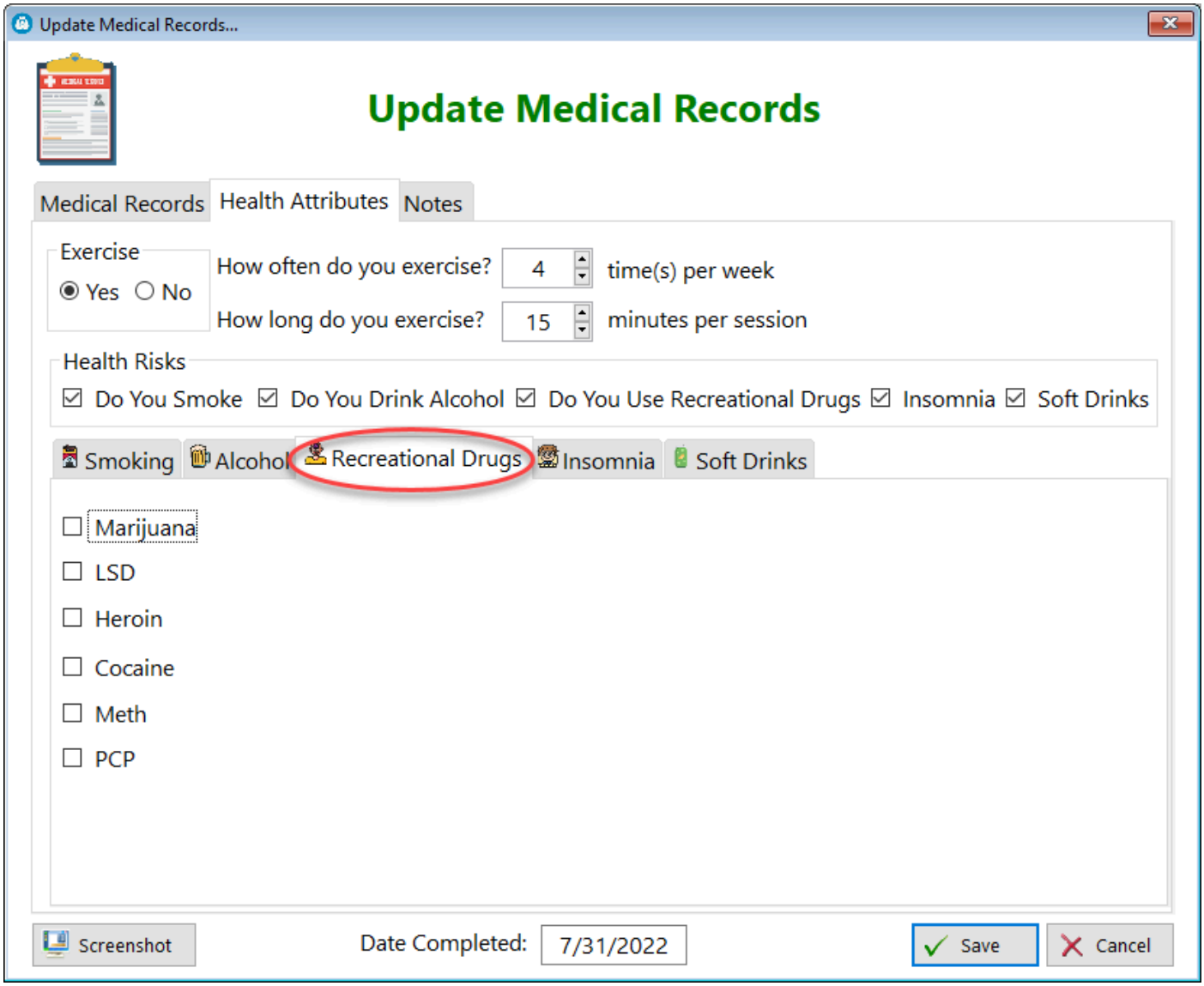


Smoking History - Check the option most appropriate to you
Smoked Qty - Choose which quantitative measure you most prefer
Packs Per Day - Fill this out if you selected the same under Smoked Qty
Cigarettes Per Day - Fill this out if you selected the same under Smoked Qty
Alcohol



If you drink and want to know more about the quantity of alcohol you're consuming, then you can use this part of the medical records to determine that.
LB - Light Beer
Beverage - The type of beer, name, etc.
Frequency - How often you consume this particular alcoholic beverage
Size - The size of the can, bottle, glass, how many ounces.
Qty - How many of this particular alcoholic beverage you drink
ABV - Alcohol by volume. It's the percent alcohol in that container
Units - This calculates how much alcohol you're consuming with this particular drink
Type - You can choose from Beer, Wine, or Liquor
Container - You can choose the type of container the alcoholic beverage comes in.
Total - This sums up the number of ounces of this particular drink you're consuming

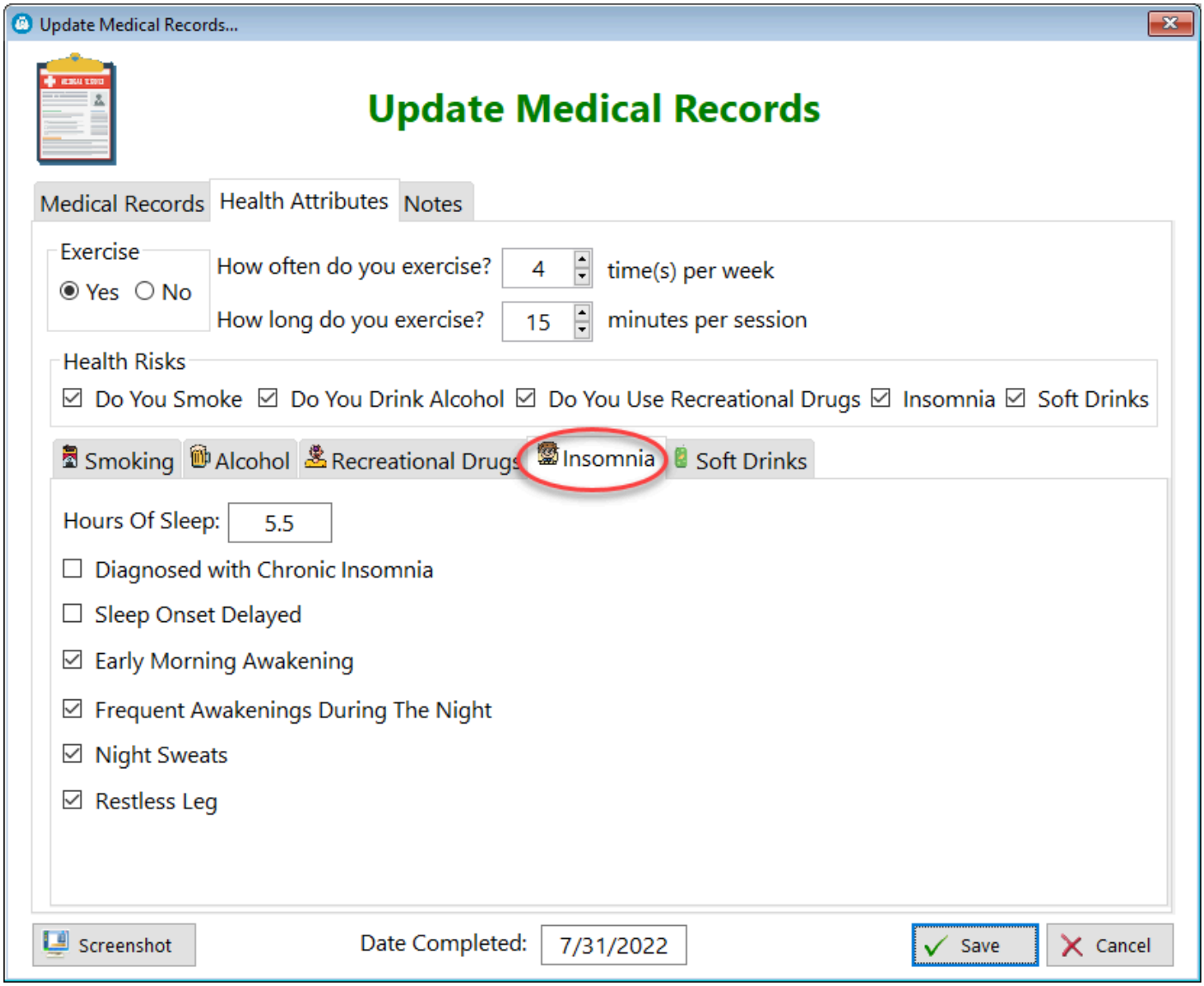
Recreational Drugs



Check the box(es) of any recreational drugs you're consuming

Insomnia

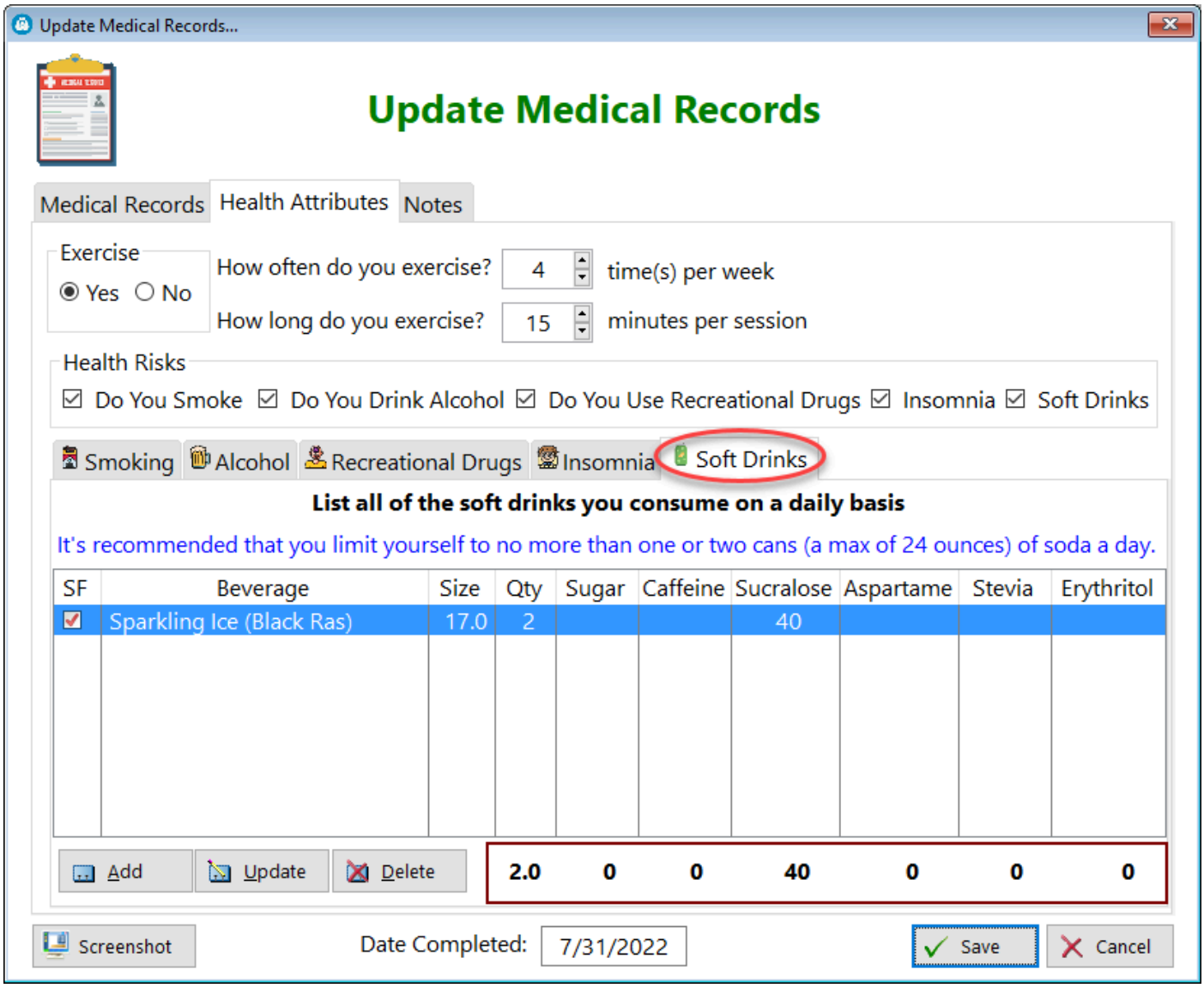
Insufficient sleep (less than 6 hours per night consistently over a long period of time) is unhealthy.



Check the checkbox labeled Insomnia if you're having difficulty getting sufficient sleep. This tab will open up for you.
Hours of Sleep - Enter number of hours of sleep you think you're getting
Diagnosed with Chronic Insomnia - Check this box if you've had a sleep study and have been diagnosed
Sleep Onset Delayed - If you find that you're unable to fall asleep in a normal time (~20minutes from getting into bed) check this box
Early Morning Awakening - If you find that you're waking up very early and are unable to go back to sleep, check this box
Frequent Awakenings During the Night - If you wake up multiple times for whatever reason, check this box
Night Sweats - If you wake up with your heart pounding and you're bathed in sweat, check this box.
Restless Leg - If you wake up with an uncontrollable urge to wiggle your leg (it feels like tourettes), check this box

Soft Drinks

Refined sugar found in soft drinks is a cause of many health problems, depending on how much you consume. Sugar free drinks aren't always better.



Use this screen to calculate how much sugar you're consuming per day
SF - Sugar Free
Beverage - The name of the drink
Size - The size of the container, in ounces
Qty - The number of containers
Sugar - Indicates how much sugar, in grams is being consumed
Caffeine - Indicates how much caffeine, in milligrams, is being consumed
Sucralose - Indicates how much sucralose, in milligrams, is being consumed
Aspartame - Indicates how much aspartame, in milligrams, is being consumed
Stevia - Indicates how much stevia extract, in milligrams, is being consumed
Erythritol - Indicates how much erythritol, in milligrams, is being consumed

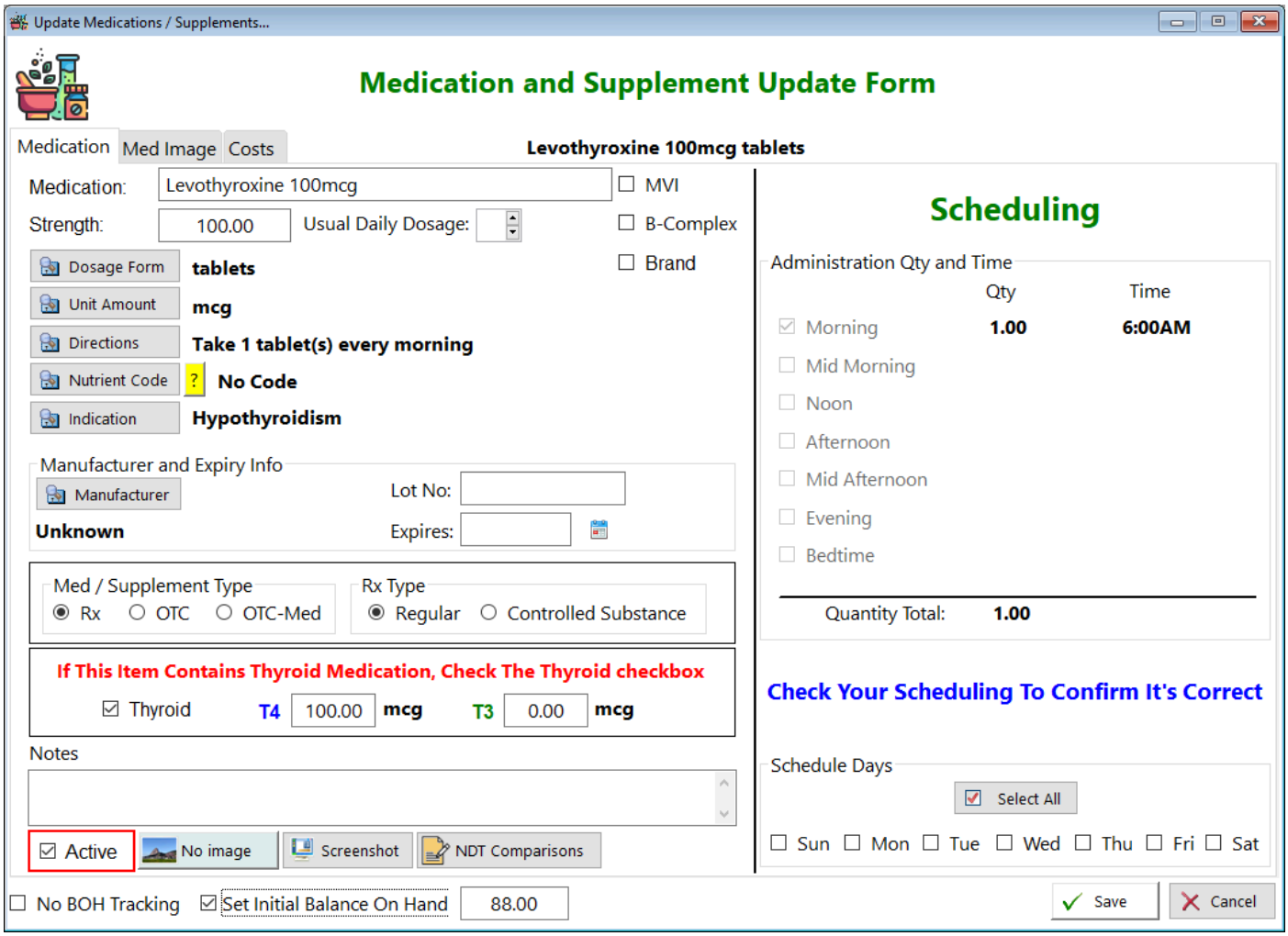
Each item you enter will be totaled at the bottom. In the example above, I'm consuming a drink called sparkling ice (black raspberry), a 17 ounce bottle containing 20mg of sucralose per bottle. There is no sugar or caffeine it this drink.

See also...

- States

HelpID: UpdateMedicalRecords

Update Medications



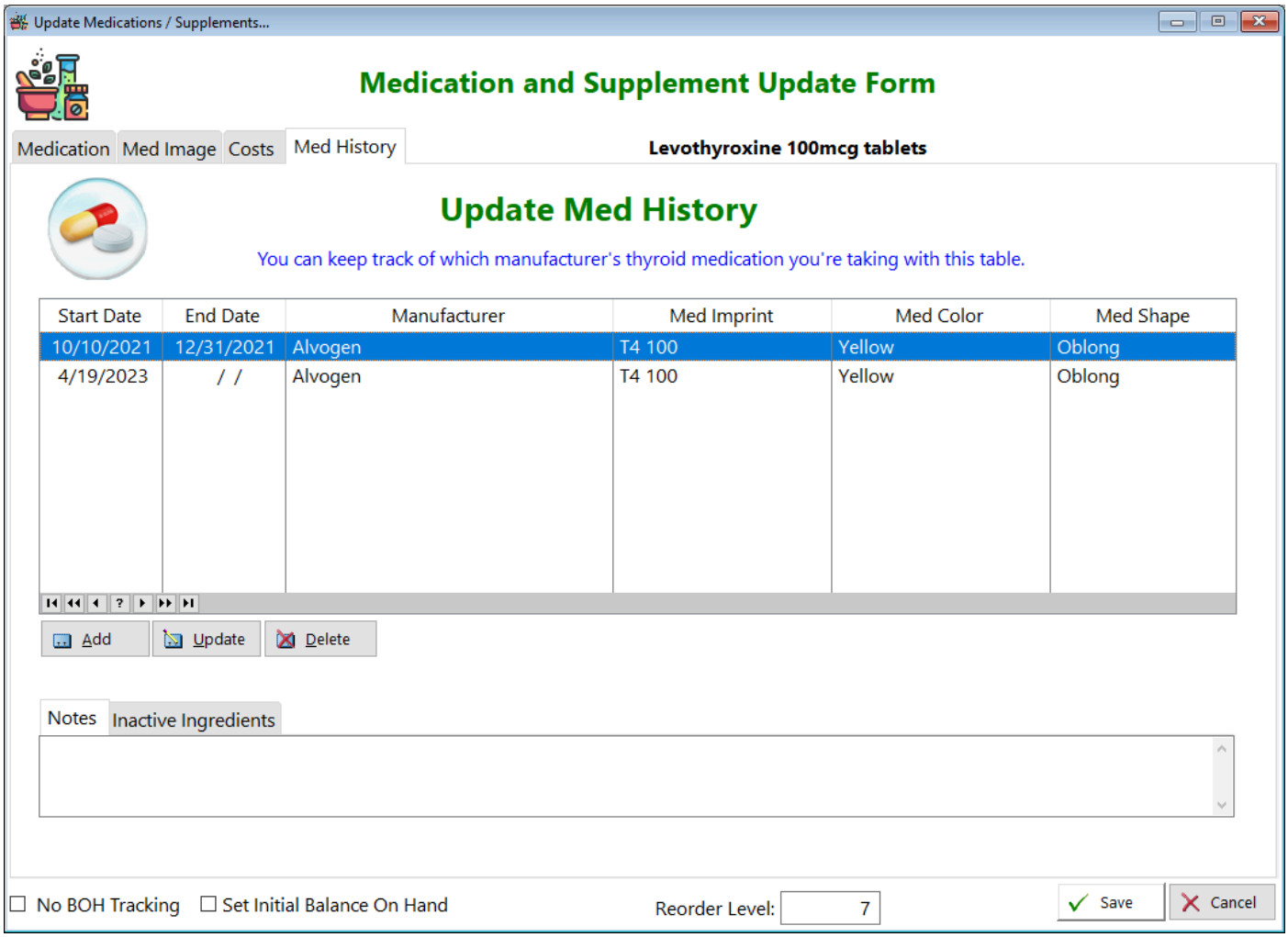
See also...

- Directions
- DosageCodes
- DosageForms
- Indications
- Manufacturers
- NutrientCodes
- Units

HelpID: UpdateMedications

Update Medication History

You can update your medication history here, on the tab labeled Med History. This is designed to help you track the different brands of thyroid hormone medication you've been dispensed over the course of your treatment. Many of us go to the pharmacy and discover that we're getting a different brand of levothyroxine and / or liothyronine. Some of you have commented that you didn't feel as well on certain brands. Documentation is key to proving your assertion that certain brands are less effective for you. This is where you do that.



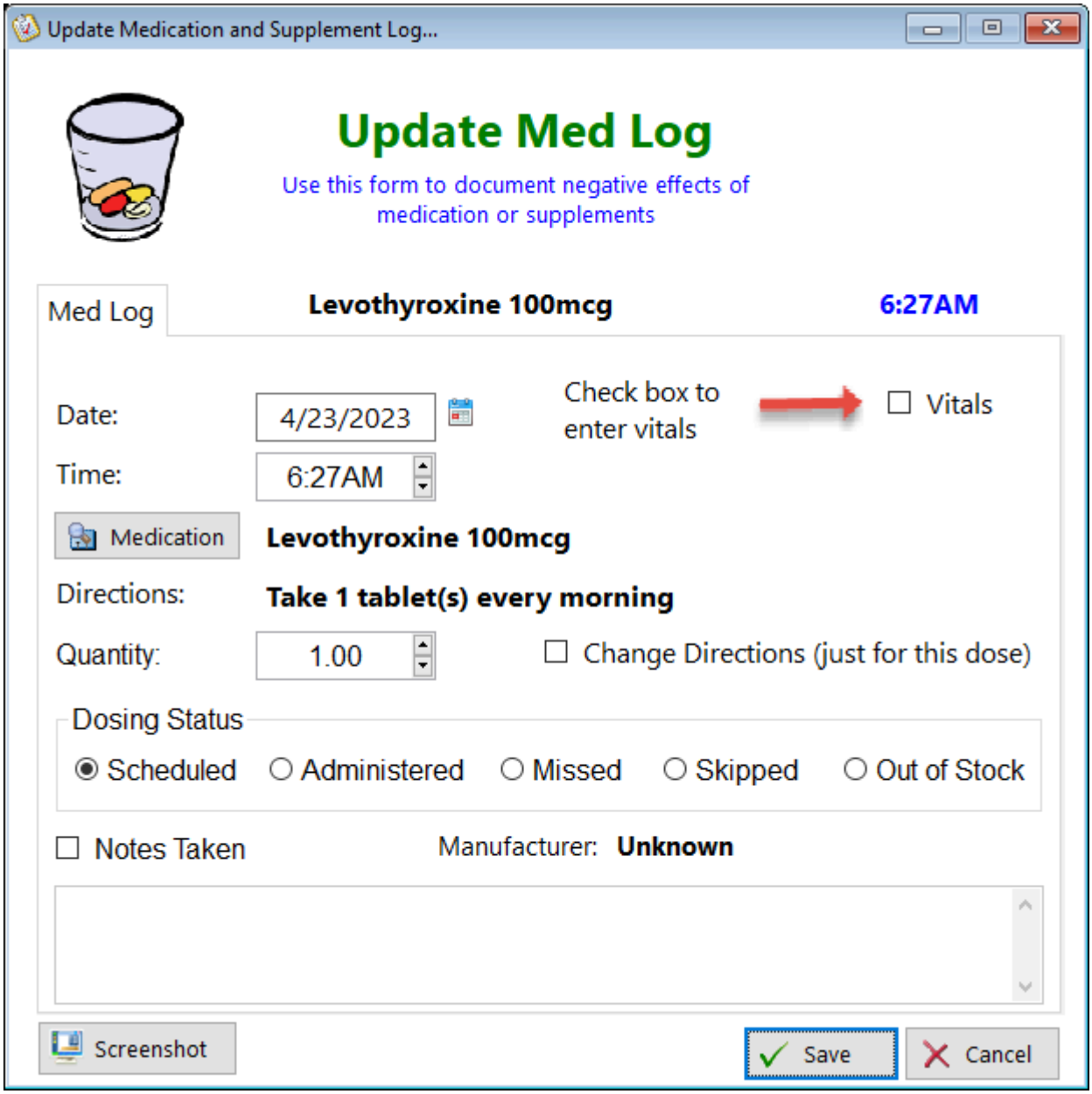
See also...

- MedIdentity

HelpID: UpdateMedHistory

Update Med Log

You'll use this form to fill in information on the medication or supplements you're taking. It provides a date and time stamp



Date - The date will automatically be inserted for you when adding a new record
Time - The time will automatically be inserted for you when adding a new record
Vitals Checkbox - Clicking on this checkbox opens a Tab which allows you to document any side effects that have occurred after taking the medication
Medication button - Click on this button to select the medication or supplement you wish to add
Directions - These are added based on what you entered in the Medications table
Quantity - The quantity will be inserted based on the directions you selected in the Medications table

Change Directions - Clicking on this checkbox enables you to change the directions on this record
Dosing Status - This radio button control displays the status of the medication/ supplement
• *Scheduled* - You've schedule yourself to take it but haven't yet taken it
• *Administered* - You've taken the medication/supplement
• *Missed* - You scheduled the medication/supplement but forgot to take it. This is considered unintentional
• *Skipped* - You decided not to take the medication and didn't take it. This is considered intentional
• *Out of Stock* - You wanted to take the medication/supplement but the pharmacy couldn't fill your prescription in time.
Notes Taken Checkbox - Click this box to enter notes
Notes - Enter any notes you might have regarding this dose
Manufacturer - This will be displayed if you chose a manufacturer in the medications table prior
ScreenShot button - Clicking on this button enables you to create a screen image the current window (for support purposes)

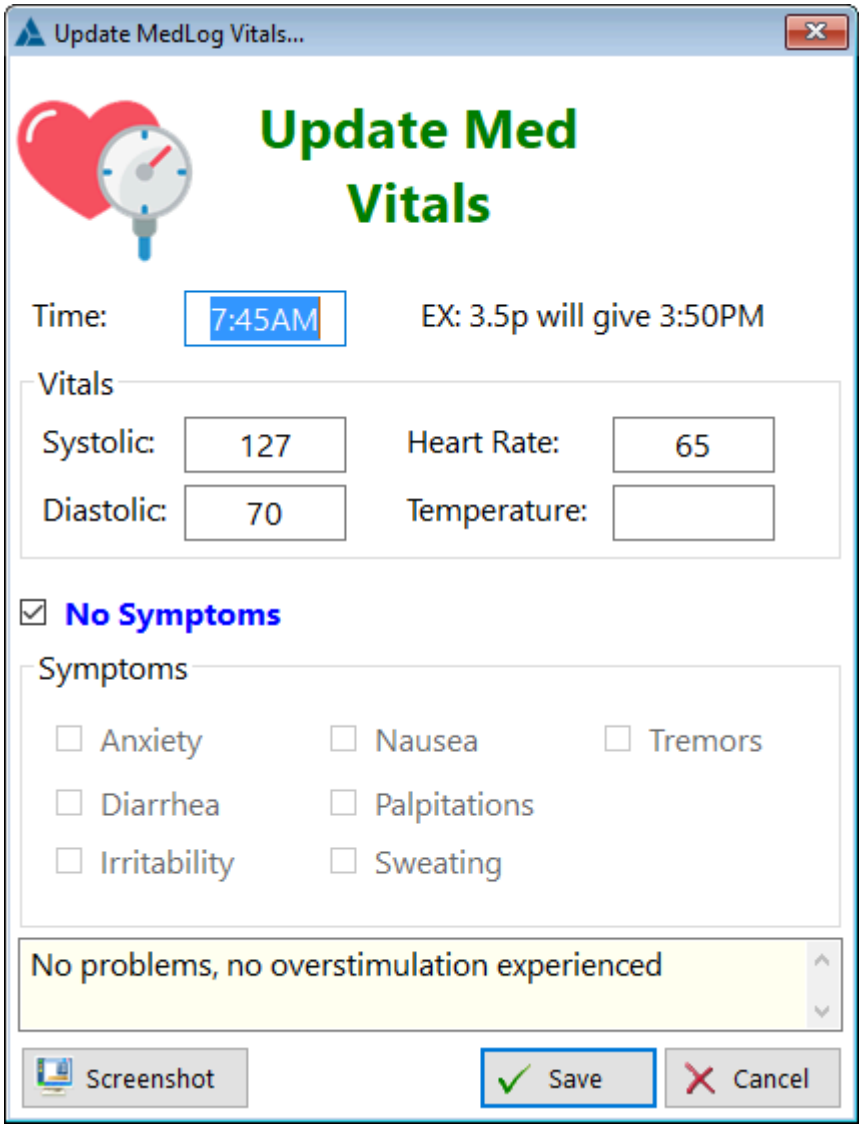
See also...

- Medications
- UpdateMedLogVitals

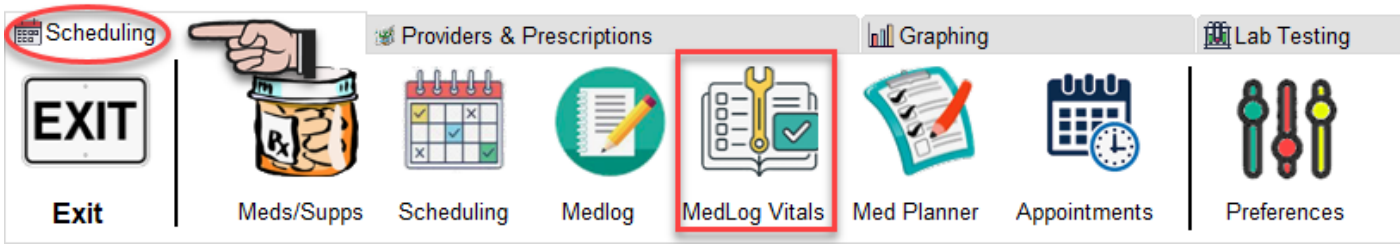
HelpID: UpdateMedLog

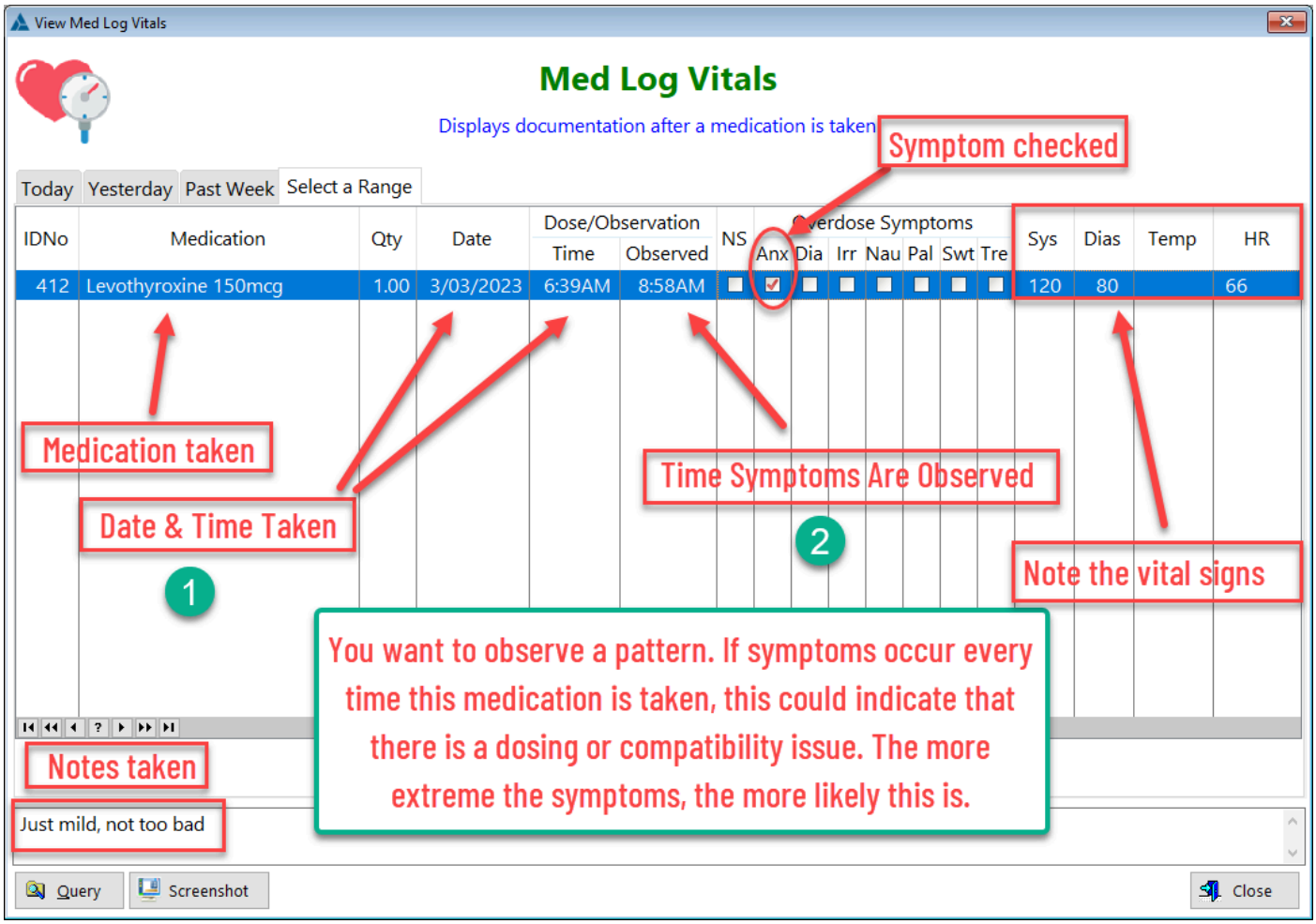
Update MedLog Vitals

The Update Med Vitals enables you to document any negative symptoms associated with the medication you took at a given time. For example, if you took Liothyronine 25mcg at 8:00am and at 9:30am you noticed that you were feeling "odd". You could go back to that dose and enter how you feel. These notes will remain tied to that particular dose so that you can confirm a cause-and-effect.



You'll want to enter your blood pressure and heart rate. Uncheck the 'No Symptoms' checkbox to select any of the specific symptoms. You can also enter more information in the Notes box (yellow). Click **Save** to save your data.
You can see all of your documention if you go to the main toolbar and select the **MedLog Vitals** Icon:

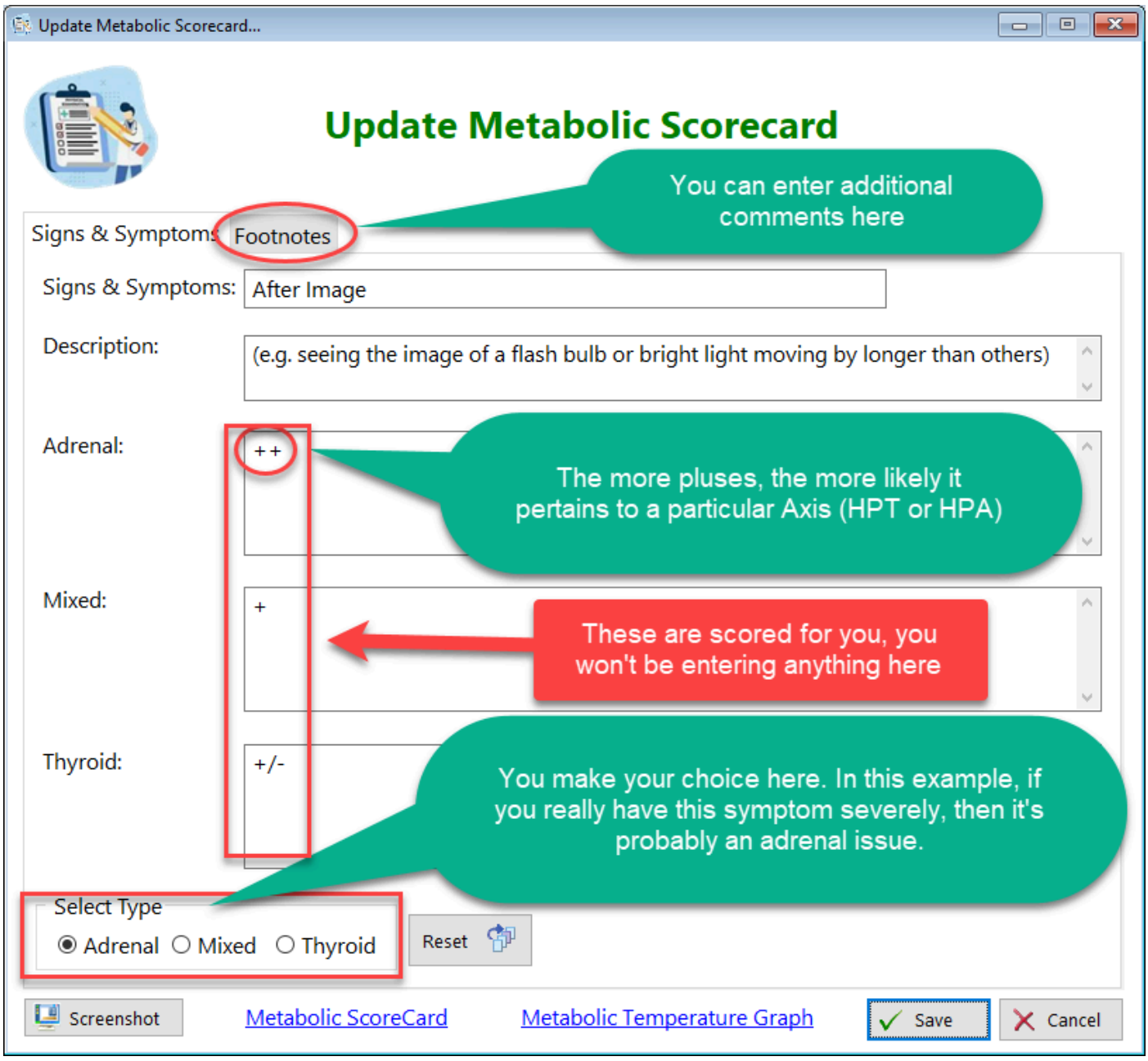




HelpID: UpdateMedLogVitals

Update Metabolic Scorecard

The Update Metabolic Scorecard screen enables you to evaluate whether the symptoms shown in this table (and that you also have) are related to a thyroid, an adrenal or mixed.

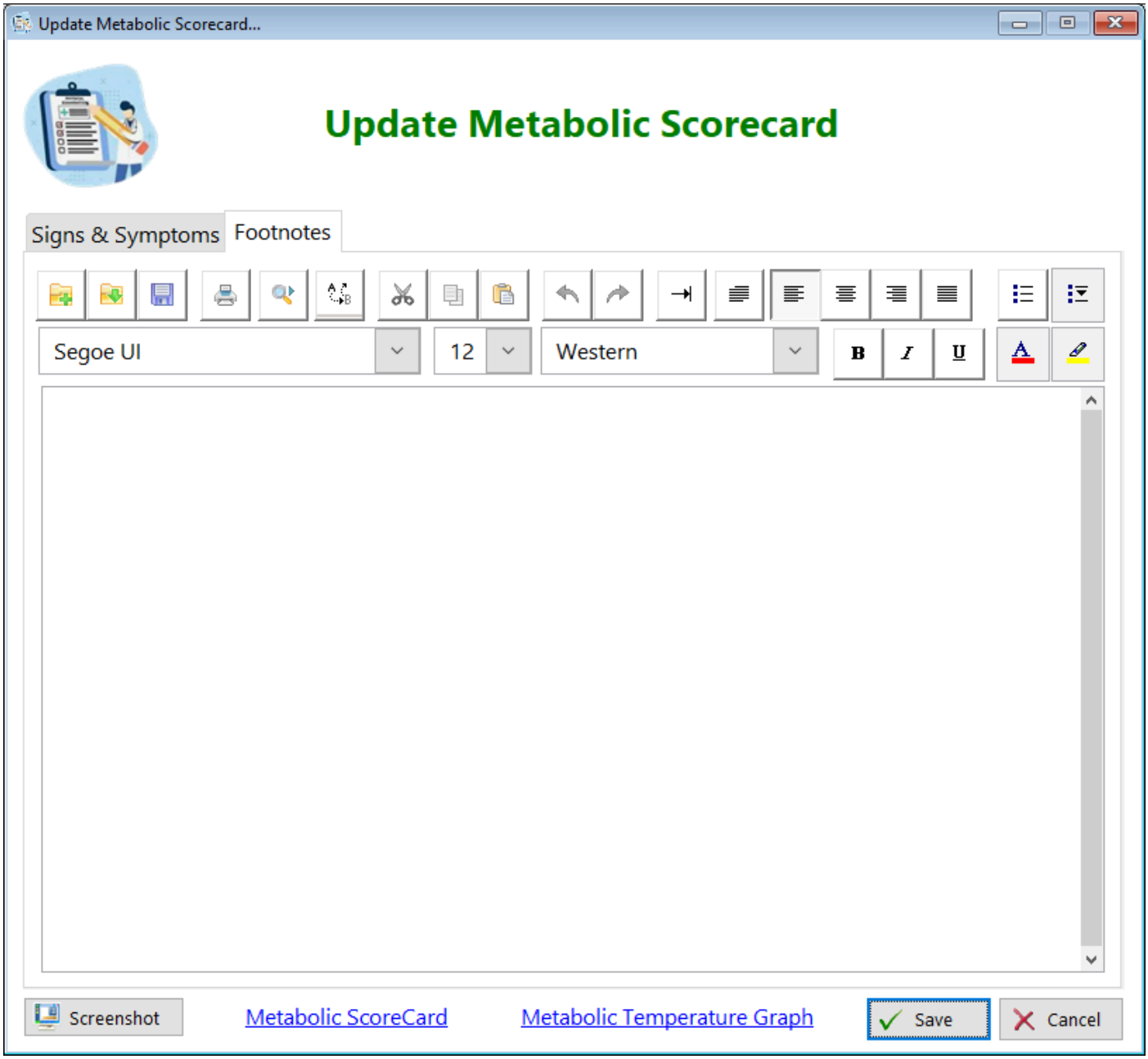


Select Type - Select your choice here

Select the most appropriate type (Adrenal, Mixed, Thyroid), based on having that particular sign or symptom.
For example, if you see an after-image based on the description, then it's most likely caused by adrenal dysregulation (the number of pluses)
NOTE: If you select a type, then want to unselect it as a sign or symptom, just click the reset button to the right of the option box.

FOOTNOTES TAB

You can enter any comments regarding this sign or symptom, how it affects you, etc.

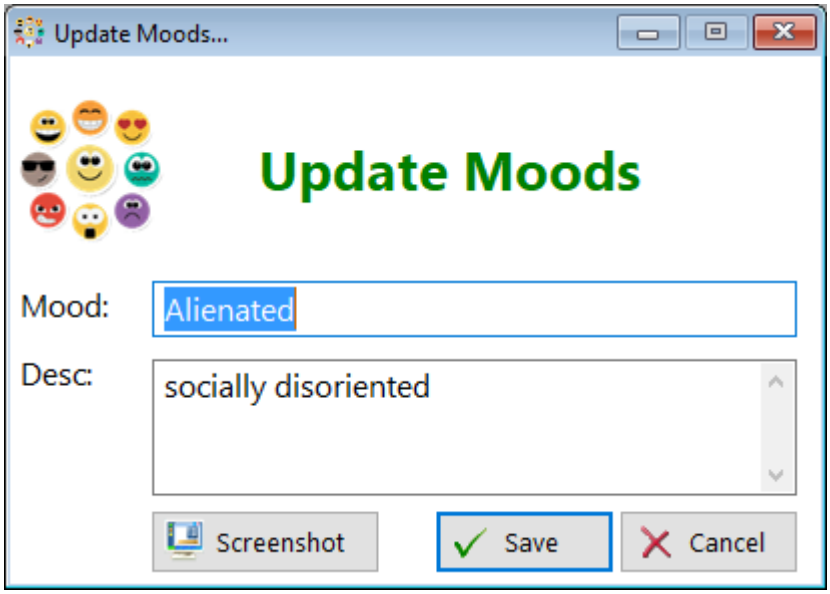


There are two links at the bottom of the screen that will take you to the website where this module is deriveddd

HelpID: UpdateMetabolicScorecard

Update Moods

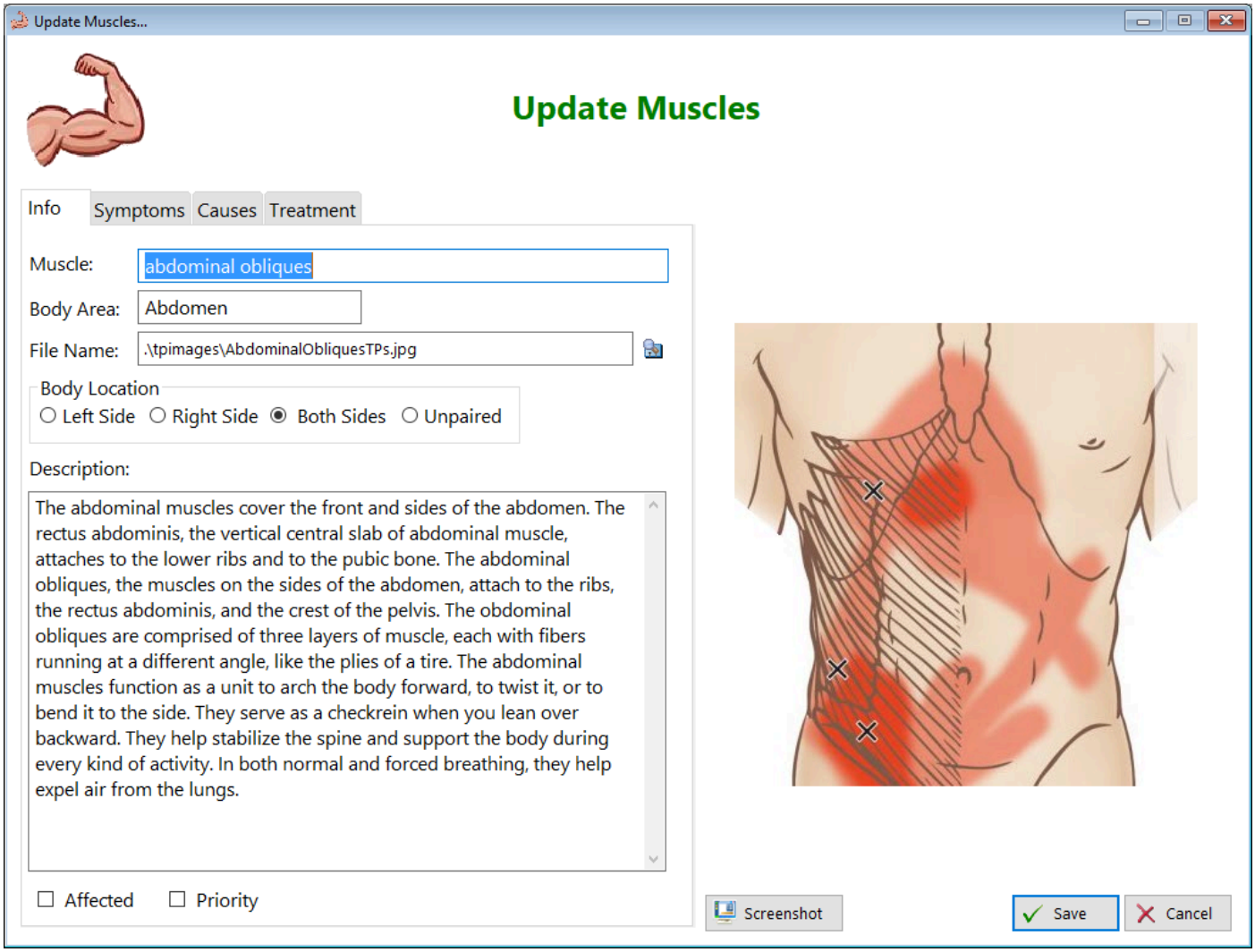
This is the update form to add or make changes to a Mood. You may not find it necessary to add any additional ones.



HelpID: UpdateMoods

Update Muscle

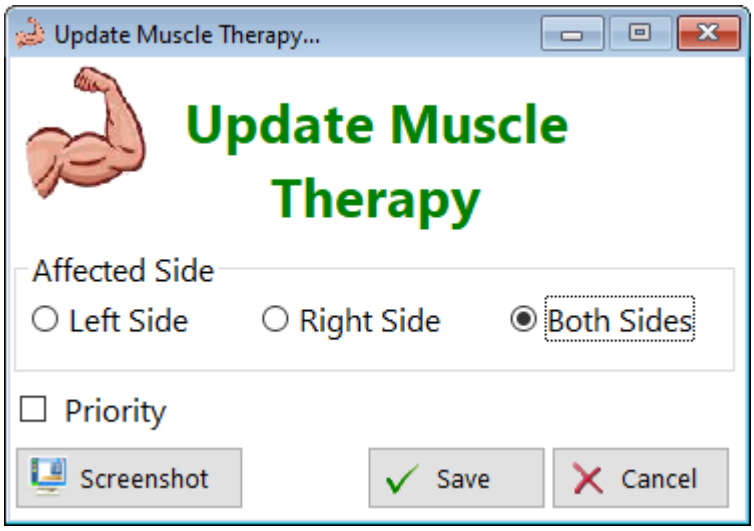
This is the screen for adding or making changes to muscles. You won't need to do anything here other than possibly add notes from your own trigger point book.



HelpID: UpdateMuscle

Update Muscle Therapy

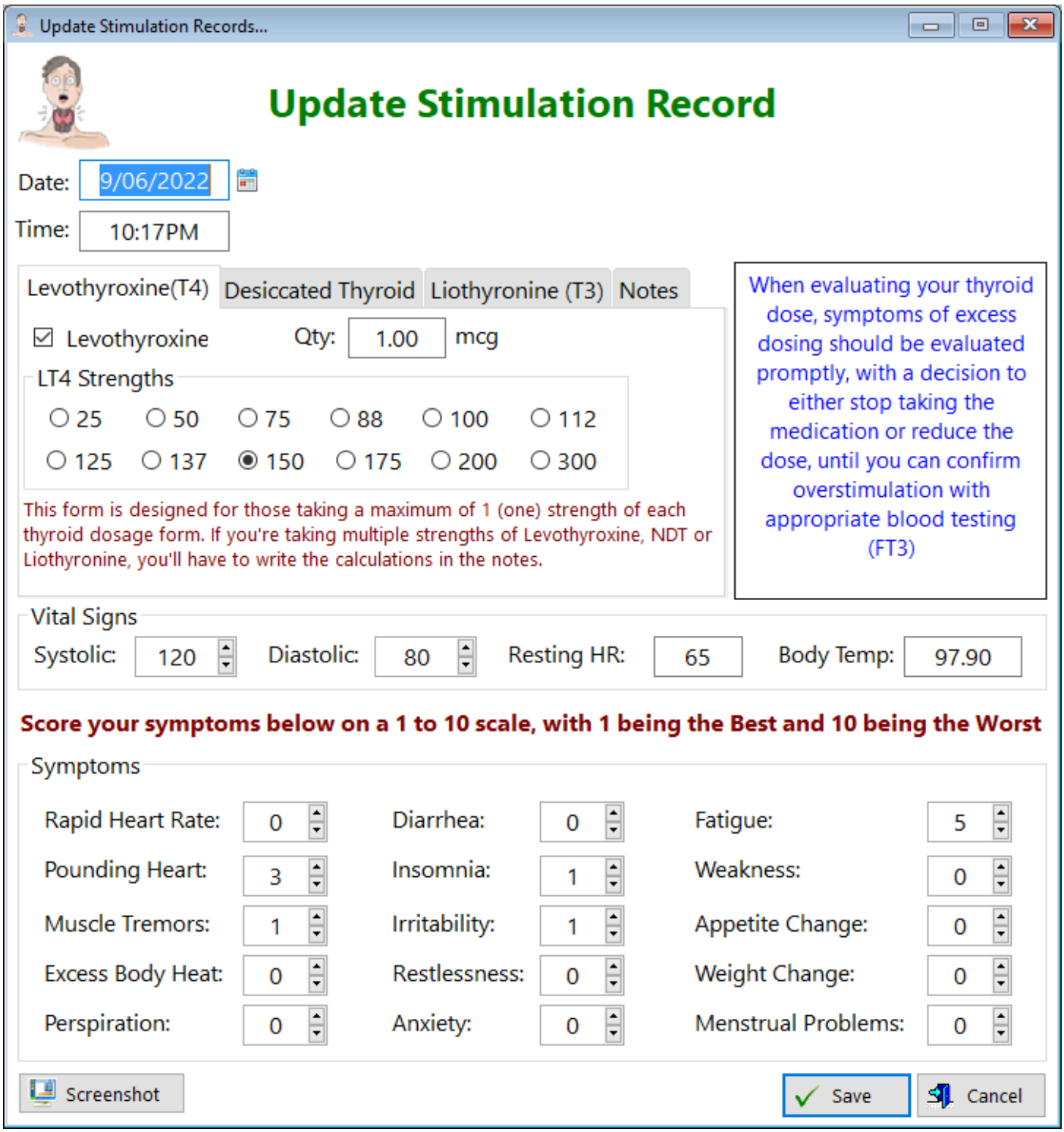
This is the form for selecting which muscle side you'll be treating.



HelpID: UpdateMuscleTherapy

Update Overstimulation

This is the form you'll use to update any time when you believe that you're overstimulated (your thyroid dose is too high). It's designed to calculate your amount of T4, T3 or both, and enable you to document any symptoms you've experienced. Most of the likely symptoms of overstimulation are presented to you but if you have others, you can enter them in the notes.

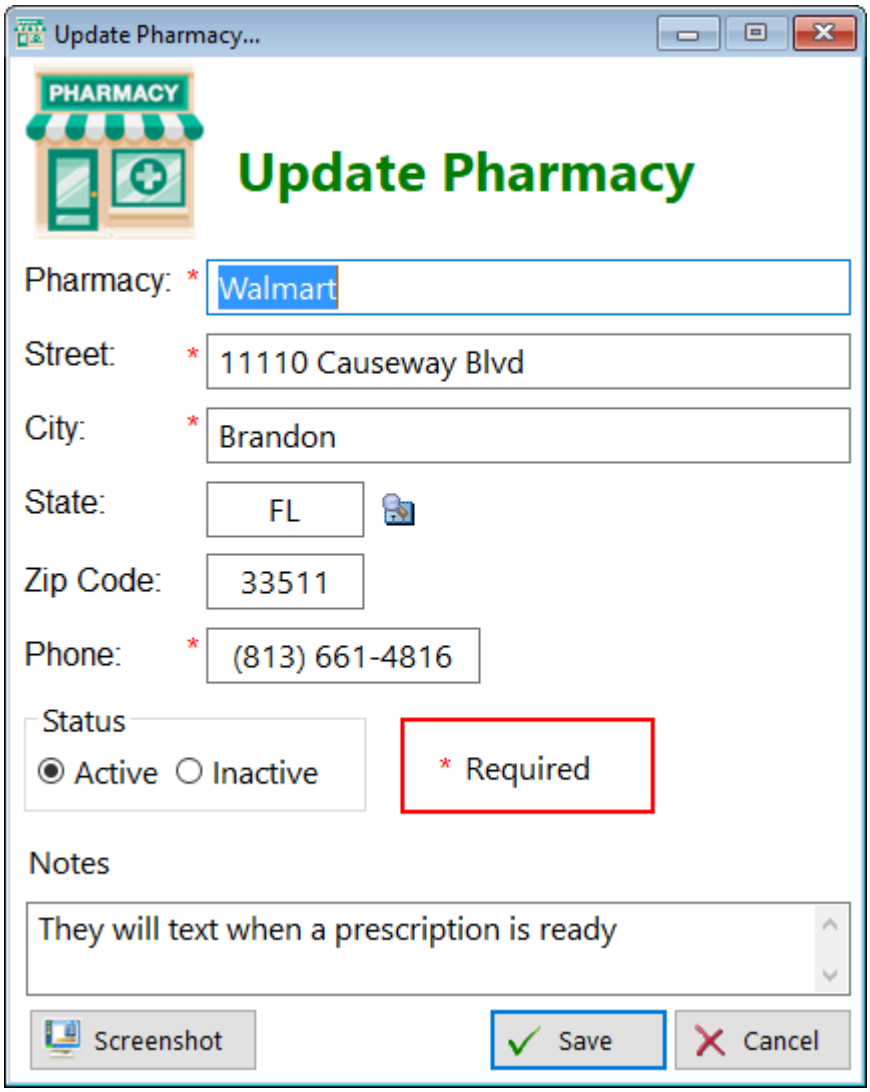


One of the biggest challenges you'll face as a thyroid patient is conveying your state of health to your healthcare providers. Most often, you'll find yourself UNDERdosed due to the tendency of doctors using the TSH results as a guide for dosing. However, if you can document that you're doing well on your current dose, you might be able to persuade your doctor to maintain that dose, or even raise it to see if some more symptoms will resolve. Keep in mind that the number 1 concern of your doctor is **LIABILITY**.

HelpID: UpdateOverstimulation

Update Pharmacy

This is the form where you add or make changes to a pharmacy.



Note that the fields with stars are required

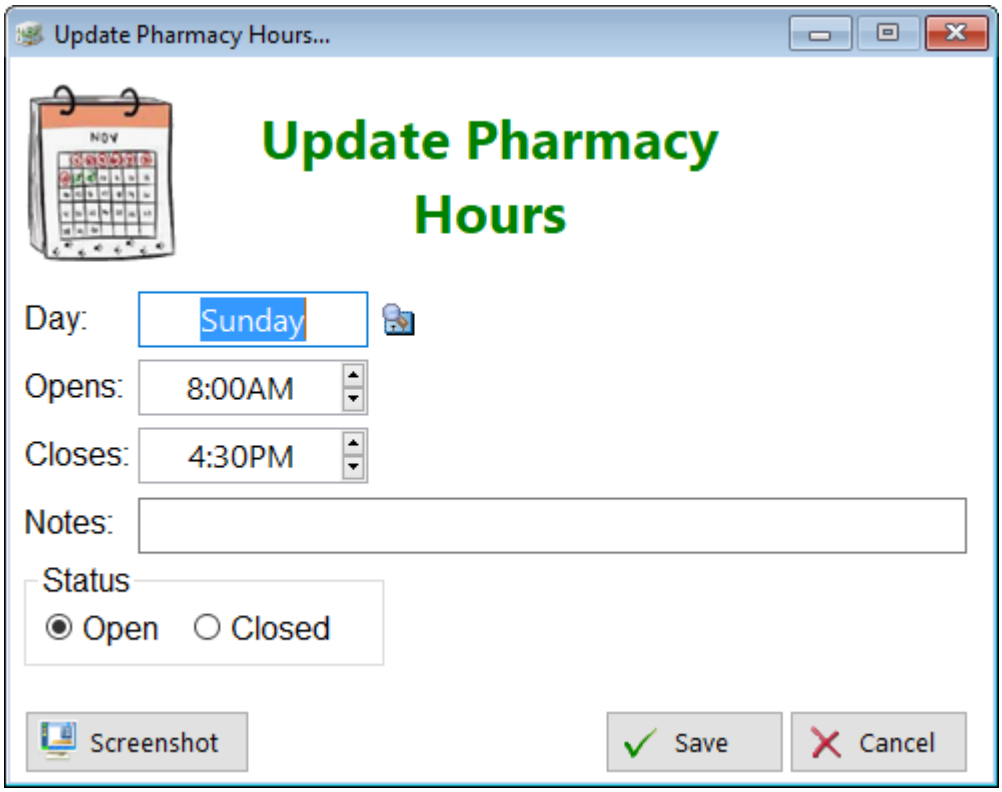
See also...

- States

HelpID: UpdatePharmacy

Update Pharmacy Hours

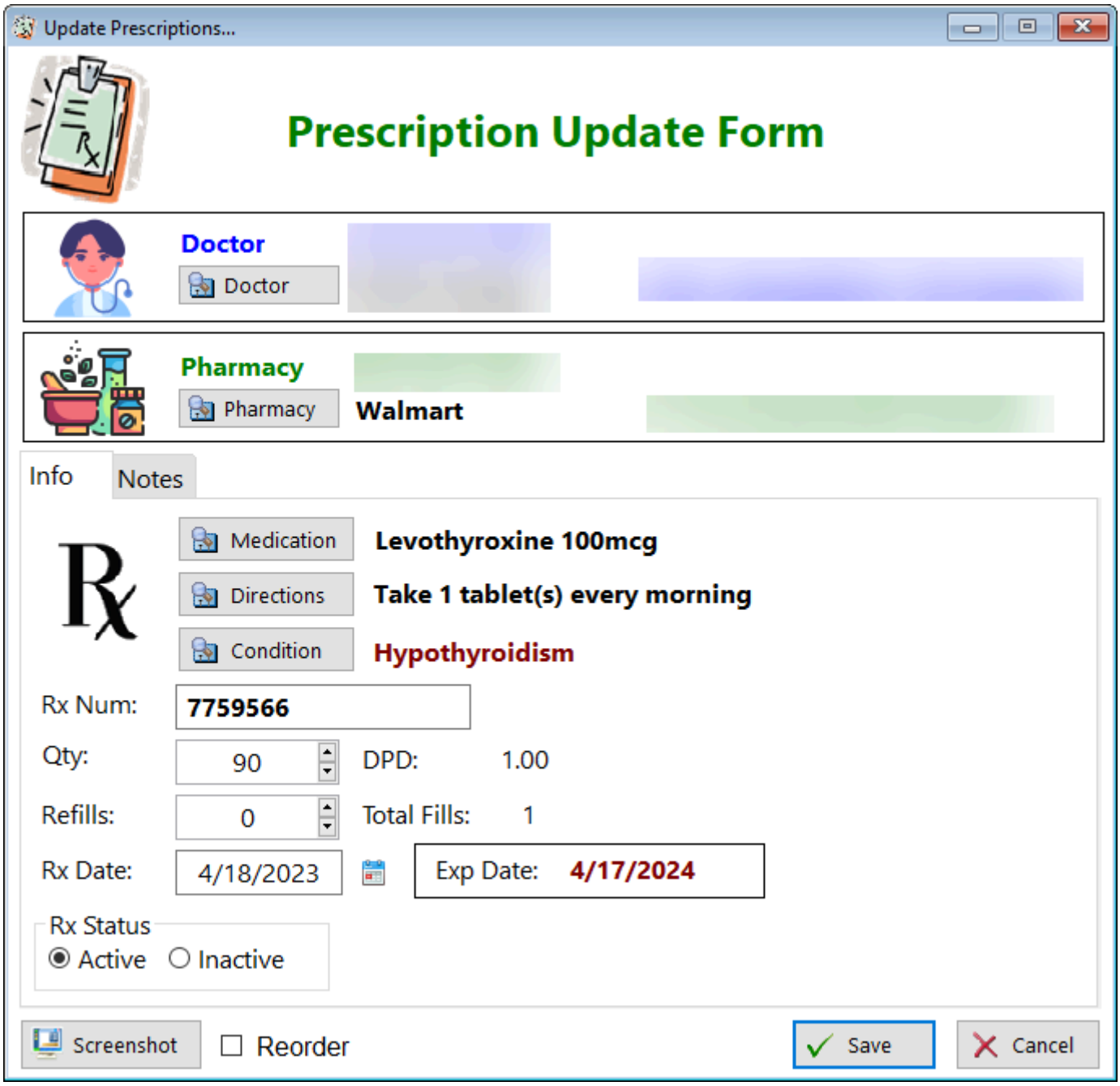
This is the form where you enter the operating times for the pharmacy for each day



HelpID: UpdatePharmacyHours

Update Prescription

This is the form where you add or make changes to the prescriptions you receive.



Doctor - Click on this button to select the doctor who wrote the prescription
Pharmacy - Click on this button to select which pharmacy is to fill your prescription
Medication - Click on this button to select the drug
Directions - Click on this button to select the directions
Condition - Click on this button to select what this medication will be treating
Rx Num: - Enter the prescription number from the bottle label
Qty - Enter the quantity of medication dispensed
Refills - Enter the number of refills you received, if any

Rx Date - Enter the date that your prescription was written. Most likely, it's the same day as your appointment with the doctor
Exp Date - This date will be calculated based on 1 year from the date the prescription was written if it's a standard drug and 6 months if it's a controlled substance.
DPD: This is a calculated number that represents how many tablets, capsules, etc. you'll be taking each day.
Total Fills - This is a calculated number based on how many times you can fill this prescription
Example: If you receive a prescription written for Liothyronine 25mcg daily with one (1) refill, you can FILL this prescripton twice (2 times).

Rx Status - When you enter a new prescription record, the Rx status is automatically set to Active. Two things can happen that will make this prescription inactive:
1. The prescription expires after 1 year (or 6 months if it's a controlled substance)
2. You've run out of fills (you have no refills left)

Most often, you'll run out of fills before the prescription expires. However, that prescription is still **CURRENT**... You're still taking the medication from that prescription so leave the RX Status as an **ACTIVE** prescription.

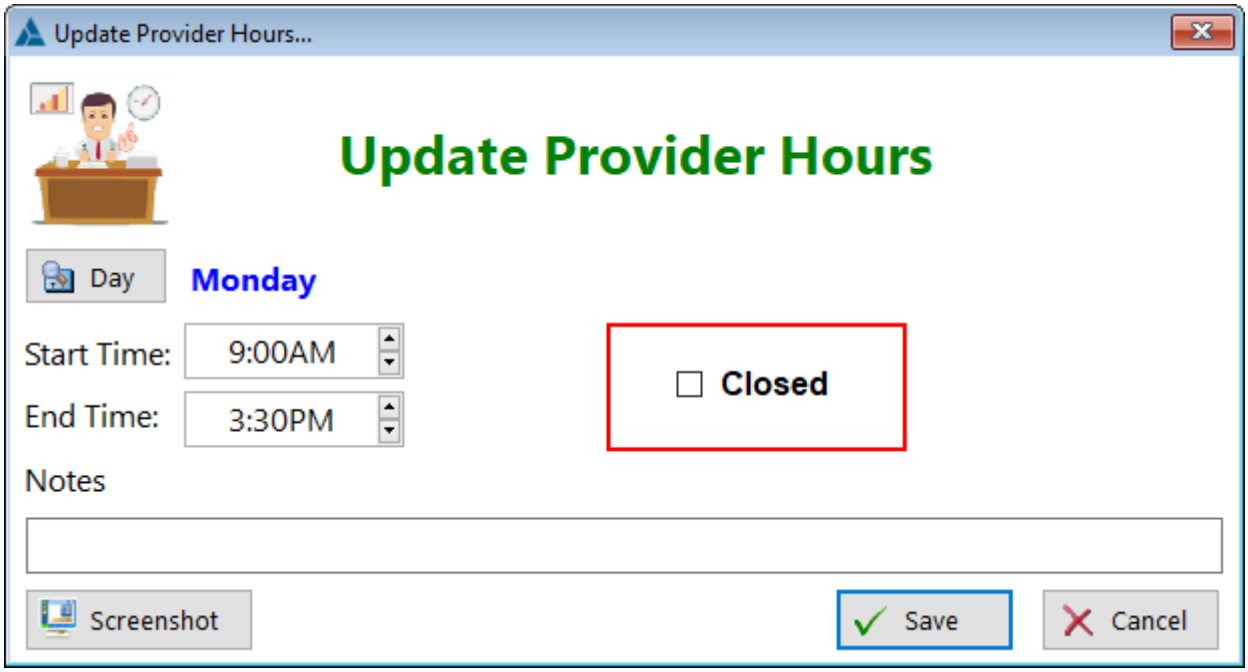
See also...

- Conditions
- Directions
- MedicationsRX
- Pharmacies
- Providers

HelpID: UpdatePrescription

Update Provider Hours

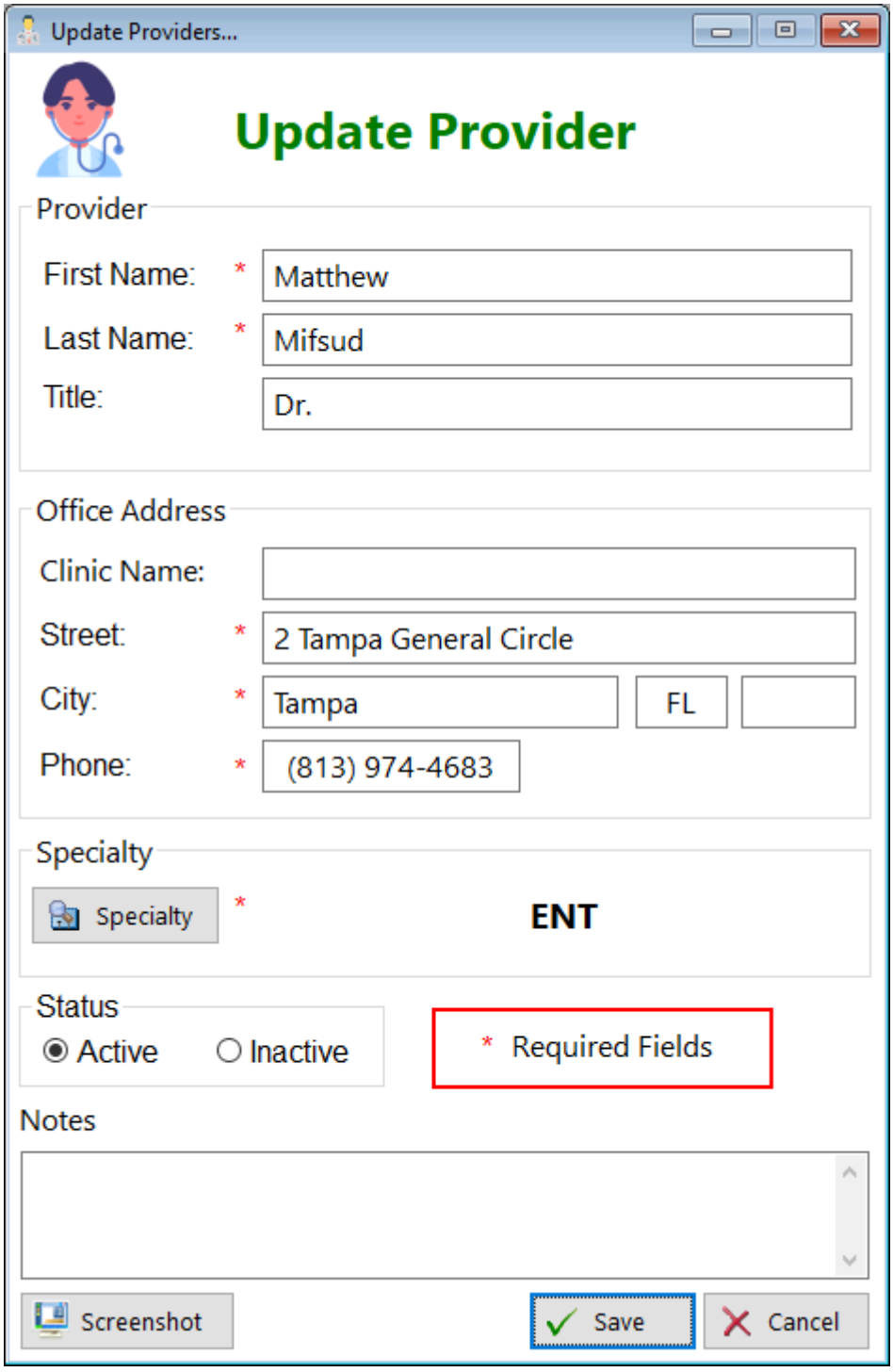
This is the form you'll use to add or make changes to the hours that your Provider(s) are open



HelpID: UpdateProviderHours

Update Providers

This is the form you'll use to add or make changes to the Provider's name and address.



Note that some fields with stars are required.

See also...

- Specialties
- States

HelpID: UpdateProviders

Update Publication

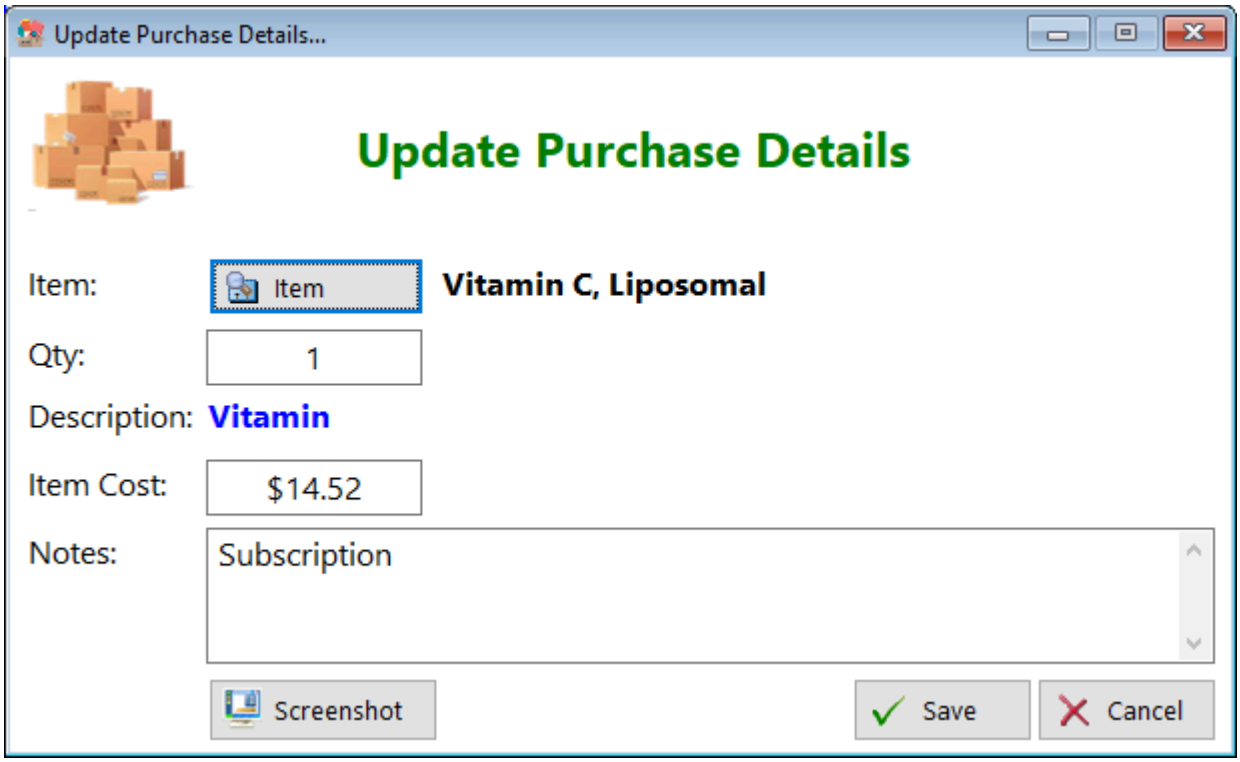
The Update Publication update form enables you to add or change the name of a publication

Publication - Enter the name of the publication

HelpID: UpdatePublication

Update Purchase Details

This is the form you'll use to add or make changes to the items you've purchased.



Item - Click on this button to select the item you purchased
Qty - Enter the number you purchased
Description - This will be filled in for you based on what you entered as a description
Item Cost - Enter the amount you paid for the item
Notes - Enter any comments you'd like to make regarding this item

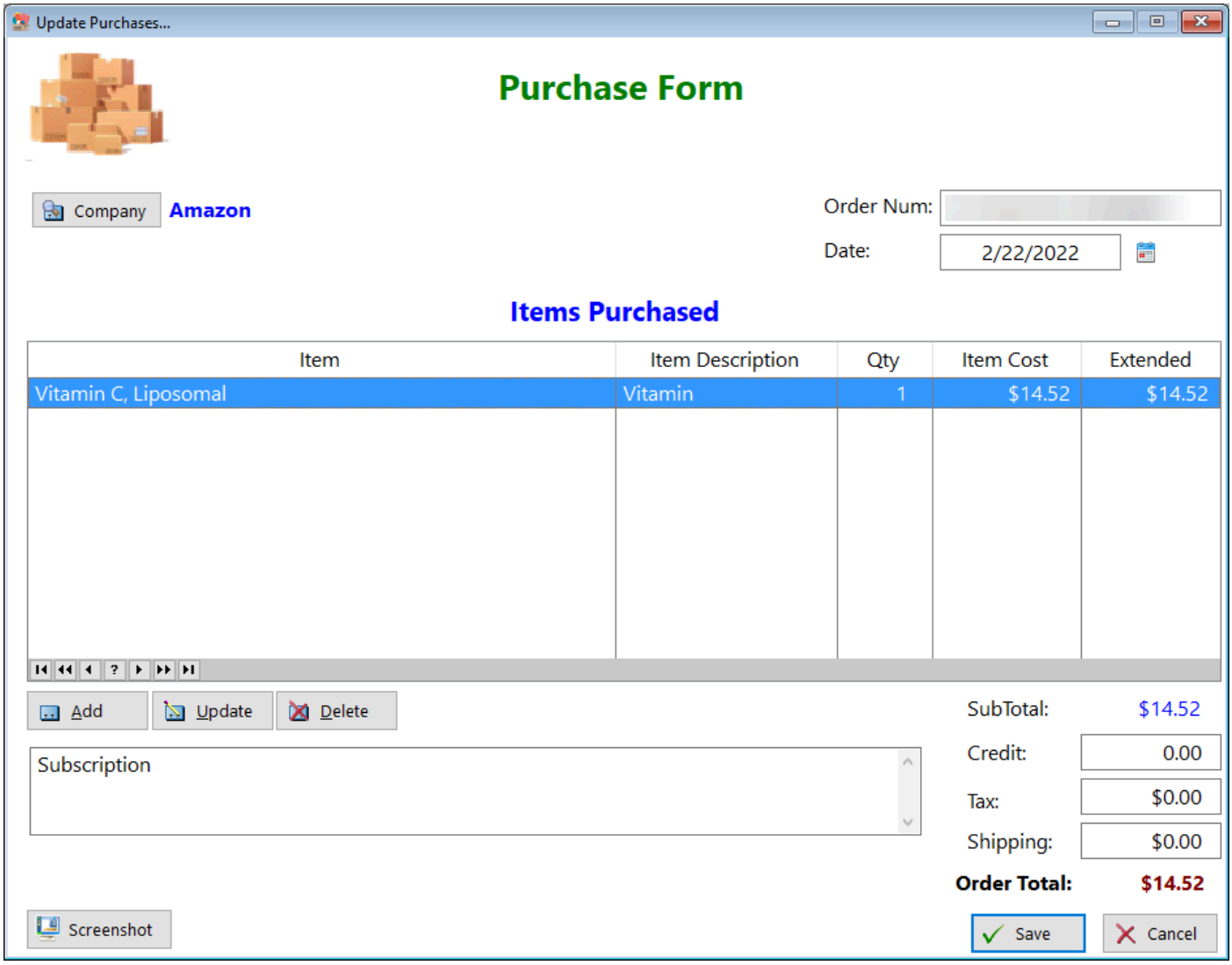
See also...

- Items

HelpID: UpdatePurchaseDetails

Update Purchases

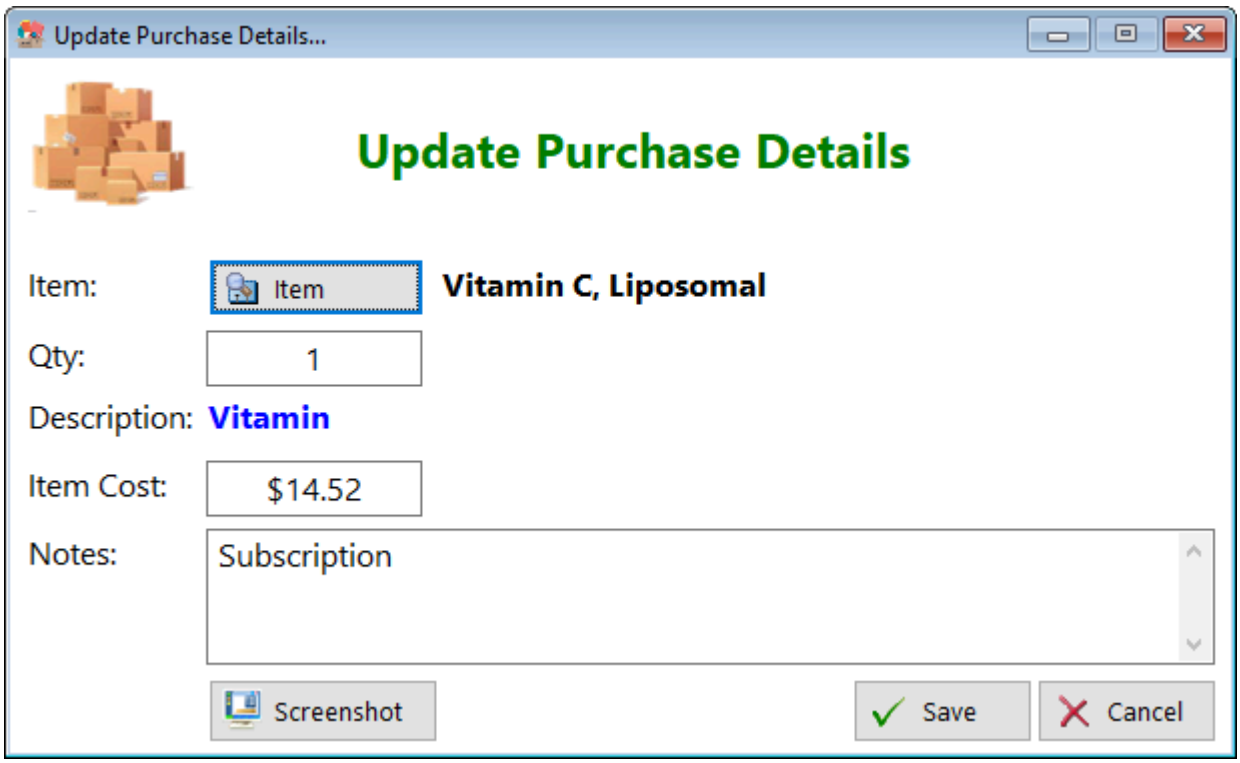
This is the form you'll use to add or make changes in who you've made the purchase from, including the date and order number



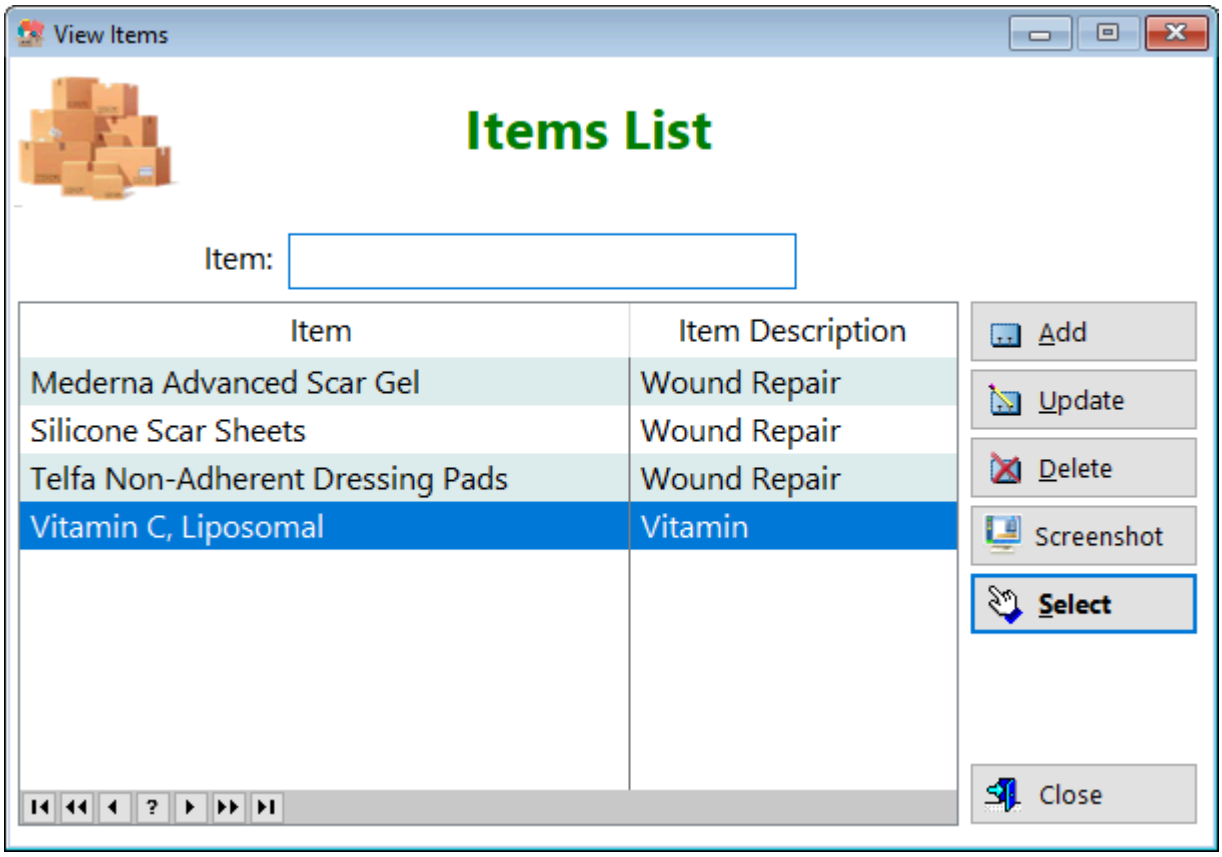
Company - Click on this button to select the name of the company you purchased from
Order Number - Enter the order number of the purchase
Date - Enter the date you made the purchase

Items Purchased

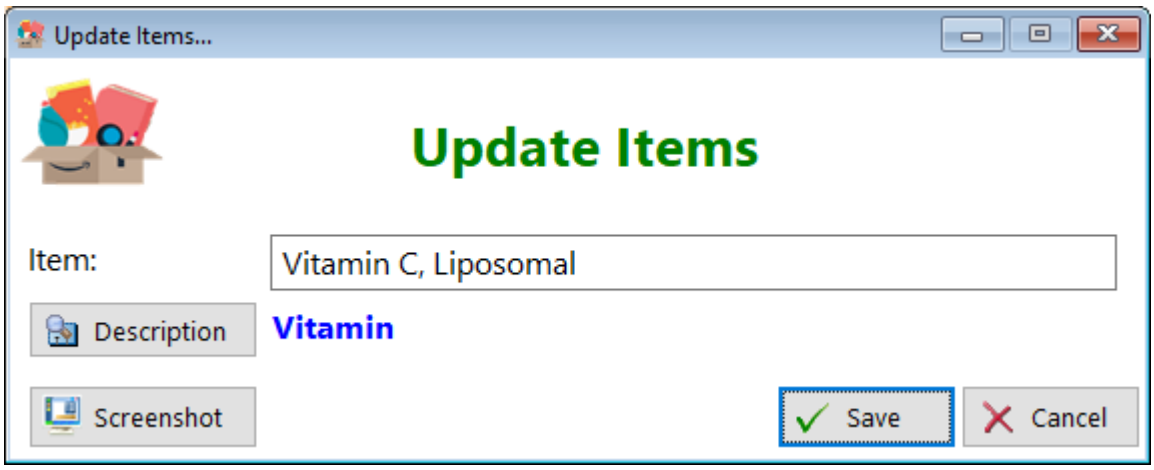
Use the Add button to enter the items you purchased. A form will open:



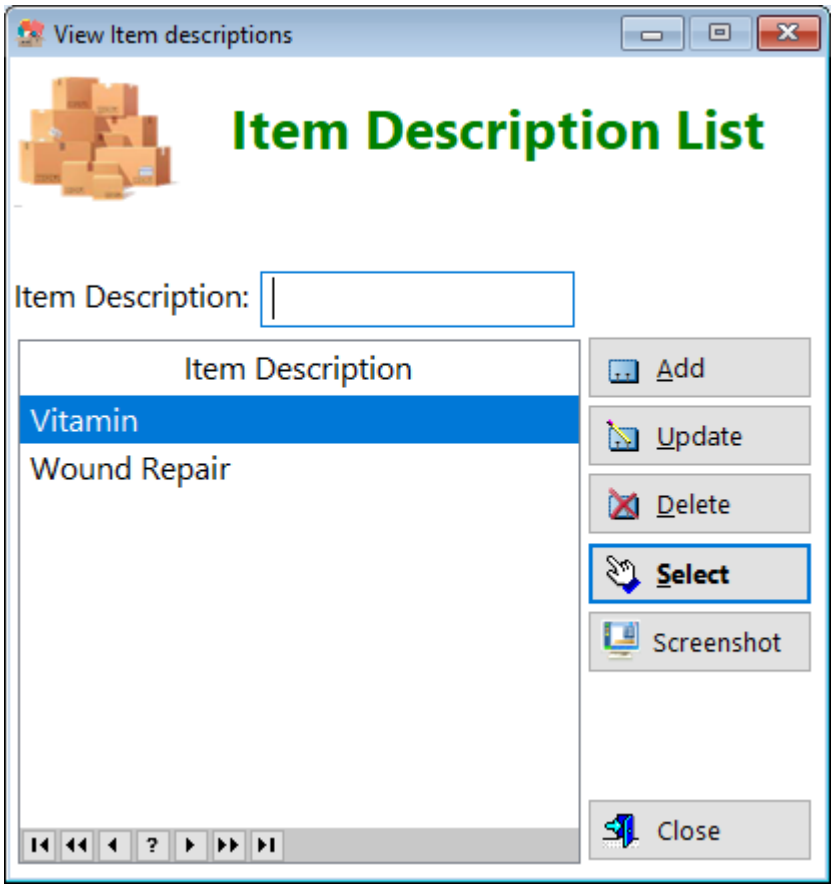
Item - Click on this button to open a list:



Add - Enter the name and item description if it's not already in the list:



Description - Click this button to select (or add) a description:



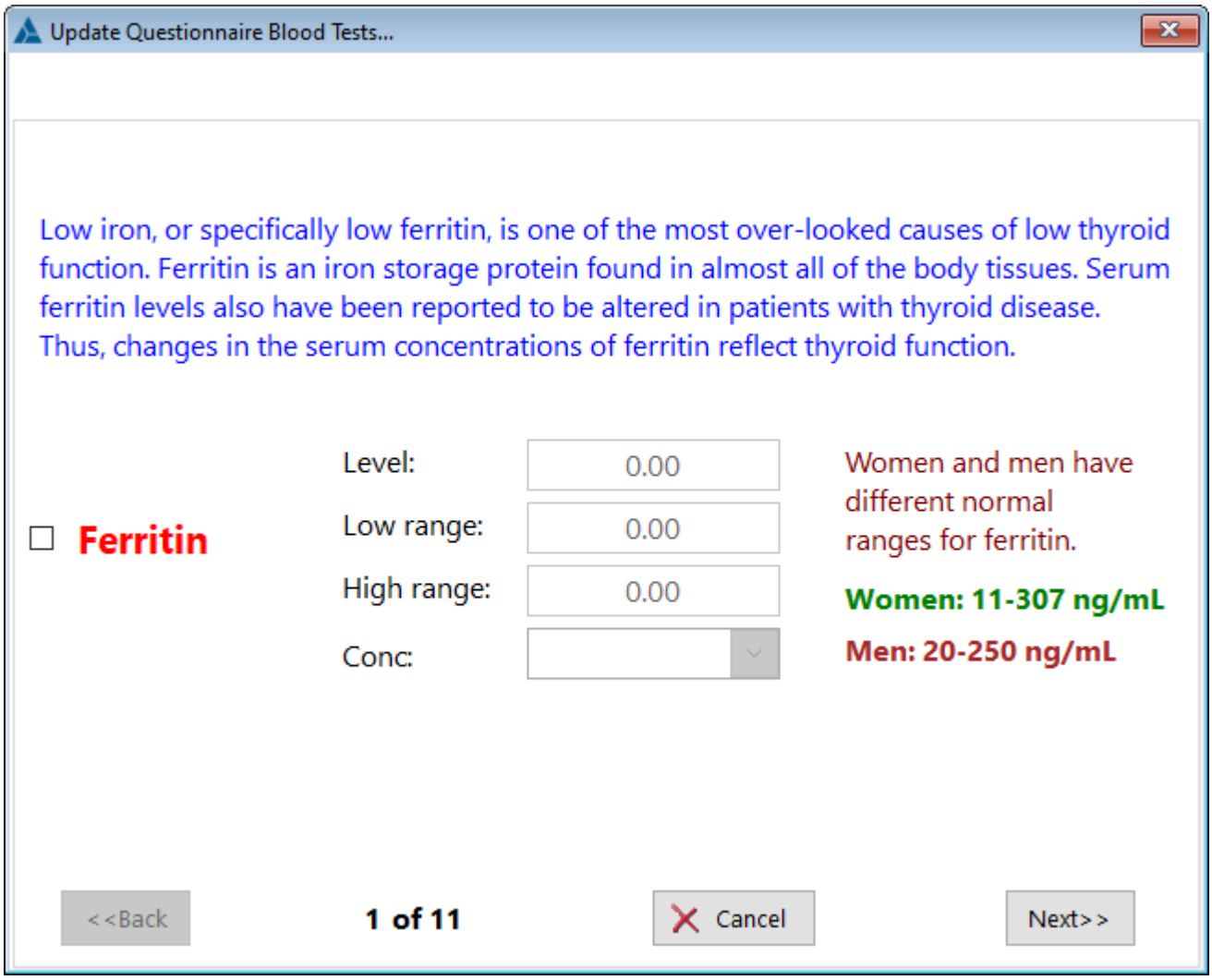
See also...

- Companies
- UpdatePurchaseDetails

HelpID: UpdatePurchases

Update Questionnaire Blood Tests

This is the form wizard that you'll fill out for each test you've completed.

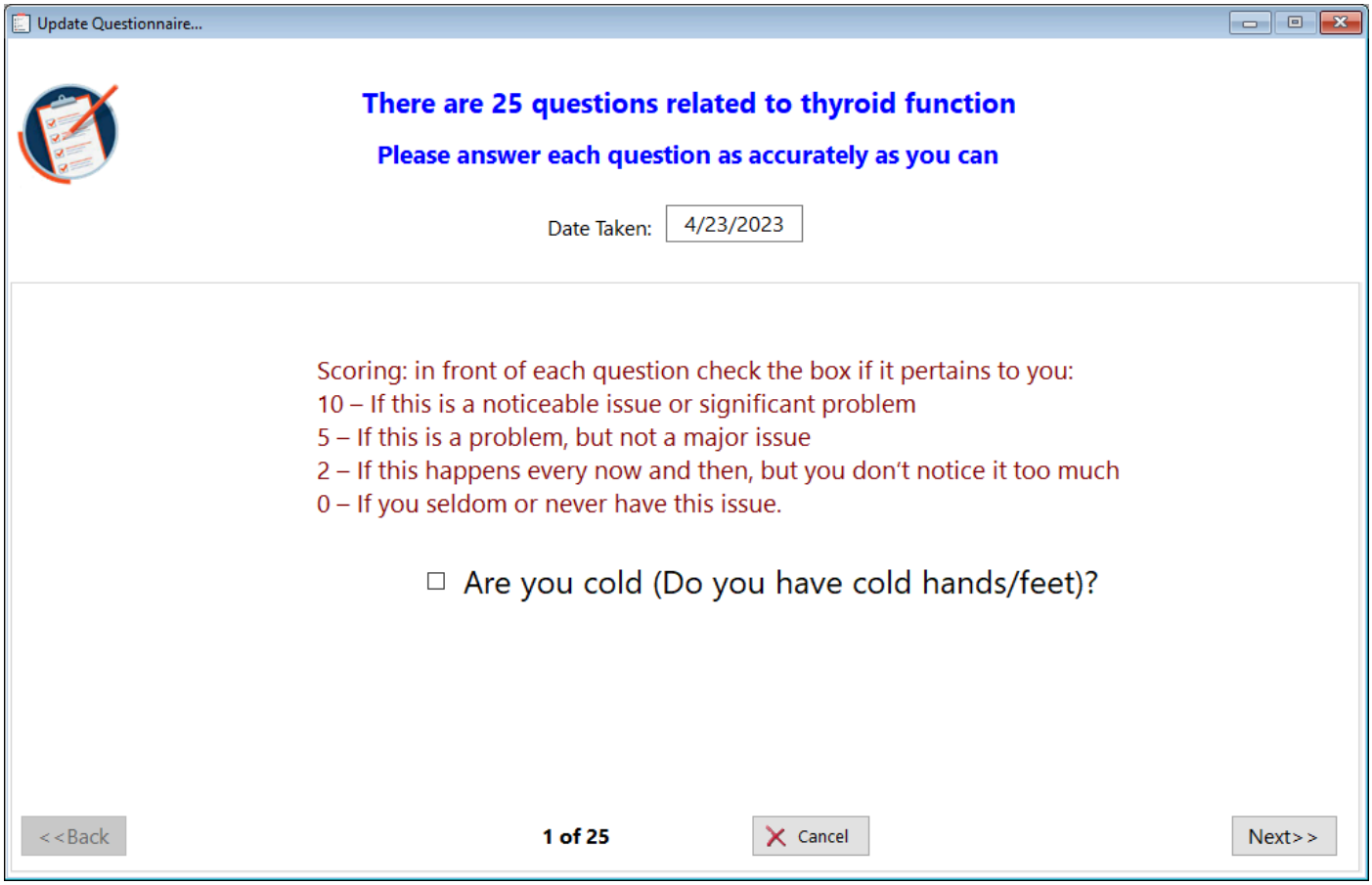


Note - There are 11 possible tests but you don't have to complete all of them to finish this questionnaire.

HelpID: UpdateQBloodTests

Update Questionnaire

This is the first part of a two part questionnaire. It focuses on signs and symptoms of hypothyroidism. When you finish, you'll see a short paragraph suggesting the level of metabolism you have.



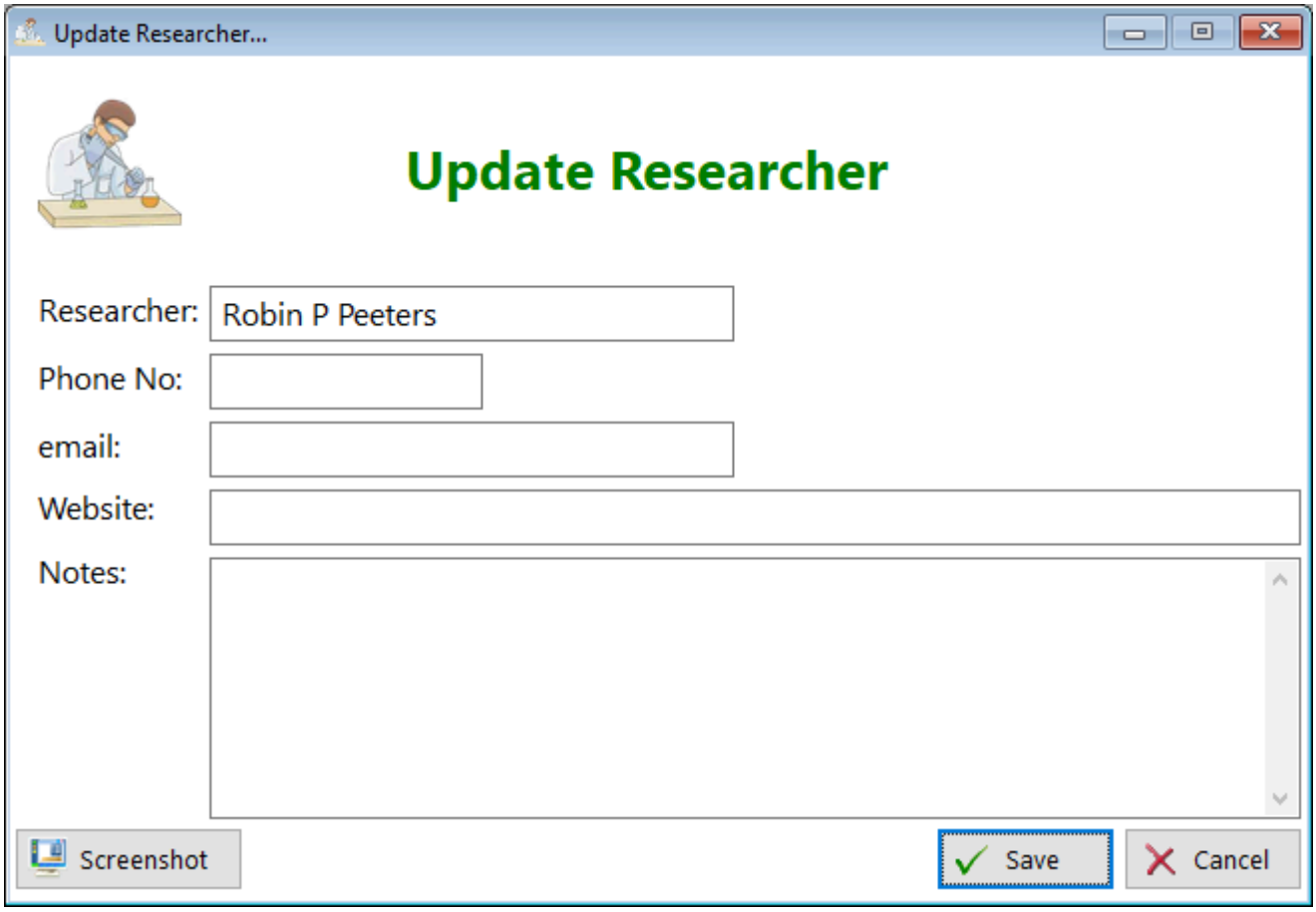
You have 25 questions to answer. Just check the box if it's applicable to you, then enter a score. Click the Next button to move to the next question.

NOTE - If you don't click the checkbox on any particular question, this will automatically score the answer as a "0", meaning you don't have the problem. Therefore, it's really only necessary to check the boxes on the questions that pertain to you so that you can provide a score above zero.

HelpID: UpdateQuestionnaire

Update Researcher

The Update Researcher form enables you to add or make changes to the Researchers table

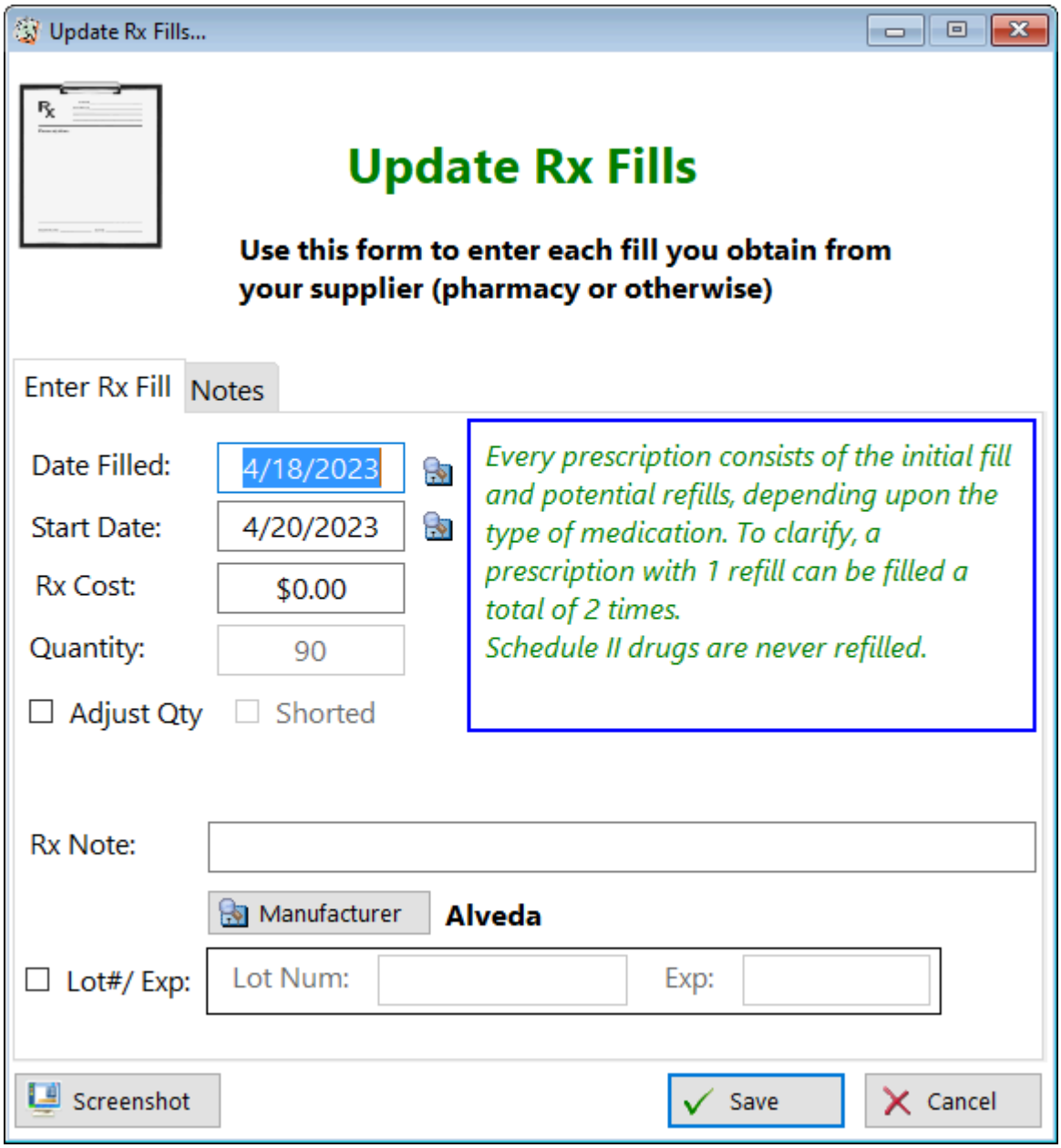


Researcher - Enter the name of the researcher
Phone No. - Enter the researcher's phone number
Email - Enter the researcher's email address
Website - Enter the URL of the researcher
Notes - Enter any comments you might have regarding this researcher.

HelpID: UpdateResearcher

Update Rx Detail

This is the form that you'll fill out each time you have your prescription filled.



Date Filled - Enter the date your prescription was filled
Start Date - Enter the date you began taking this medication. This field is really an effort to help you calculate when you'll run out.
Rx Cost - Enter how much you paid for this prescription
Quantity - Enter the quantity dispensed.
Adjust Qty checkbox - Click this checkbox if the pharmacy has shorted you on your quantity. This happens sometimes because the pharmacy runs out of medication and will give you the few tablets in inventory, then will fill the remainder when they receive their shipment of medications
Rx Note - Enter any comments you'd like to make regarding this prescription fill
Manufacturer - Click on the button to select the manufacturer of this medication

Lot#/Exp - If the pharmacy dispenses your medication in its original bottle, you can enter the lot number and expiration date here.

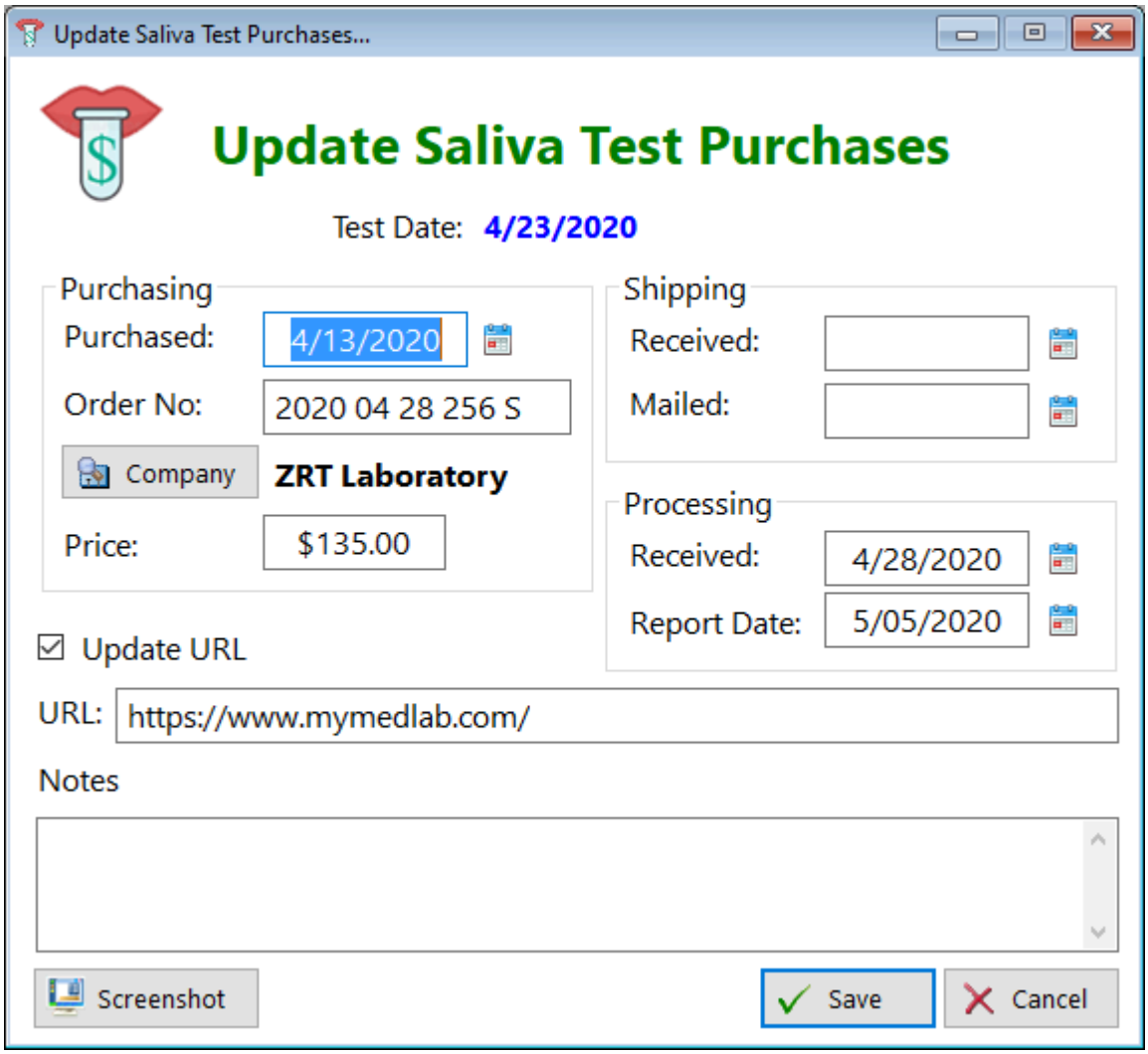
See also...

- Manufacturers

HelpID: UpdateRxDetail

Update Saliva Test Purchases

This form enables you to enter additional data regarding your obtaining a cortisol saliva test kit. For example, if you want to document each step of the process, you can enter the date you received the kit, and the date you mailed it out. This may come in handy if the lab claims you didn't send anything. Maybe it was lost in the mail...



Test Date - Coincides with the date you performed the saliva test

Purchasing

Purchased - Enter the date you ordered the saliva kit

Order No - Enter the invoice number of the kit

Company - Click the button. A pick list will display the name of the company (you'll enter this information if it isn't there already)

Price - Enter the cost of the saliva kit

Shipping

Received - Enter the date you received your order

Mailed - Enter the date you mailed your samples back to the lab company

Processing

Received - Enter the date the lab company received your samples (It's on the invoice when they complete the testing)
Report Date - Enter the date they completed the testing (It's on the invoice)
Update URL - If you've decided to change labs, check this box
URL - This field will become enabled when you check the Update URL checkbox. Fill in the website location
Notes - Enter any comments regarding this order

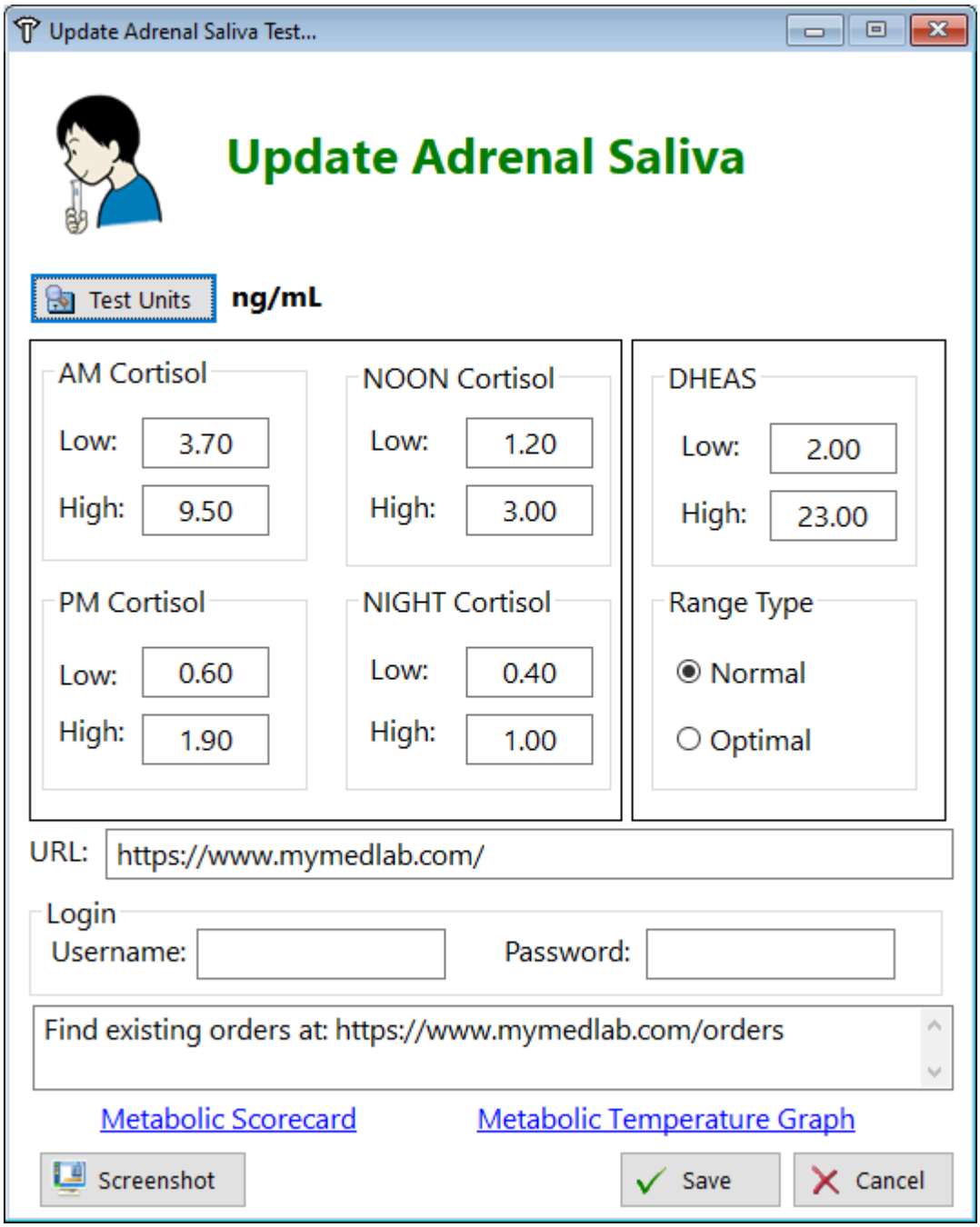
See also...

- Companies

HelpID: UpdateSalivaTestPurchases

Update Saliva Tests

This is the form you'll use to add or make changes to your adrenal saliva results



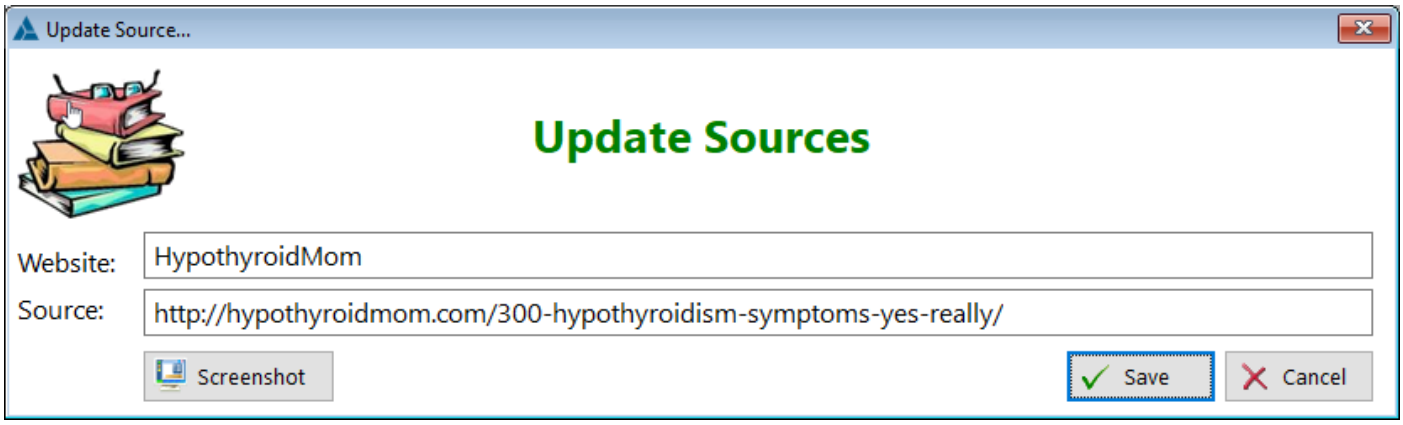
Test Units - Click the button to select the concentration used
AM Cortisol - Enter the reading for your morning Free cortisol level
NOON Cortisol - Enter the reading for your Noon Free cortisol level
PM Cortisol - Enter the reading for your Afternoon Free cortisol level
NIGHT Cortisol - Enter the reading for your Bedtime Free cortisol level
DHEAS - Enter the reading for your DiHydro Epi Androsterone Sulfate level
Range Type - Select which type of range you intend to use.

URL - Enter the website location of the lab company that supplies you with the test kits
Login - Enables you to enter in the security credentials in order to log in to the testing website
Username - You can enter up to a 30 character username
Password - You can enter up to a 30 character password
Notes - Enter any comments you feel are necessary regarding this record
Metabolic Scorecard - Click this link to see whether your metabolic energy levels are a result of low adrenal or thyroid issues
Metabolic Temperature Graph - People with low thyroid function tend to have a lower basal body temperature that stays low consistently. Those with adrenal issues tend to see their body temperature bounce up and down quite erratically throughout the day.

HelpID: UpdateSalivaTests

Update Sources

This is the form for adding or making changes to thyroid sources

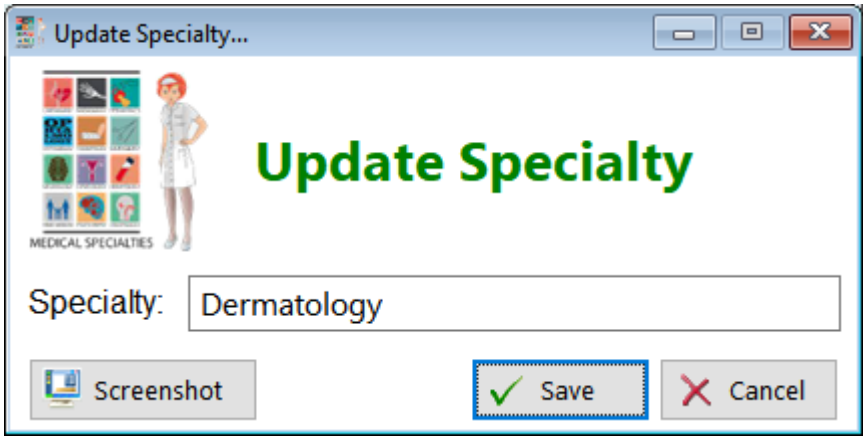


Website - Enter the Website Name
Source - Enter the URL (website + webpage) where the source can be opened directly.

HelpID: UpdateSources

Update Specialty

The Update Specialty update form enables you to add all the unique skills of your health care providers

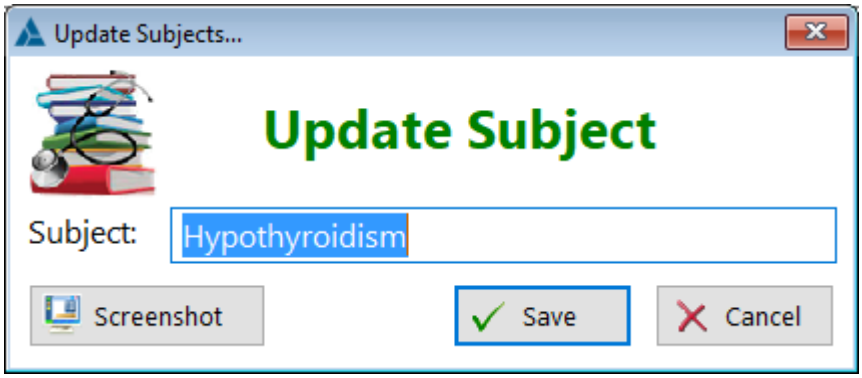


Specialty - Enter the name of the specialty

HelpID: UpdateSpecialty

Update Subjects

This is the form you'll use to add or make changes to the Subject in the Articles Module

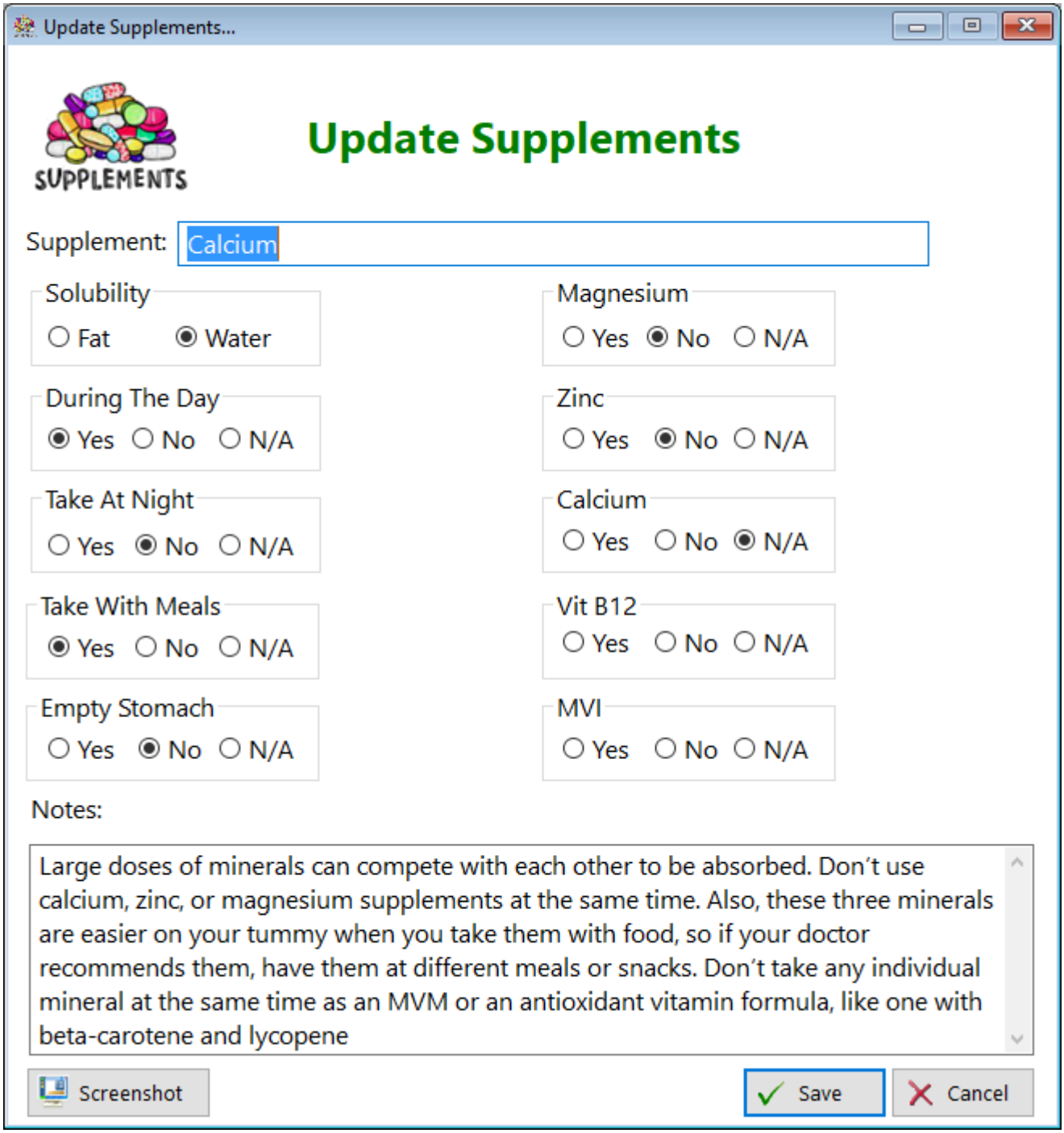


Subject - Enter the subject

HelpID: UpdateSubjects

Update Supplements

This is the form you'll use to add or make changes to the Supplements module. It's not likely you'll need to add or change anything.



Solubility - Select the option most appropriate for that supplement
During The Day - Select the appropriate time when this supplement can be taken
Take At Night - Choose the most appropriate option
Take With Meals - Select if the supplement should be taken with meals or not
Empty Stomach - Select if the supplement can be taken without food
Magnesium - Select whether the supplement can be taken with magnesium

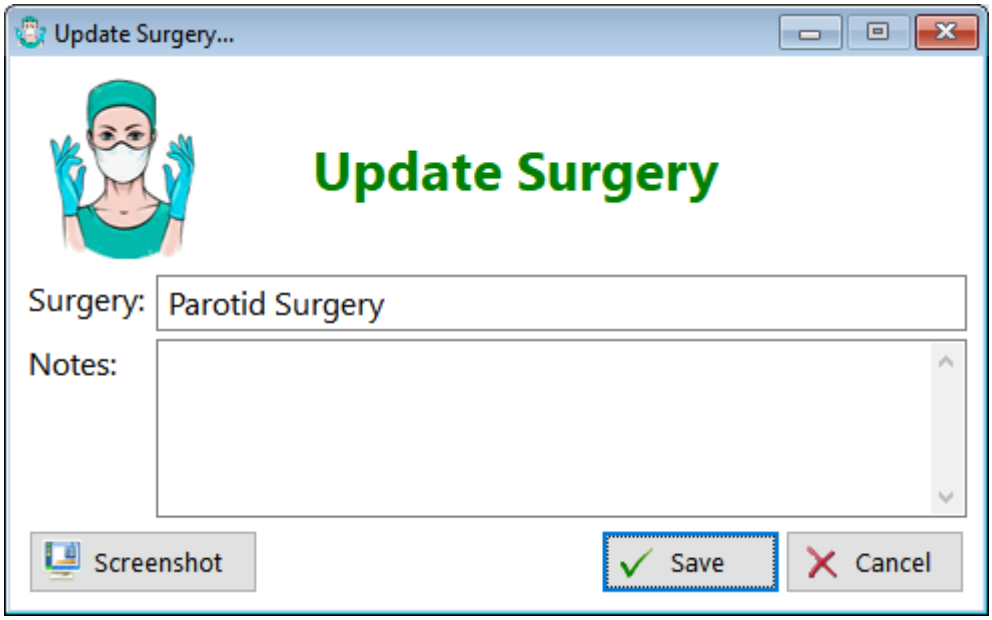
Zinc - Select whether the supplement can be taken with zinc
Calcium - Select whether the supplement can be taken with calcium
Vit B12 - Select whether the supplement can be taken with vitamin B12
MVI - Select whether the supplement can be taken with a multivitamin
Notes - Enter any comments you find useful

This module attempts to help guide you on which supplements should be taken together and which should be taken separately for maximum absorption and utilization. If you see any discrepancies or wish to add additional supplement (while providing sufficient documentation), those records will be added to future builds of this program. Until then, you can use this to your own benefit as is.

HelpID: UPdateSupplements

Update Surgery

The Update Surgery update form enables you to enter any surguries you've had as well as comments about them

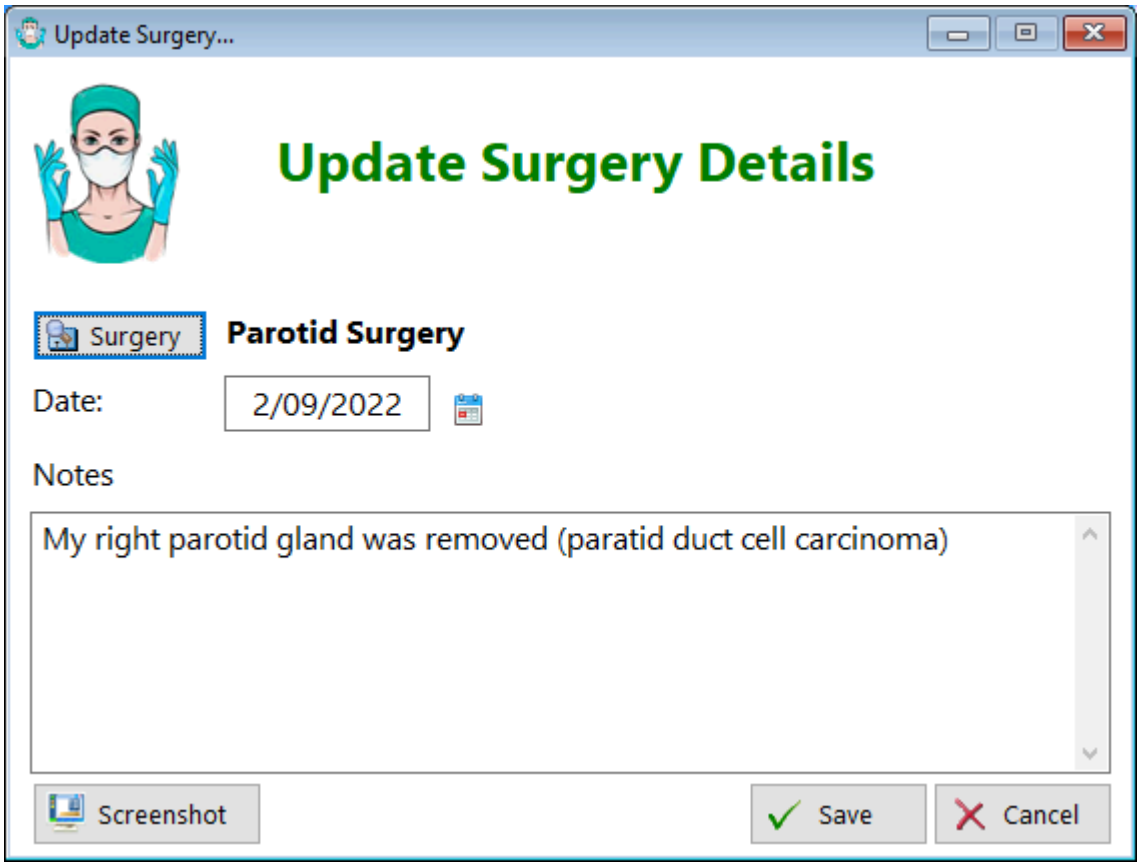


Surgery - Enter the name of the surgery
Notes - Enter any comments regarding this surgery

HelpID: UpdateSurgery

Update Surgical Detail

This is the form you'll use to add or make changes to the surgery module.



Surgery - Click on the button to select (or add) the surgery you received
Date - Enter the date of the surgery
Notes - Enter any comments you find relevant to this record

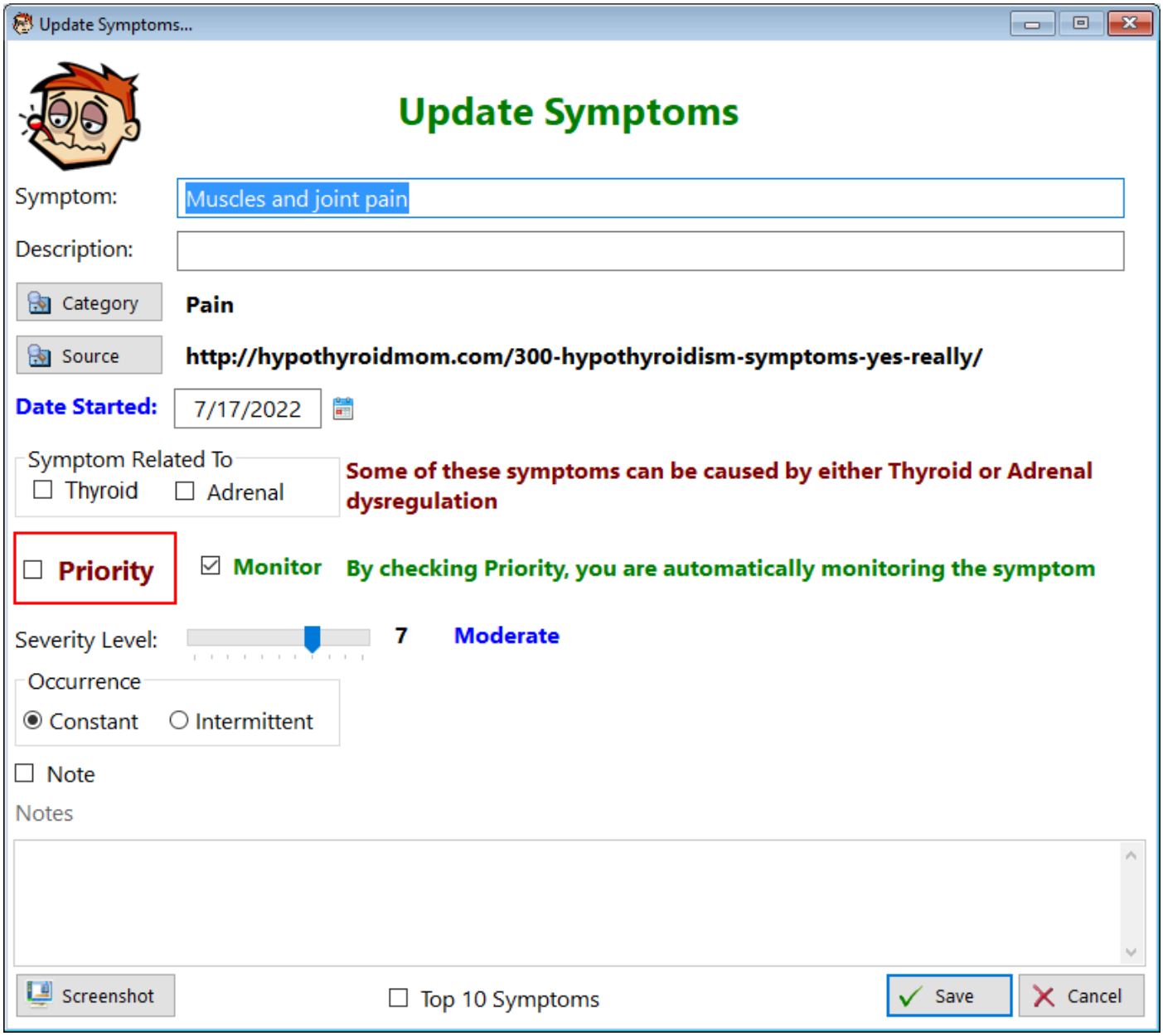
See also...

- Surgeries

HelpID: UpdateSurgicalDetail

Update Symptoms

This is the form you'll use to add or make changes to the symptoms module. You should find it quite complete as is without modification.



Symptom - Enter the name of the symptom
Description - Enter a description that pertains to what you're experiencing
Category - Click the button to select (or add) a category that pertains to this symptom
Source - Click the button to select (or add) where you found this symptom as it relates to hypothyroidism
Date Started - Enter the date you recall it first began
Symptom related to - Certain symptoms seem to occur when either thyroid or adrenal issues are present. Check the box(es) that apply to you

Priority - Check this box if the symptom is a priority (resolving it will improve your quality of life)
Monitor - Check this box if you want the program to monitor this symptom for you on a weekly basis
Severity Level - Estimate how much this impacts your quality of life
Occurrence - Select whether this symptom "comes-and-goes" or is constant. For example, in my case "Tinnitus" is Constant
Note - Check this box in order to add notes
Notes - Enter any comments that you find relevant regarding this symptom
Top 10 symptoms checkbox - Check this box to establish this symptom as one of your Top 10 Symptoms. You should limit priority symptoms to 10 because trying to monitor 65 would be overwhelming. Just focus on the ones that will improve your quality of life.

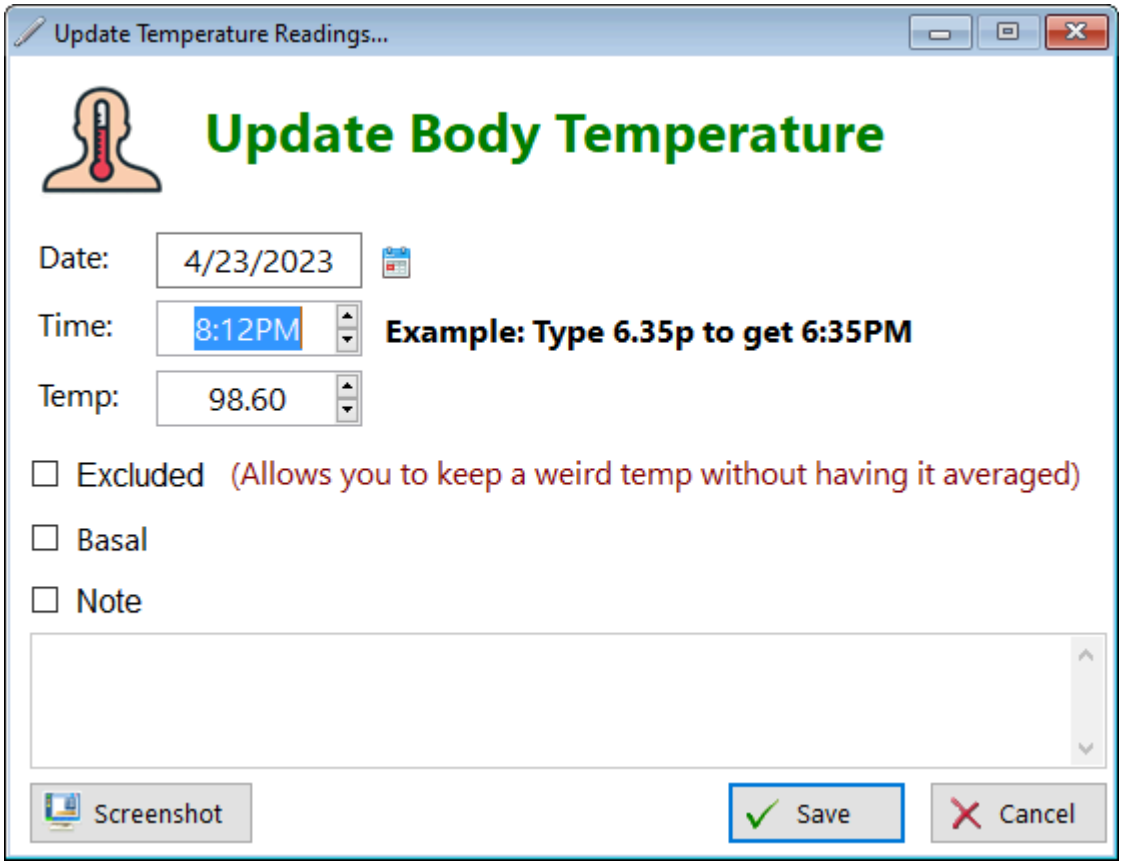
See also...

- Categories
- Sources

HelpID: UpdateSymptoms

Update Temperature

This is the form you'll use to add or make changes to records relating to your temperature. Dr. Broda Barnes was a pioneer of keeping track of temperature to determine the appropriate dose of thyroid medication.



Date - Enter the date you're taking your temperature (The program will insert a date for you when it's a new record)
Time - Enter the time you took your temperature
Temp - Enter the temperature
Excluded - Click this box if you get a really strange reading (5 degrees above or below your expected body temperature) and don't want to include it in your average body temperature. The record will remain but it's not added to the average.
Basal - Check this box if you're taking a basal reading, which is done immediately after you wake up.
Note - Check this box to enable note taking
Notes - Enter any comments that you find relevant to this record

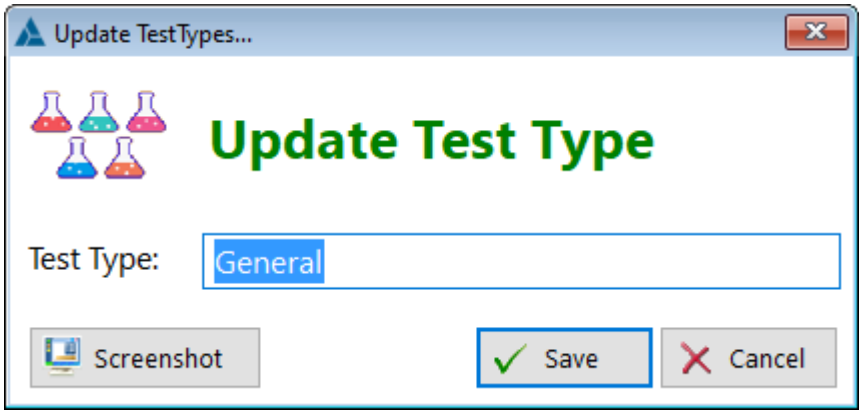
NOTE - I don't think there's any question that someone with low thyroid function (untreated) will display a basal temperature lower than the normal. However, there's another reason for having a low or very low basal body temperature and that's due to *insomnia*. Lack of sleep will lower your body temperature.

If you're suffering from a compensatory overabundance of cortisol (like I was) and you're only getting a few hours of sleep per night (like I was - 3hrs) then it is VERY likely that your low body temperature readings will be a red herring regarding thyroid function. Be sure that you're able to sleep normally before deciding that you have proof of low thyroid function due to lower-than-normal basal body temp readings!

HelpID: UpdateTemperature

Update Test Type

This is the form you'll use to add or make changes to the test type in the Blood Test module

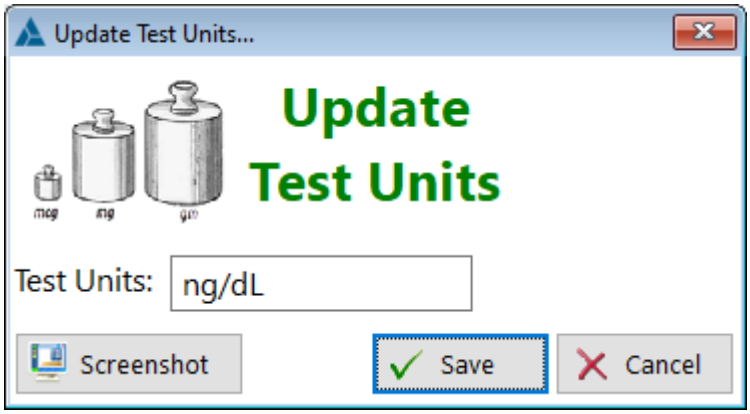


Test Type - Enter the type of blood test

HelpID: UpdateTestType

Update Test Units

This is the form you'll use to add or make changes to the test units in the Adrenal Saliva module

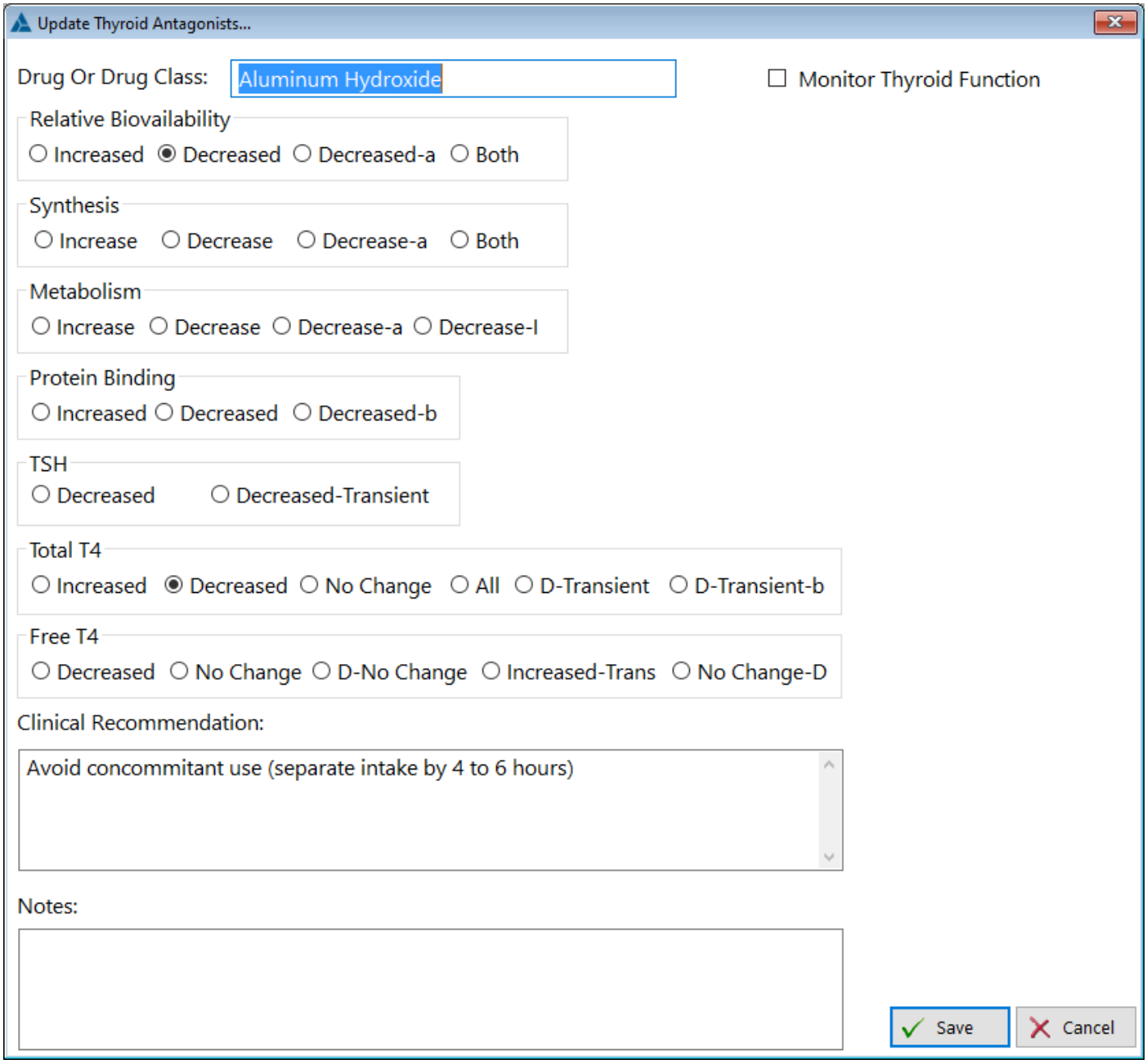


Test Units - Enter the concentration of the test

HelpID: UpdateTestUnits

Update Thyroid Antagonist

This is the form for adding or updating the Thyroid Antagonist Module. You won't likely need to add or change anything.



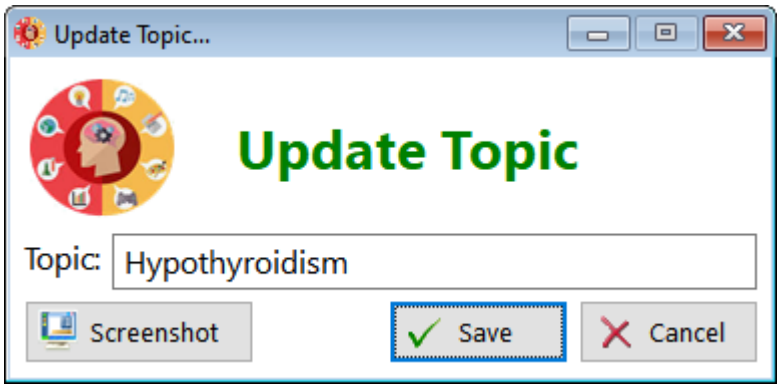
Drug Or Drug Class - Enter the antagonist drug or drug class
Relative Bioavailability - Select the most appropriate option
Synthesis - Select the most appropriate option
Metabolism - Select the most appropriate option
Protein Binding - Select the most appropriate option
TSH - Select whether or not the TSH level is affected by this drug
Total T4 - Select whether or not total T4 is affected by this drug
Free T4 - Select whether or not free T4 is affected by this drug
Clinical Recommendations - Enter data pertaining to this drug

Notes - Enter any comments you find useful

HelpID: UpdateThyroidAntagonist

Update Topic

The Update Topic update form enables you to add a topic to an article

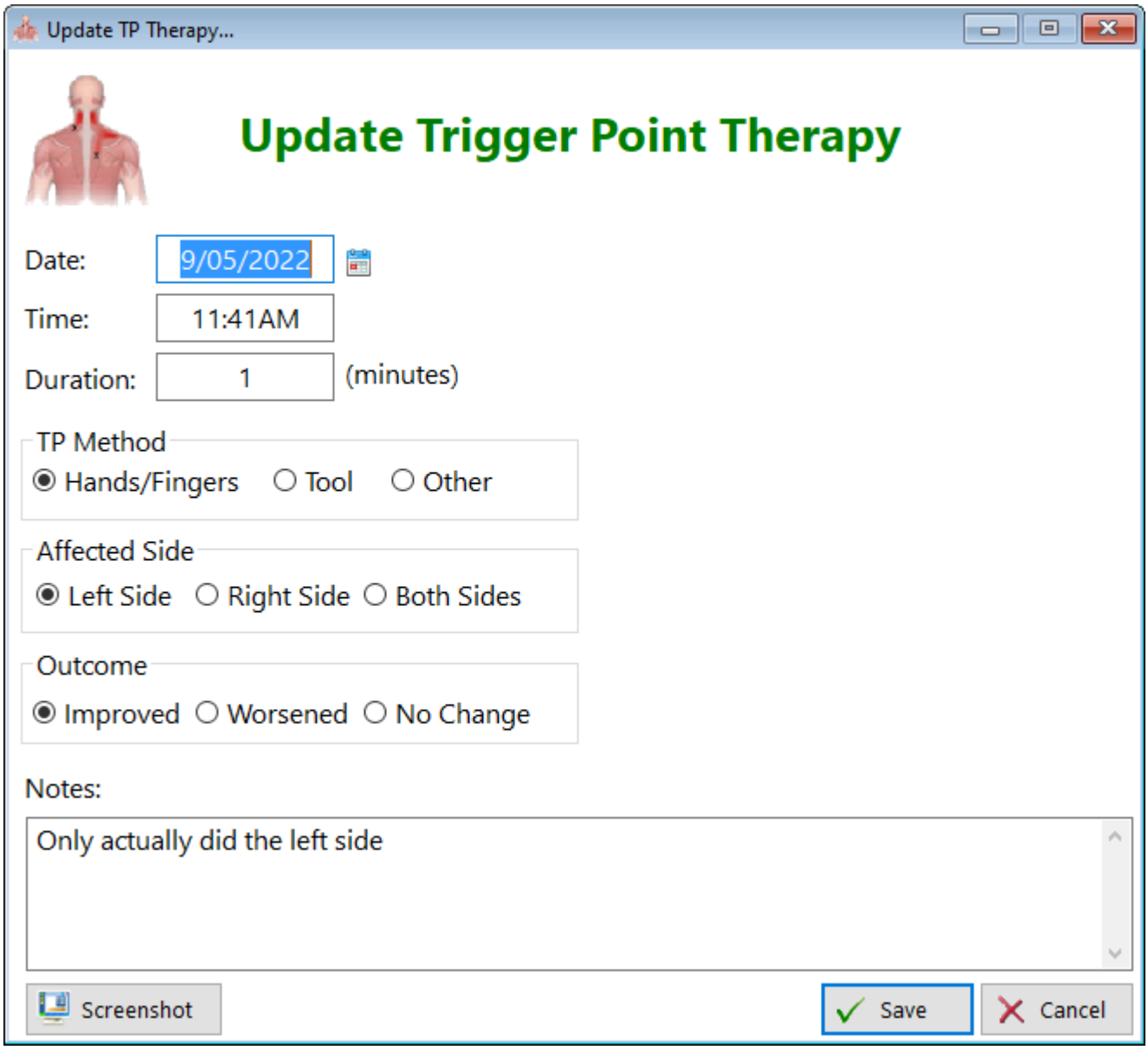


Topic - Enter the name of a topic

HelpID: UpdateTopic

Update Trigger Point Therapy

This is the form for adding or making changes to the Trigger Point Therapy Module

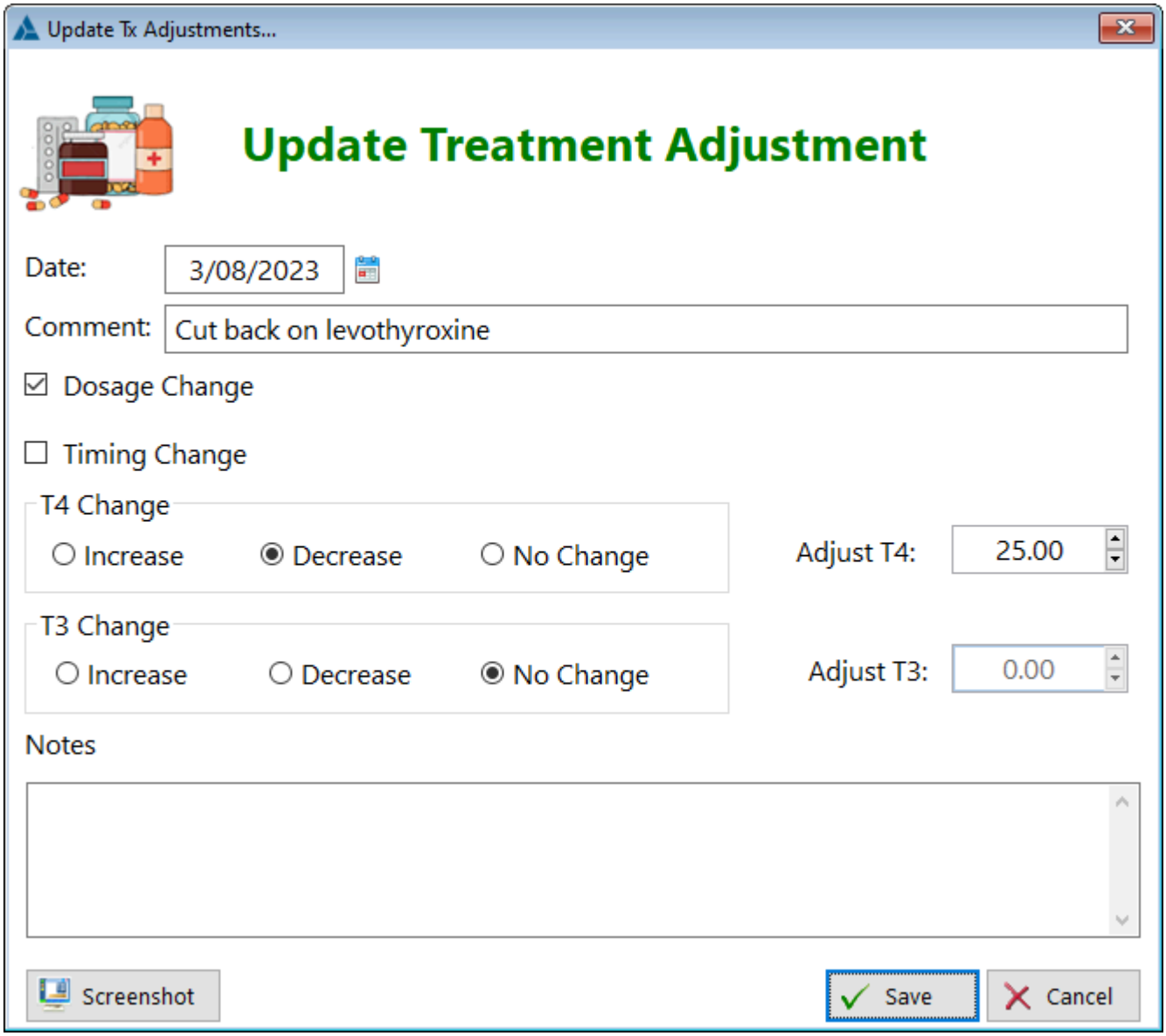


Date - Enter the date you performed the trigger point therapy
Time - Enter the time you performed the trigger point therapy
Duration - Enter how long you spent with the therapy
TP Method - Select the method you chose
• Hands/Fingers - This is the most common method for certain trigger point locations
• Tool - Select this if you own a theracane or similar device
• Other - If someone performed the trigger point therapy use this
Affected Side - Select which side (or both sides) you performed therapy
Outcome - Select how well the trigger point therapy worked.
Notes - Enter any comments you find relevant in this record

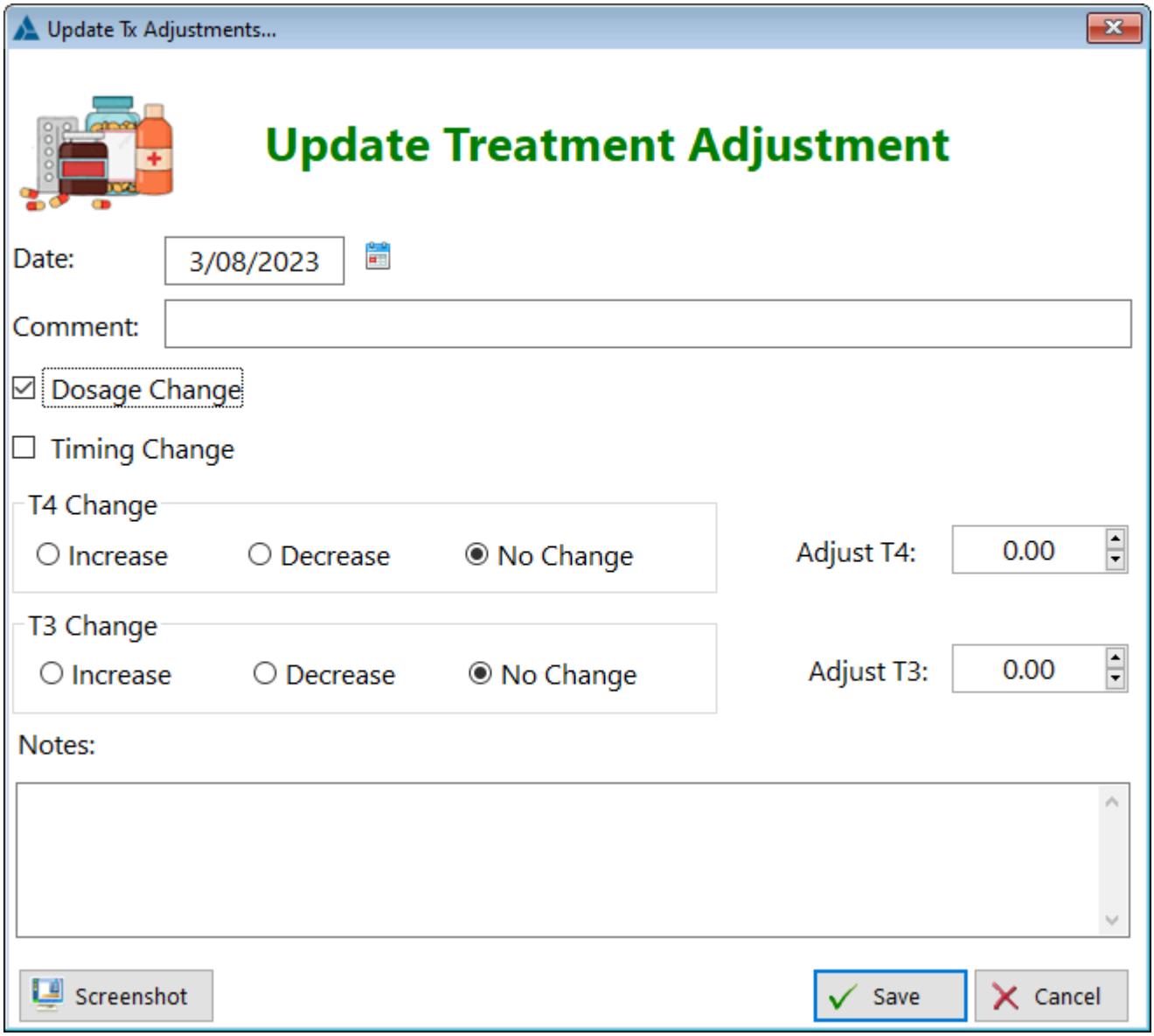
HelpID: UpdateTPTherapy

Update Tx Adjustments

This is the form for adding or making changes to a treatment adjustment. For example, suppose you decided to lower your dose of Liothyronine for a couple of days due to perceived overstimulation. Or maybe you increased your T3. This is the form to document these minor and temporary changes in therapy.



Date - Enter the date you made the change
Comment - Add a quick comment regarding the change
Dosage Change - Check this box if the change is based on increasing or decreasing the dose



When the Dosage Change checkbox is checked, you have access to both T4 and T3 change option boxes as well as the T4 and T3 adjustment boxes.
T4 Change - Select the amount of increase or decrease in dose of T4
T3 Change - Select the amount of increase or decrease in dose of T3

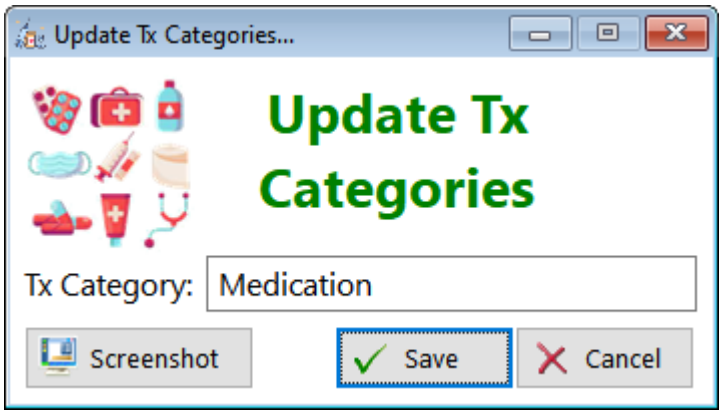
Adjust T4 - Specify how much of an increase or decrease you want to make for T4
Adjust T3 - Specify how much of an increase or decrease you want to make for T3

Timing Change - Check this box if the change has to do with when you took the dose (Changed your Levothyroxine from morning to night)
Notes - This is where you can describe your timing change, should you choose one.

HelpID: UpdateTxAdjustments

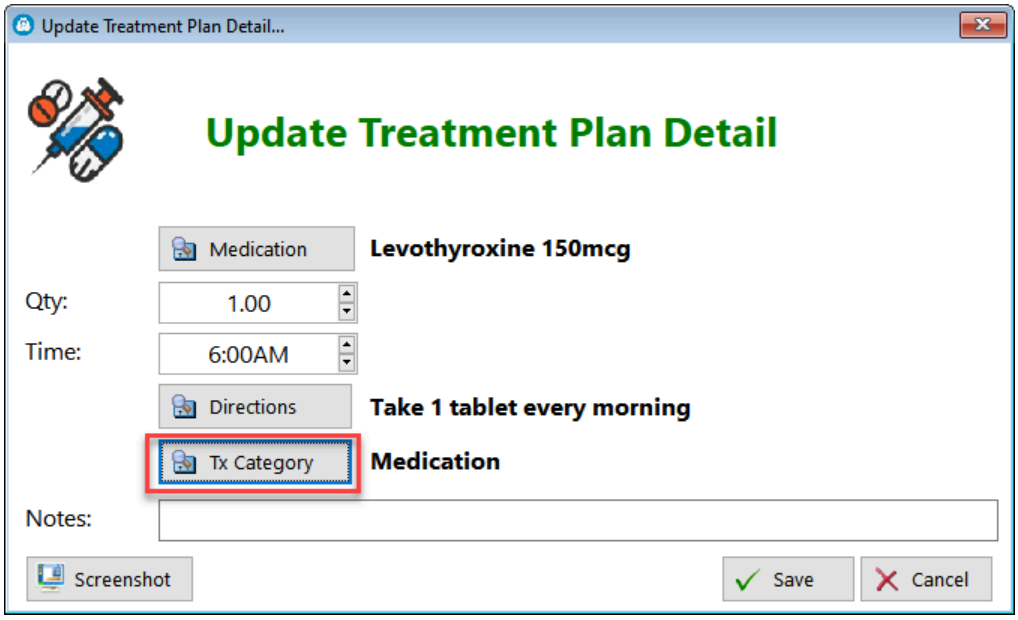
Update Tx Categories

This update form is located within the Treatment Plan module

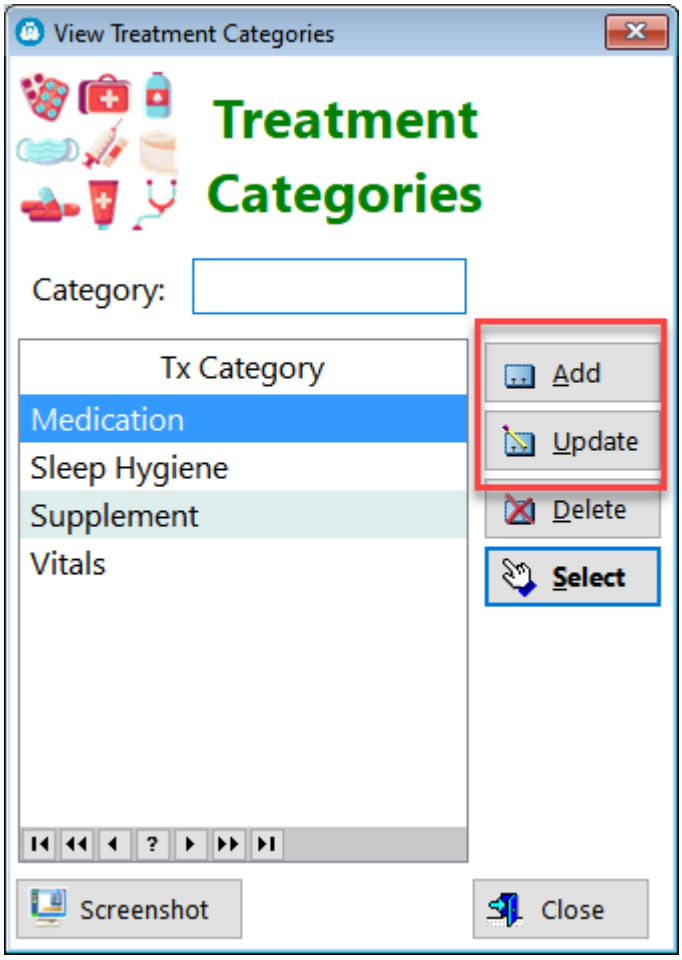


Tx Category - Enter the category of the treatment

You can find it by clicking on the Tx Category button, and opening up the Tx Categories window



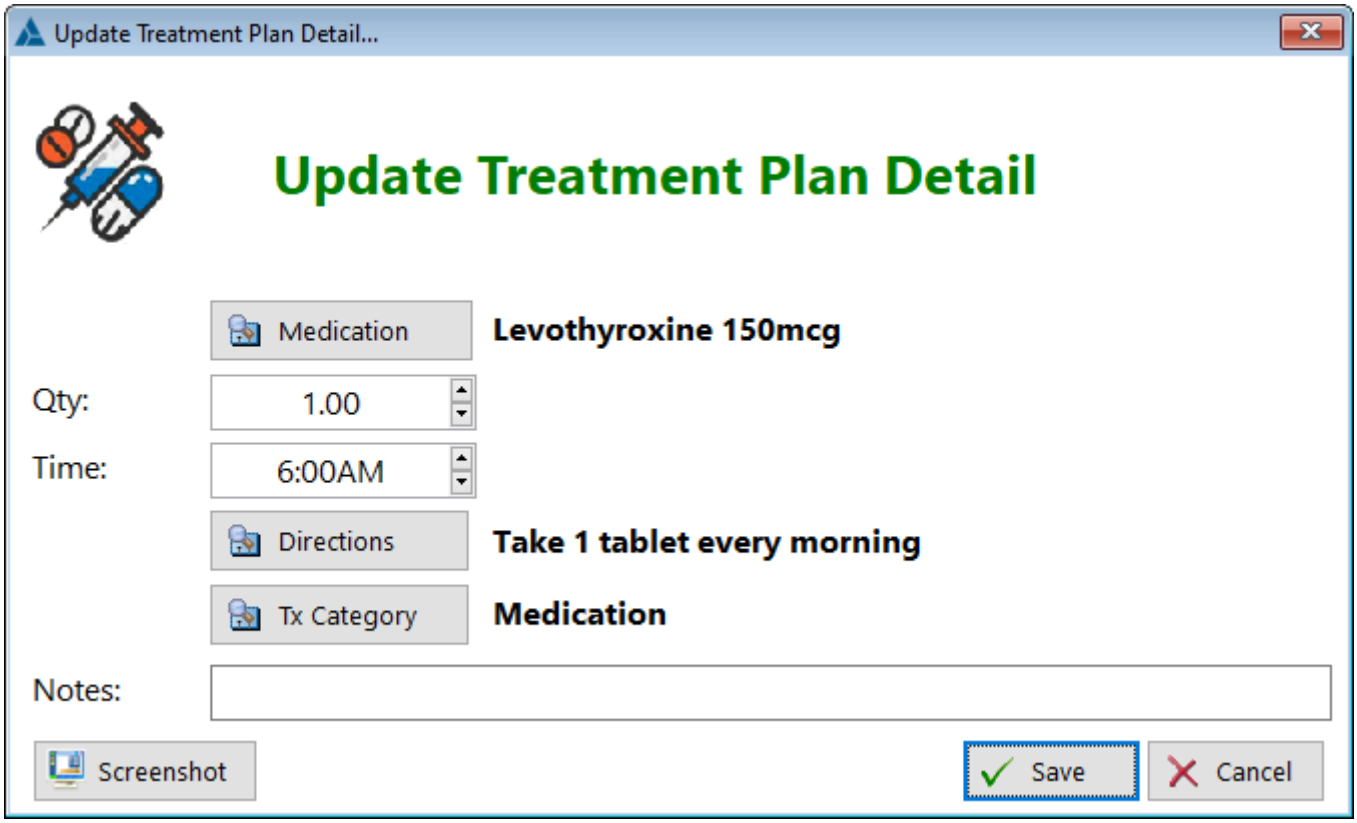
Clicking on either of the two buttons will open the form



HelpID: UpdateTxCategories

Update Tx Detail

This is the form you'll use to add or make changes to a Treatment Plan. This coincides with each change in thyroid dosage and is usually preceded by a blood test analysis on TSH, FT4 and FT3.



Medication - Click this button to select the medication to include in your treatment plan
Qty - Enter the quantity of units you'll be taking
Time - Enter the time of day you intend to take this medication
Directions - Enter the directions you'll be following
Tx Category - Click on this button to select the category of treatment
Notes - Enter any comments that you find relevant for this record

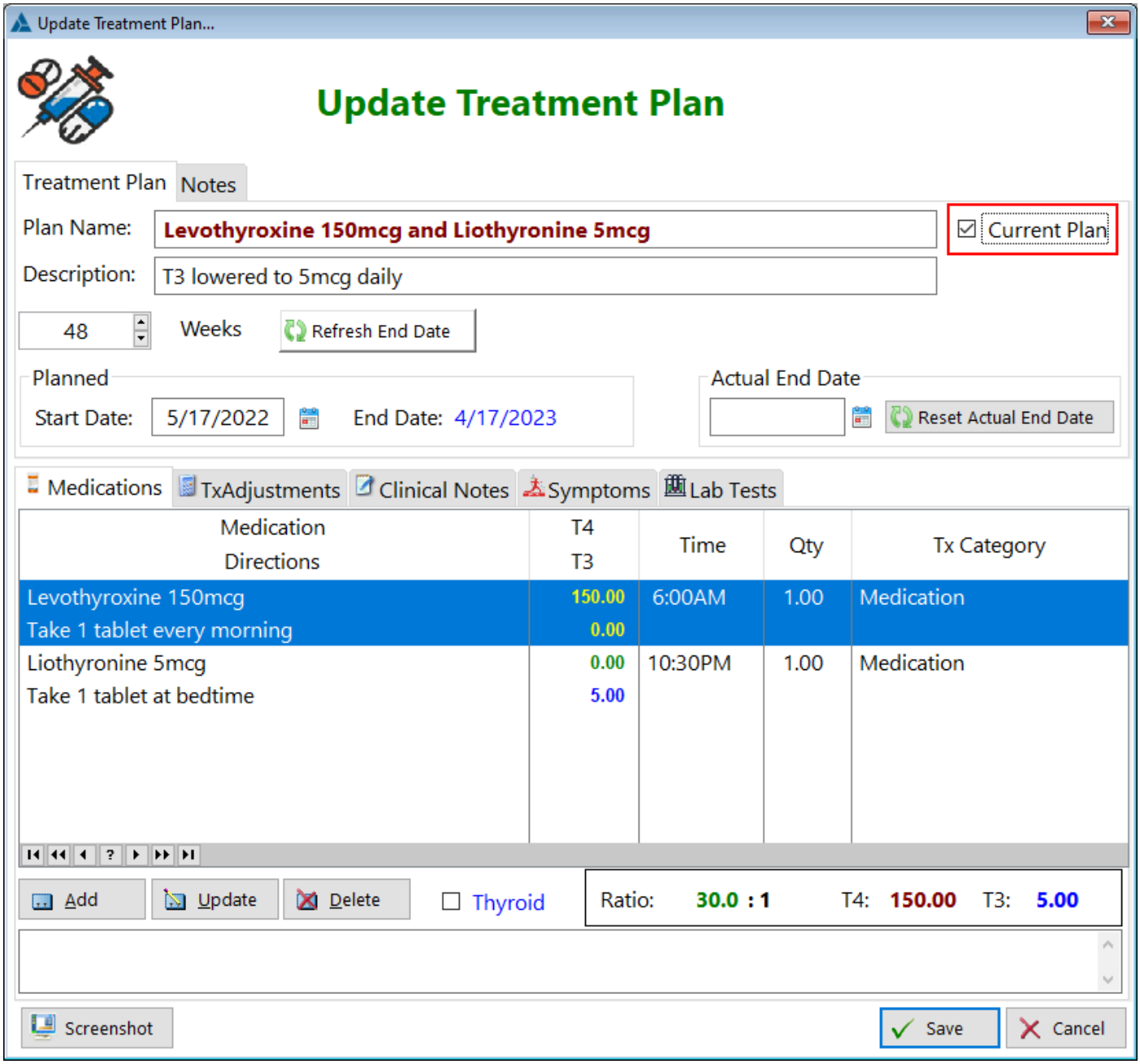
See also...

- Directions
- Medications
- TxCategories

HelpID: UpdateTxDetail

Update Tx Plan

This is the primary form for creating a Treatment Plan. You'll create a plan name, usually consisting of the names of the thyroid medications and strengths you're planning to take. A treatment plan can last as long as you have cooperation with your doctor (or if you're self-treating). The goal is to evaluate each treatment plan for its success (or lack therof) and make improvements in medication therapy to the point where symptoms are resolved and your quality of life is restored.



Plan Name - Enter a name for this treatment plan
Description - Enter a short description
Weeks - Set the number of weeks you intend to stick with this plan (you can always change it later)

Refresh End Date - Click this button to refresh the End Date of your plan
Planned - Enter the date you're going to begin this treatment plan
End Date - The end date will be calculated based on the number of weeks you chose
Actual Date - Enter this date once you've decided to end this treatment plan
Reset Actual End Date - Just in case you change your mind, click this button to wipe out the actual end date

TABS

Medications - This tab contains a list of medications (usually thyroid related) that you're utilizing for this period of time
TxAdustments - This tab contains a list of dates where you decided to alter the plan temporarily (or you forgot to take the medication)
Clinical Notes - This is a mini journal where you can enter a date and evaluate how the plan is going. I recommend a weekly entry while on this plan
Symptoms - This tab contains a list of the top 10 symptoms you've declared in the Symptoms module
Lab Tests - This tab contains any blood tests you've had performed *during this plan*. Theoretically, you'll have at least one set of thyroid blood test results for each treatment plan.

Thyroid(Checkbox) - If you've added other medications to this listbox, you can filter out only thyroid medications by checking this box

Ratio - If you're taking both T4 and T3 or natural desiccate thyroid, your T4 to T3 dose ratio will be calculated for you. There has been discussion and arguments regarding the appropriate ratio, of which some arguments are flawed. Regardless, you have the ratio.

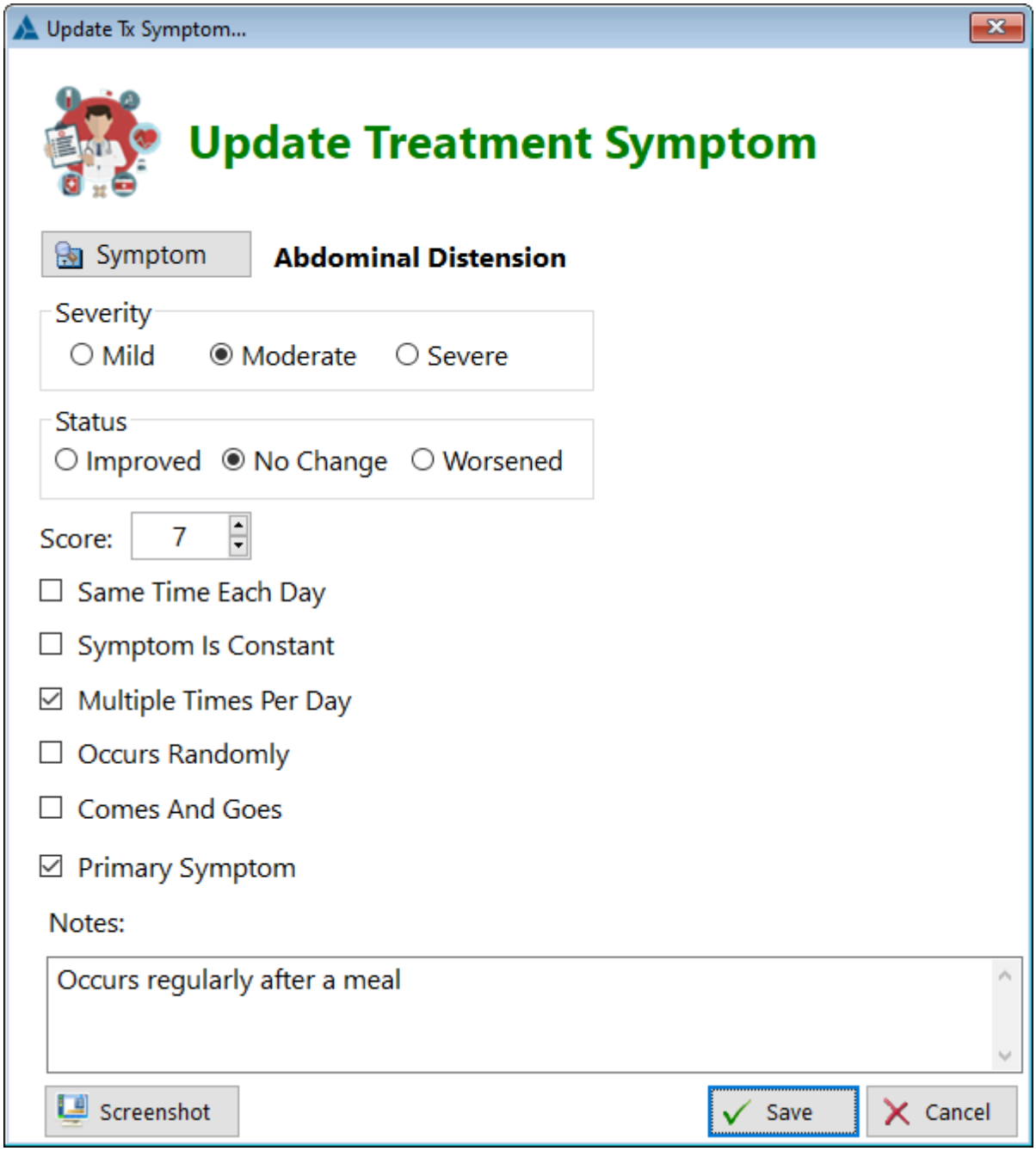
See also...

- UpdateClinicalNotes
- UpdateTxAdjustments
- UpdateTxDetail
- UpdateTxSymptoms

HelpID: UpdateTxLog

Update Tx Symptom

This is the form where you'll document any changes in the status of your symptoms within your current treatment plan.



Symptom - Click the button to select a symptom
Severity - Select how crappy the symptom is
Status - Select whether there's improvement or not
Score - Assign a number. Lower means better; Higher means worse
Same Time Each Day - Check this box if the symptom occurs like it's on the clock
Symptom is Constant - Check this box if the symptom never stops
Multiple Times Per Day - Check this box if you experience this symptom repeating itself

Occurs Randomly - Check this box if the symptom arrives, then leaves, then comes back like a bad relative
Comes And Goes - Check this box if the symptom starts in the morning, goes away at night, then returns the next morning like a Greek tragedy
Primary Symptom - Check this box if the symptom affects your quality of life
Notes - Enter any comments you find relevant for this record

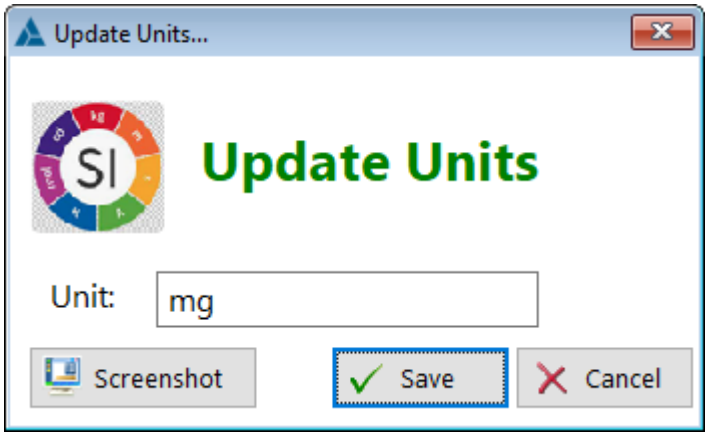
See also...

- Symptoms

HelpID: UpdateTxSymptoms

Update Units

This is the form you'll use to add or make changes to the units associated to the Medications module

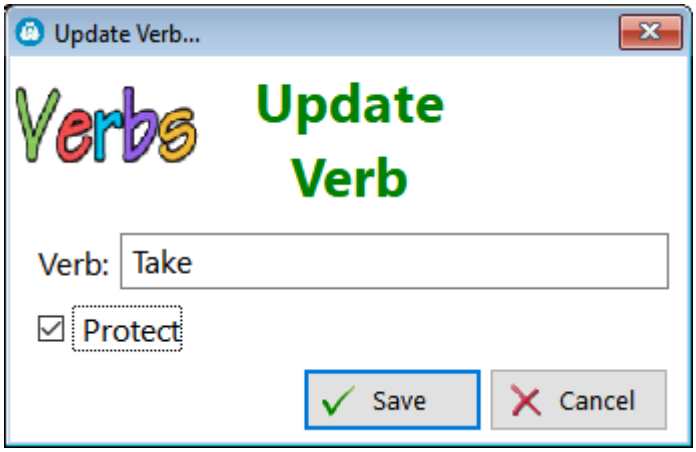


Unit - Enter the unit

HelpID: UpdateUnits

Update Verb

The Update Verb form enables you to create the first part of making the directions (sig)

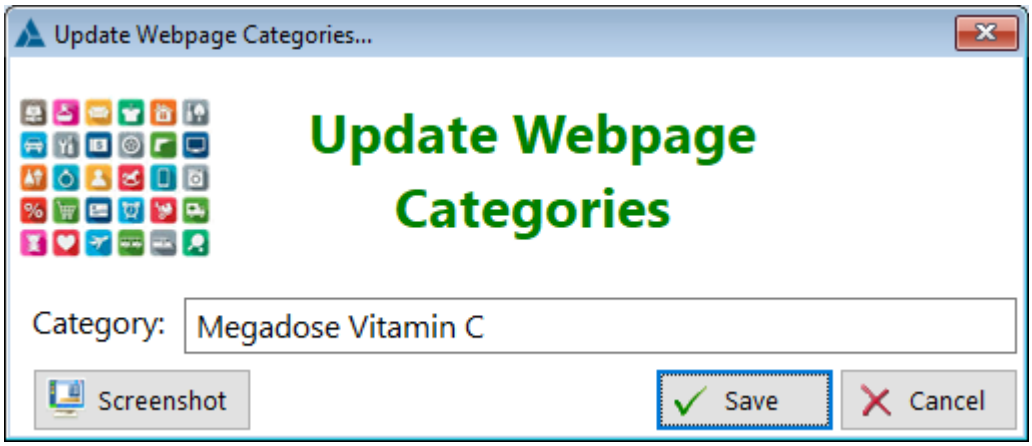


Verb - Enter the action you'll be doing when taking this medication or supplement (take, insert, etc., have already been created for you)
Protect - This is part of the design of the program being tested. Some records should not ever be deleted.

HelpID: UpdateVerb

Update WebPage Categories

This is the form you'll use to add or make changes to the categories of a webpage

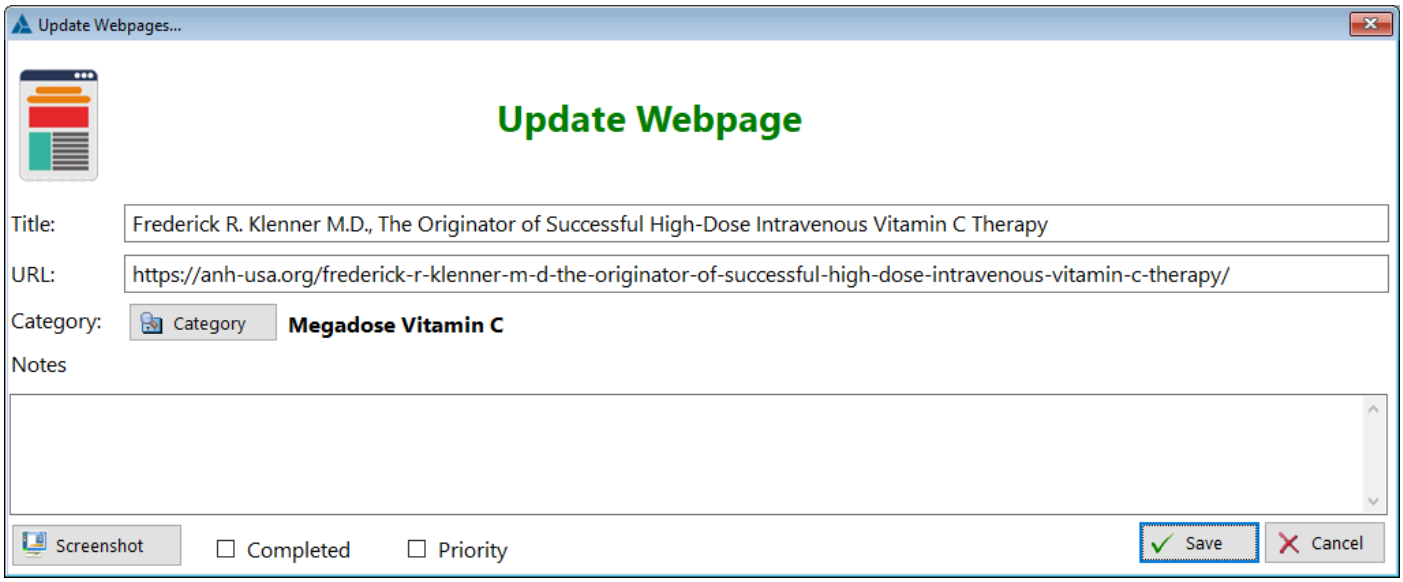


Category - Enter the webpage category

HelpID: UpdateWebPageCategories

Update Webpage

This is the form you'll use to add or make changes to the WebPage



Title - Enter the title of the web page
URL - Enter the URL of the web page
Category - Click the button to select (or add) a webpage category
Notes - Enter any comments you find relevant
Completed(Checkbox) - Check this box if you've read the contents of the web page
Priority(Checkbox) - Check this box if you want to filter this web page as being highly relevant to you personally

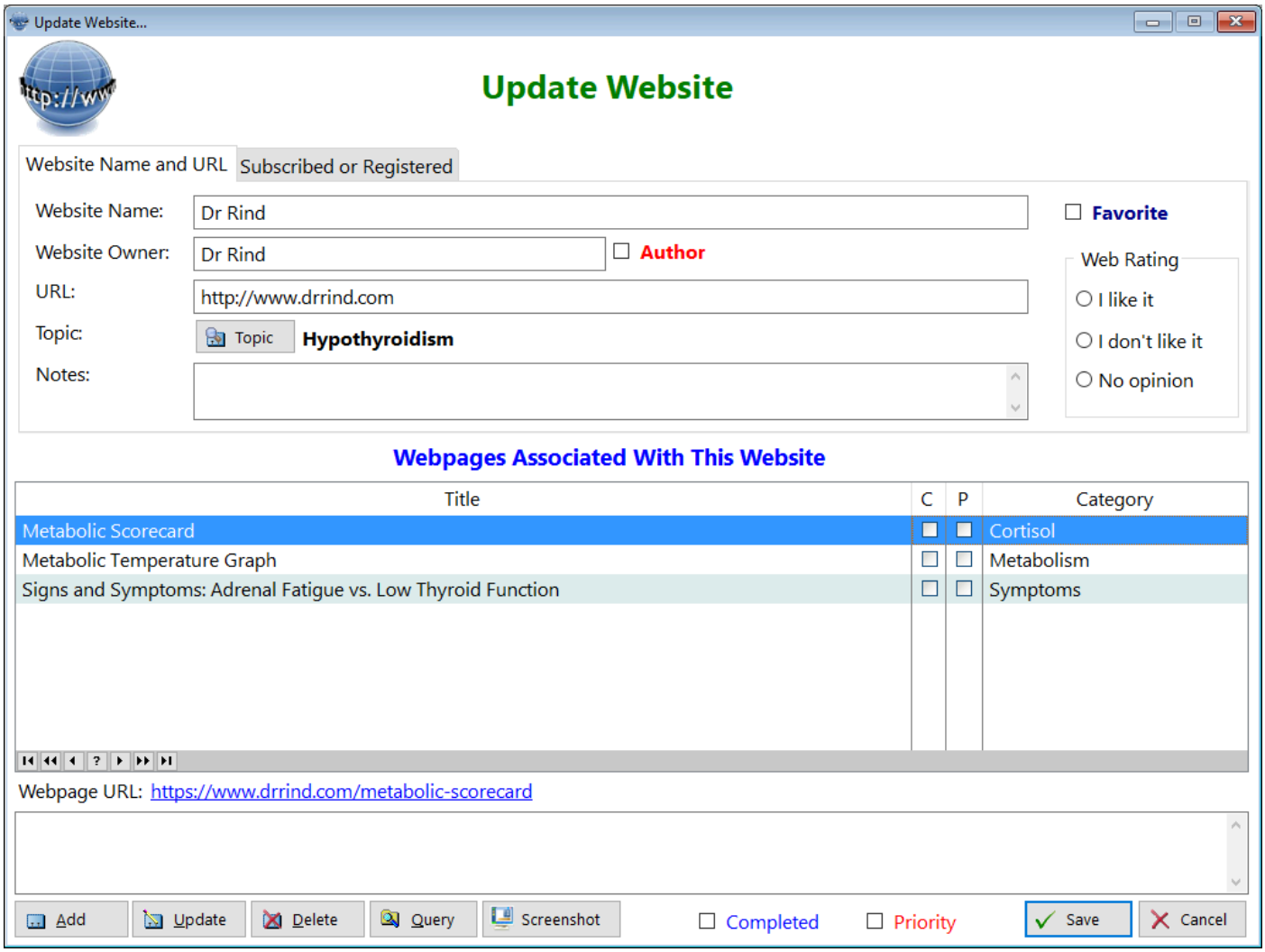
See also...

- WebPageCategories

HelpID: UpdateWebpages

Update Website

This is the form you'll use to add or make changes to a website record.



Website Name - Enter the official name of the website. It could be a person or a business
Website Owner - Enter the name of the person who runs the website (this is optional)
URL - Enter the URL of the website
Topic - Click the button to select (or add) a topic for this website (usually hypothyroidism but you choose)
Notes - Enter any comments you find relevant
Favorite - Click on this box if you like this website and want to recall your preference
Web Rating - Give the website a favorable or nonfavorable rating (optional)

Webpages Associated With This Website

This is where you can add URLs that directly open that particular webpage**.** The URL of the webpage will be listed just below the listbox for each webpage.
Completed - Check this box if you've consumed the contents of this website

Priority - Check this box if you want to be able to filter this website as highly valuable to you personally

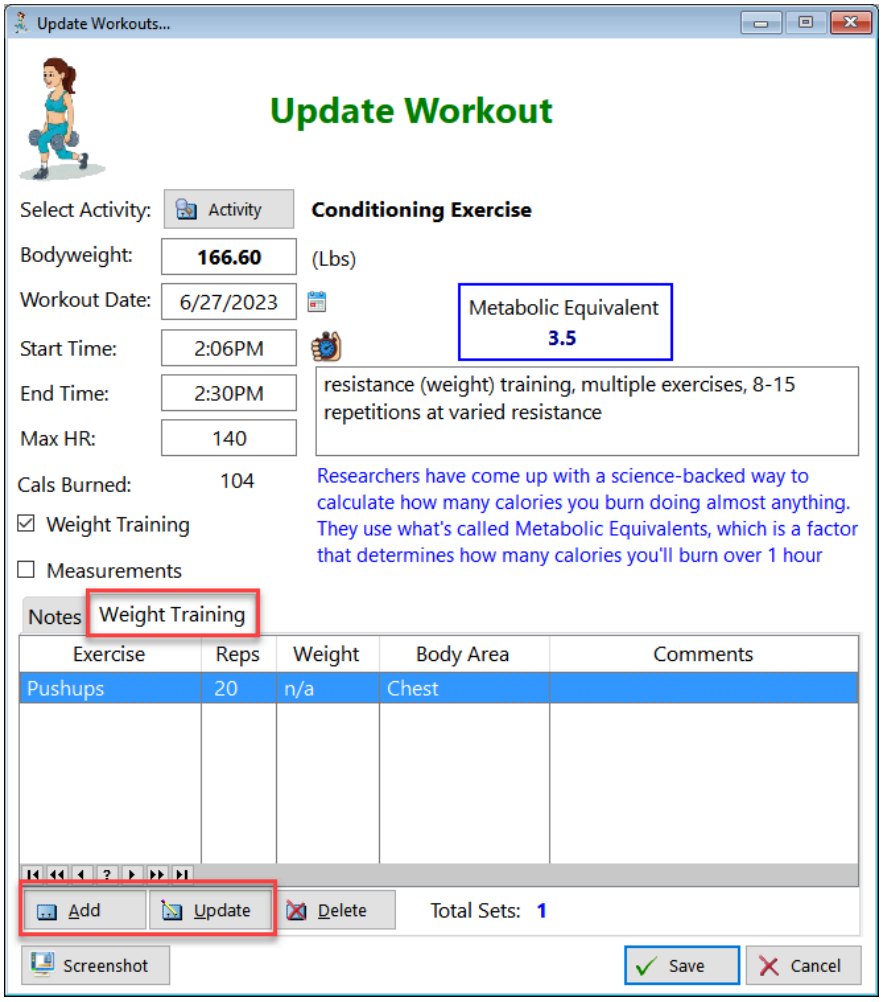
See also...

- Topics
- UpdateWebpages

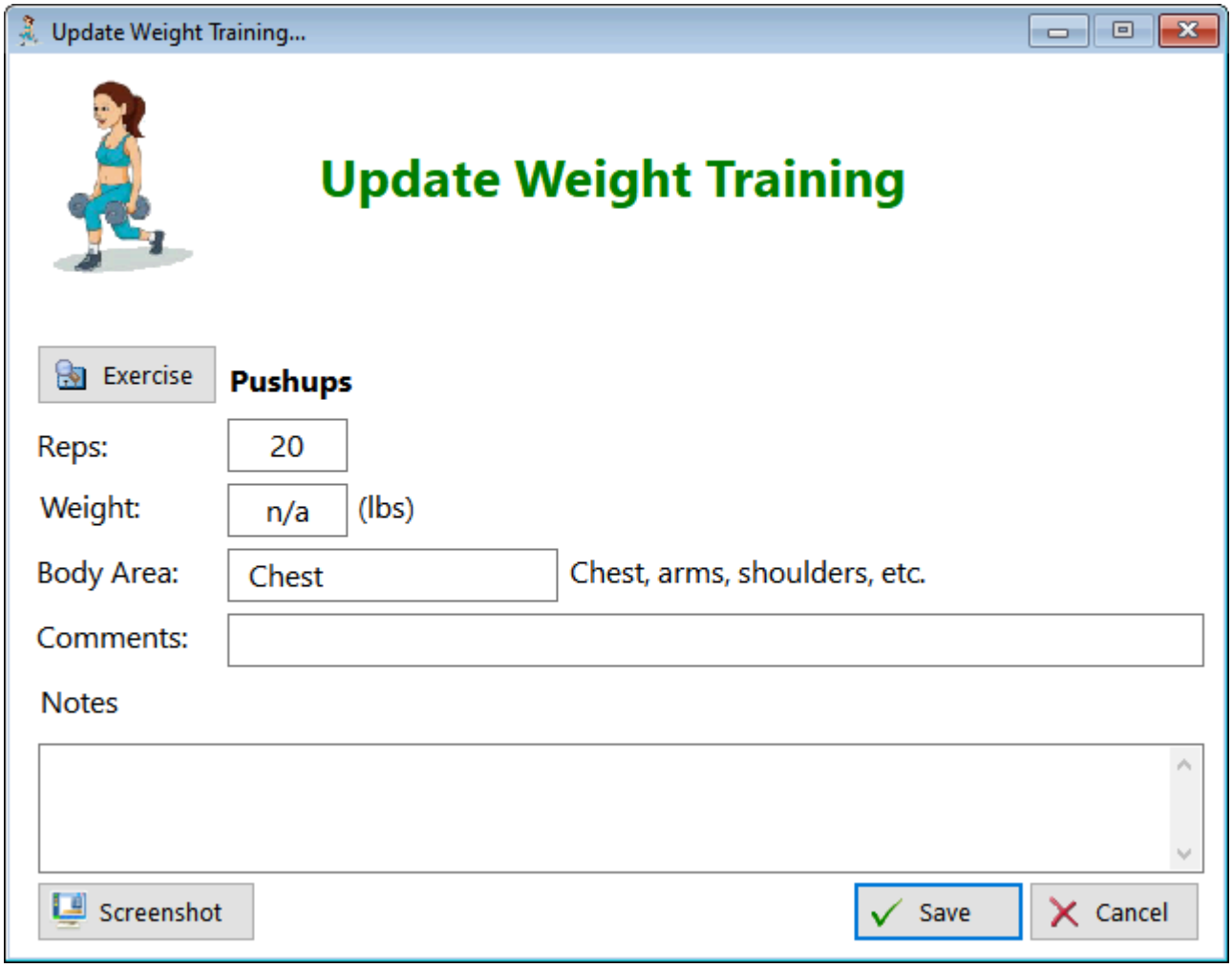
HelpID: UpdateWebsites

Update Weight Training

The Update Weight Training form enables you to enter your exercises pertaining to building muscle.



You can find it under the Weight Training tab. Click on add to enter a new record or update to change an existing record.



Exercise (button) - Select a weight building exercise
Reps - Enter how many reps you're going to do
Weight - Enter the amount of weight you're going to lift
Body Area - Enter the area of your body affected by this exercise
Comments - Enter a short comment on this set
Notes - Enter more copious comments here

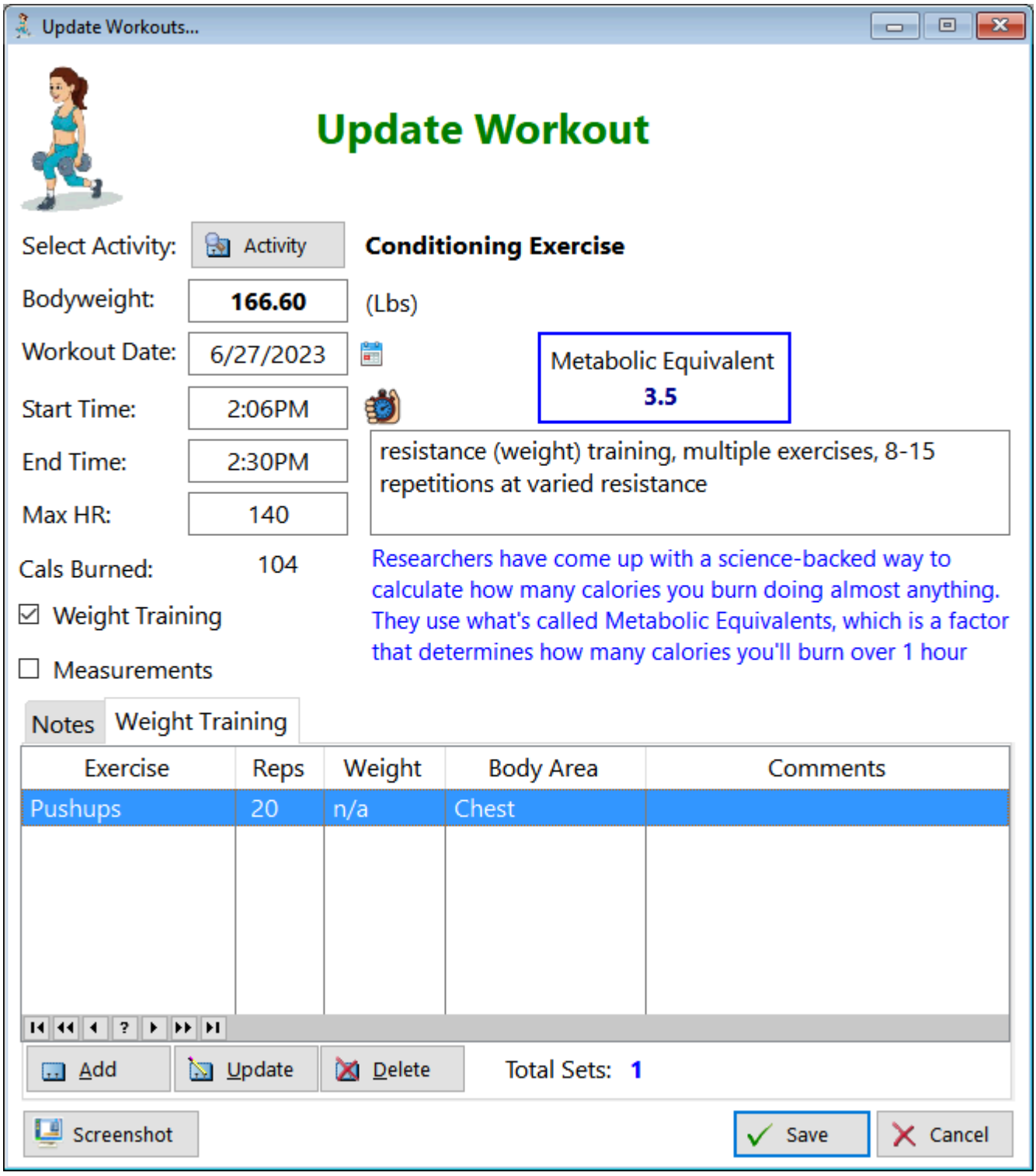
See also...

- Exercises

HelpID: UpdateWeightTraining

UpdateWorkout

The Update Workout form enables you to enter information regarding this workout



Select Activity - Use the button to select an exercise
Bodyweight - Enter in your current body weight
Workout Date - Enter the date of the exercise
Start Time - Enter the time you started exercising
End Time - Enter the time you finished exercising

Max HR - Enter the highest heart rate you experienced during the exercise session
Cals Burned - This displays how many calories you can expect to burn, based on this exercise
Weight Training(checkbox) - Check this box to enter your weight training reps and sets
Measurements (checkbox) - Check this box to enter your measurements (should be done prior to exercising)

Notes (TAB)

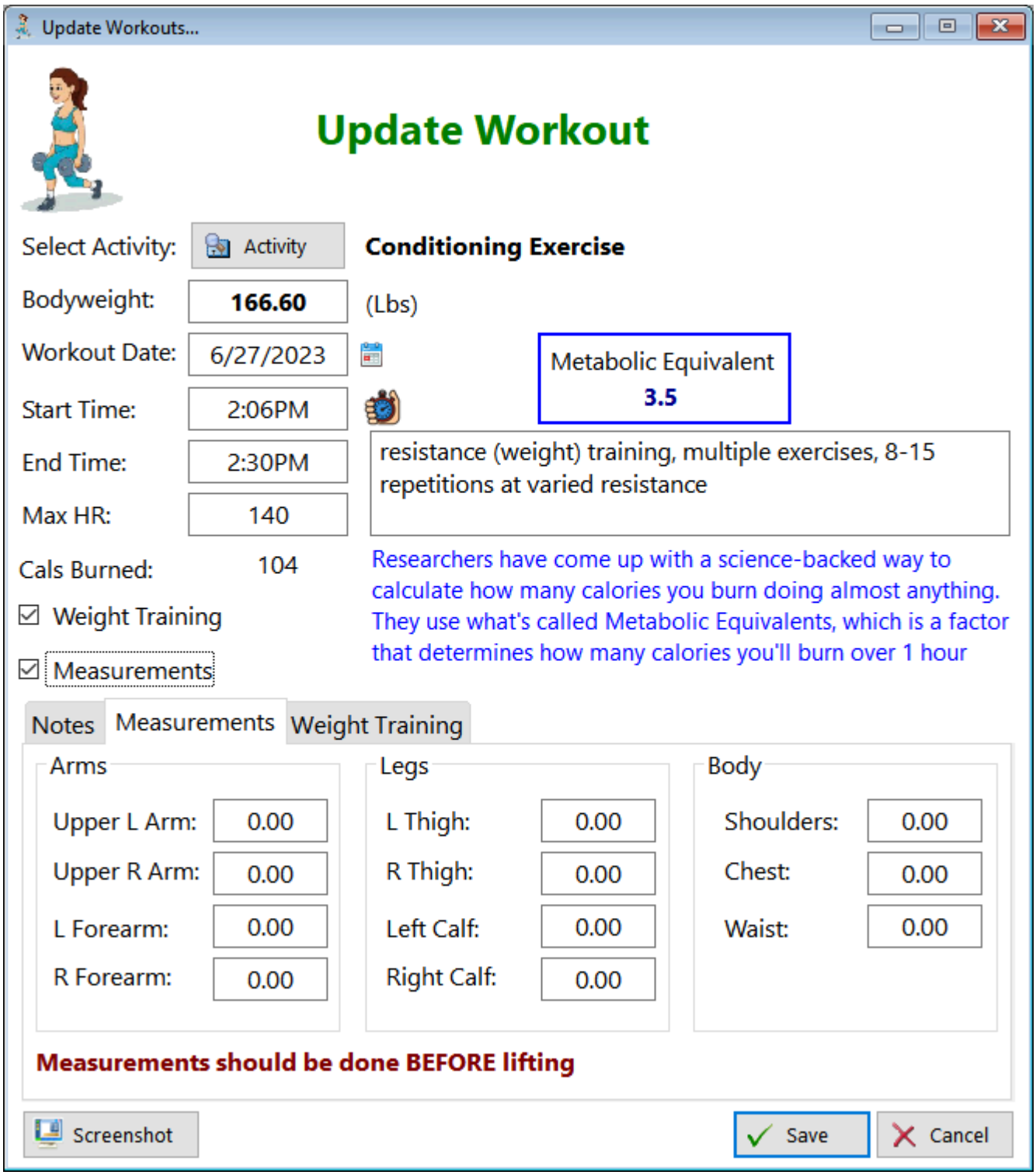
Enter any comments you feel like

Weight Training (TAB)

Exercise - Displays the name of the exercises you've performed
Reps - Displays how many reps you performed
Weight - Displays how much weight you used
Body Area - Displays what area of your body you worked on
Comments - Displays any comments you might want to make regarding this set

Measurements (TAB)

Arms - Biceps and forearms
Legs - Upper and lower leg
Body - Shoulders, Chest and Waist



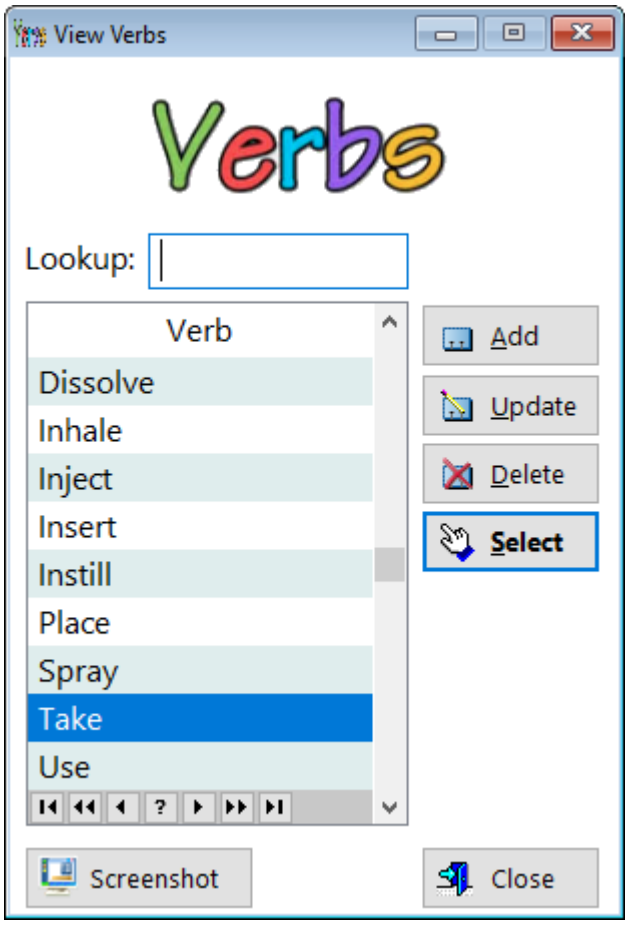
See also...

- Activities
- UpdateWeightTraining

HelpID: UpdateWorkout

Verbs

This is the table that contains the verbs associated with medication directions.



Verb - Displays the verb for use in building the directions

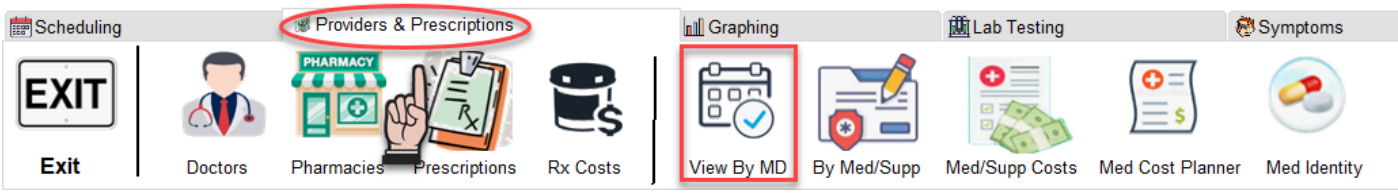
You can add a verb if you like; most of them are already present.

UpdateVerb

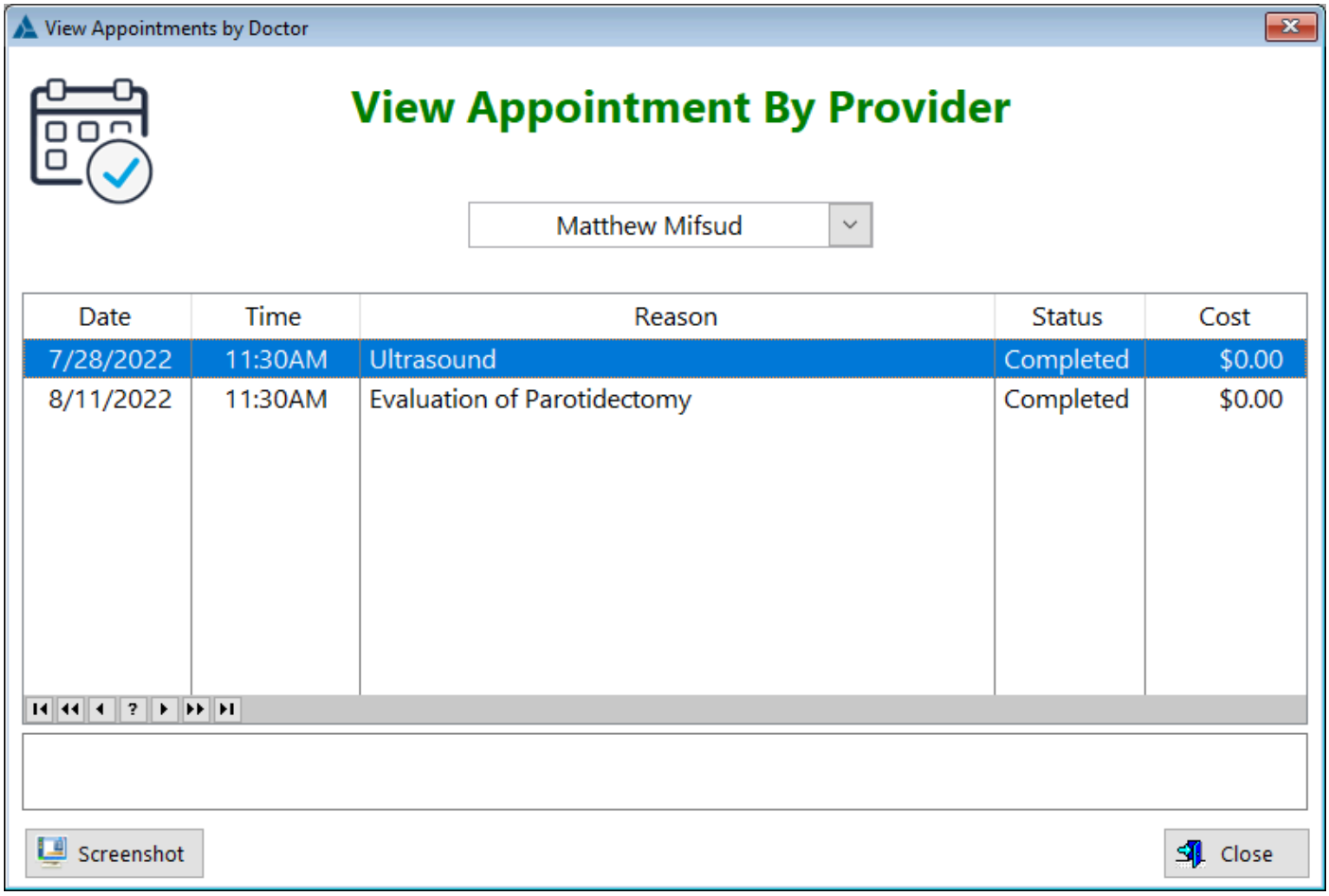
HelpID: Verbs

View Appt By MD

You can find the View By MD module under the Providers & Prescriptions tab



This screen provides you with a dropdown to filter your appointments by the provider. You select a provider and all of the relevant appointments you've had with him or her will be displayed in the listbox below.

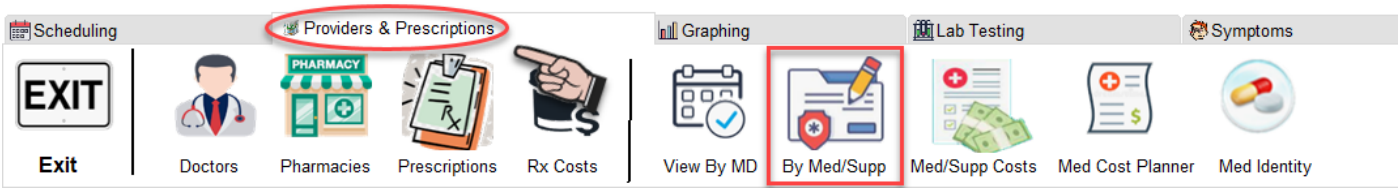


Date - Displays the date of the appointment
Time - Displays the time of the appointment
Reason - Display why you want this appointment
Status - Displays whether you've attended the appointment, it's currently scheduled, or it was cancelled and re-scheduled
Cost - Displays how much you paid for this appointment

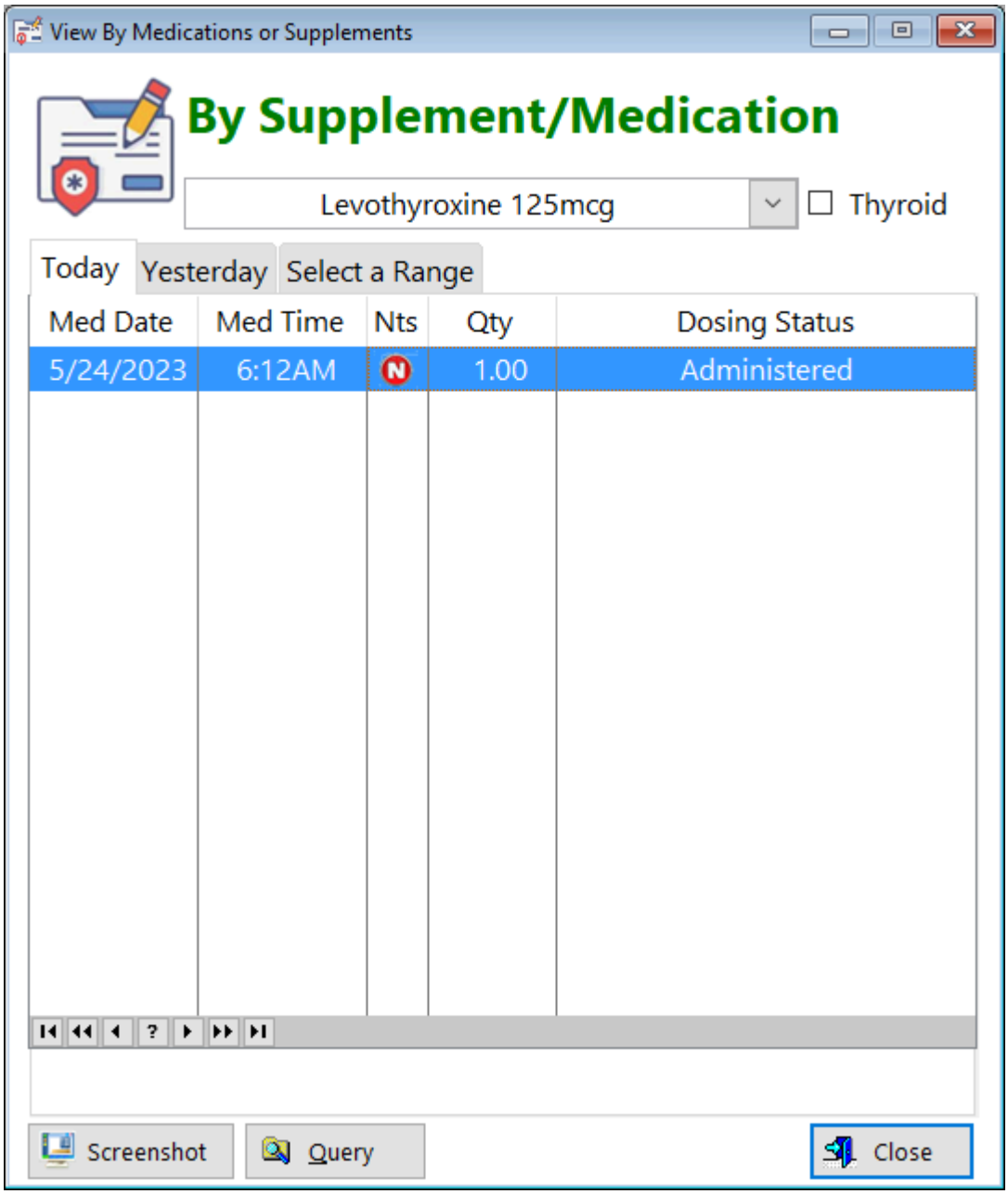
HelpID: ViewApptByMD

View By Drug

You can find the View By Drug (By Med/Supp) under the Providers & Prescriptions tab



This window allows you to see a list of records based on filtering the drug. In this example, you can see Levothyroxine 100mcg as the drug chosen, along with the dates that the drug was taken.



Med Date - Displays the date the medication was Administered, Missed, Skipped or Scheduled
Med Time - Displays the time the medication was Administered, Missed, Skipped or Scheduled
Nts - Displays an icon if you've checked the box in the update form.
Qty - Displays the number of dosage units taken
Dosing Status - Displays whether you've Scheduled, Administered, Skipped or Missed the dose

TABS

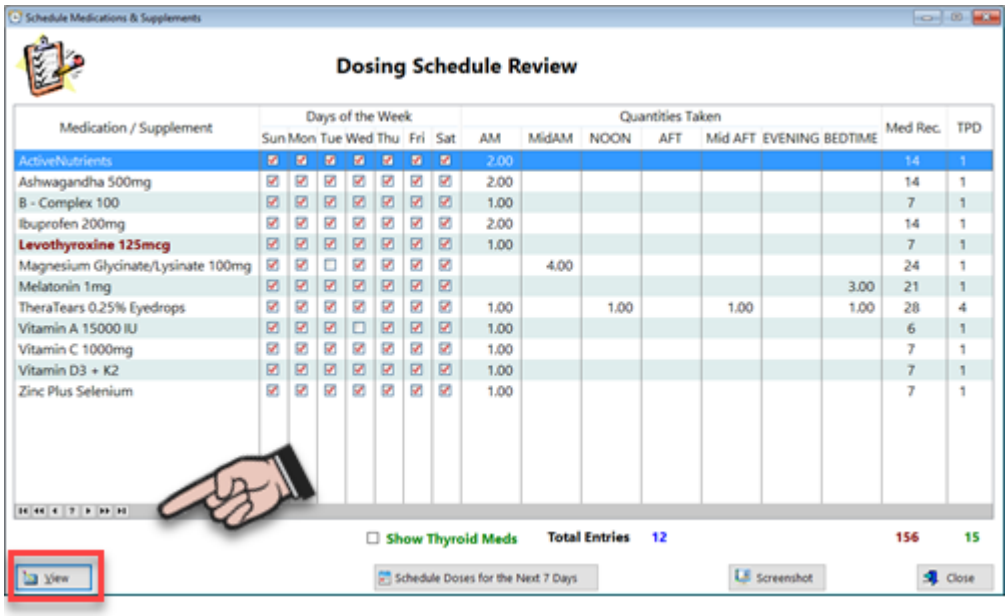
You can evaluate any medication or supplement with this window. There are three tabs to choose from:

- **Today** - Choosing this tab will only display records for today()
- **Yesterday** - Choosing this tab will only display records for yesterday
- **Select a Range** - Choosing this tab will enable you to select a start and end date.

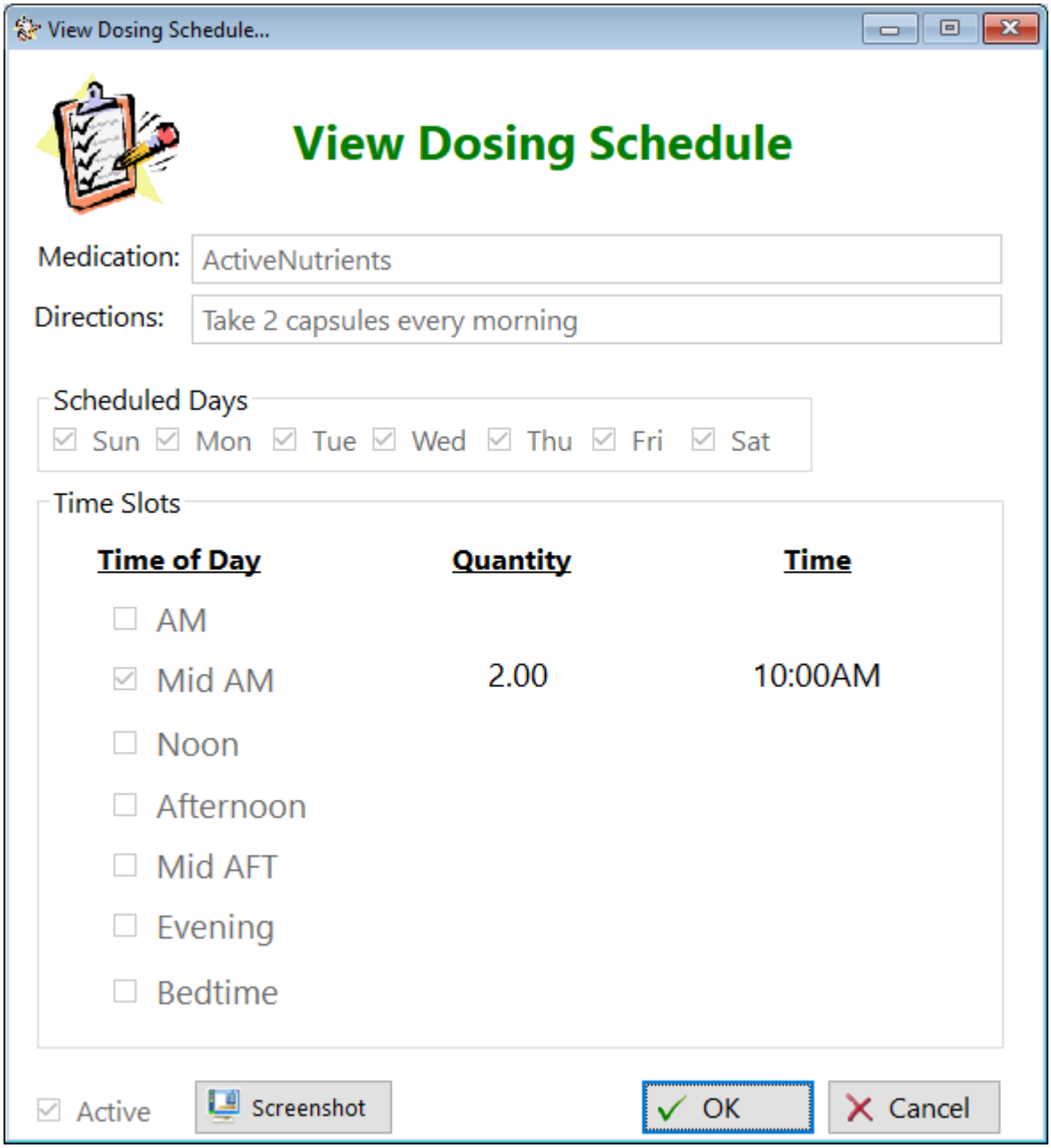
HelpID: ViewByDrug

View Dosing Schedule

You can find this window when you click on the Dosing



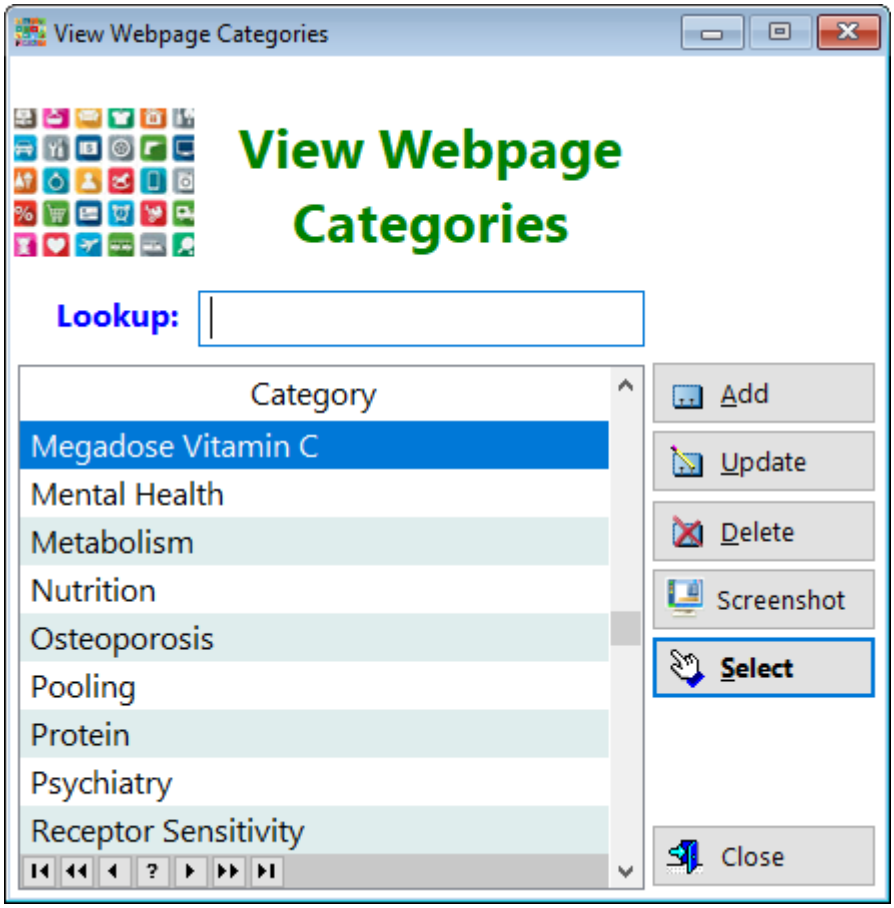
This is a view-only window showing the highlighted record



HelpID: UpdateDosingSchedule

Web Page Categories

This is a pick list of Web Page Categories that inserts into the Update Webpage module



Category - Displays the name of the category for the webpage

As with most of the tables in this software program, you'll almost NEVER have to delete a record.

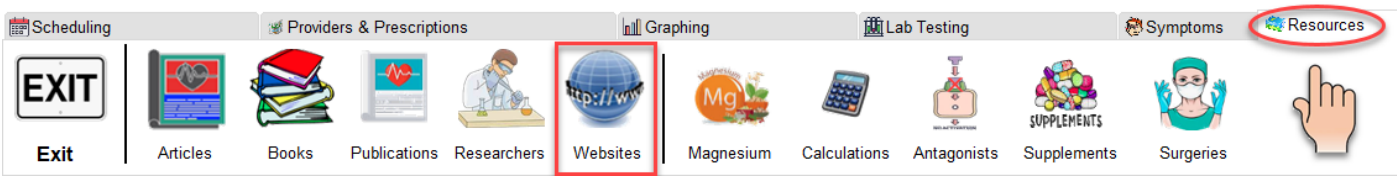
See also...

- UpdateWebPageCategories

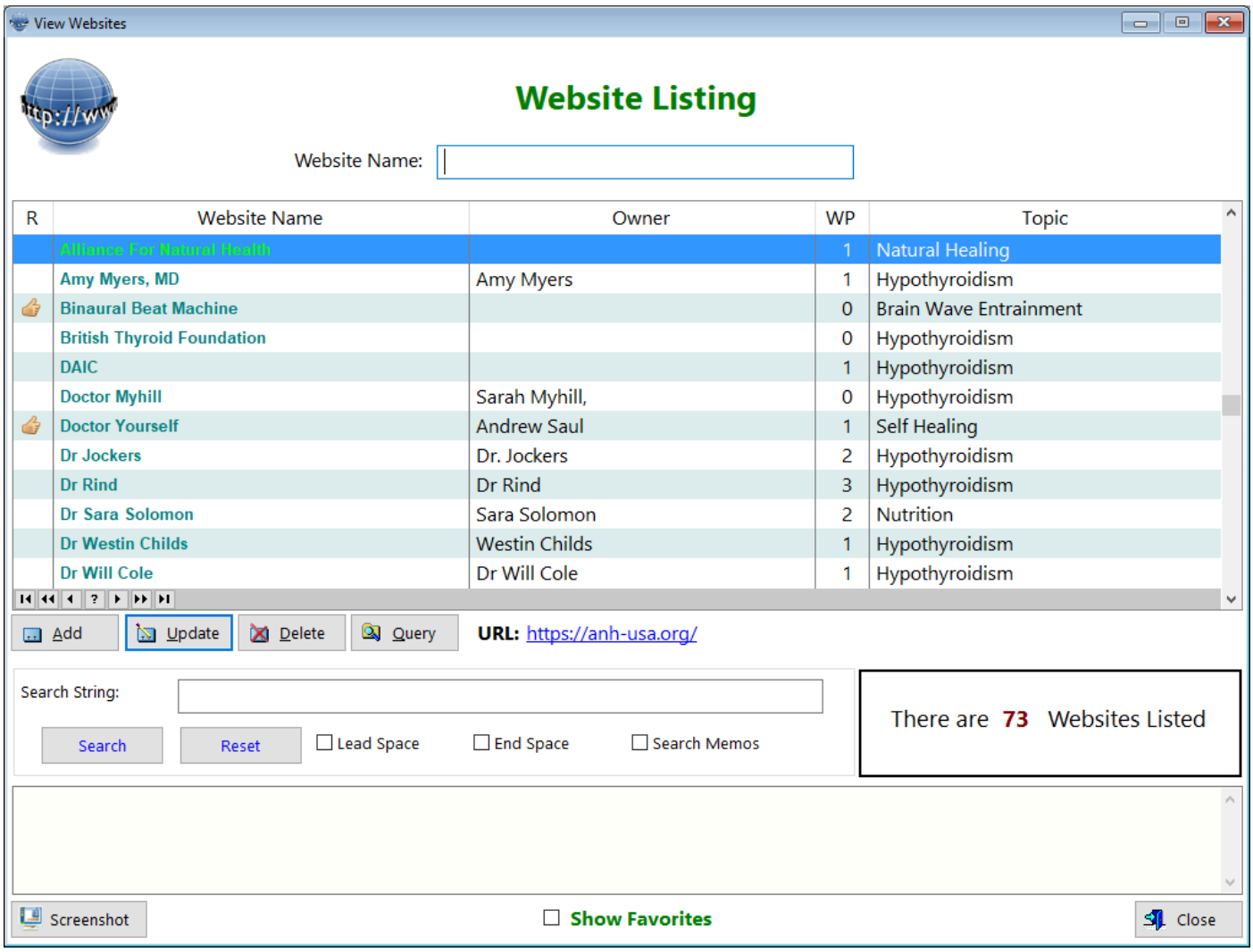
HelpID: WebPageCategories

Websites

You can find the Websites module under the Resources tab



The Website Listing module contains records of many websites associated with thyroid illness and treatment. You can add more as you find them on the internet.



Website Name - This column displays the official name of the website. It could be a person or an organization
Owner - This column displays the actual person who runs the website.
WP - This column displays the number of webpages that are associated with the website.
Topic - This column displays a suitable topic for the website.
URL - This is the web location of the website. You can click on it and be taken directly to that website

Search String - This box enables you to enter a keyword and search all of the records
Notes - This displays any comments you might have entered regarding the highlighted website
Show Favorites - This is a filter checkbox. When you click on it, you'll only see websites that you've previously designated as your favorites.

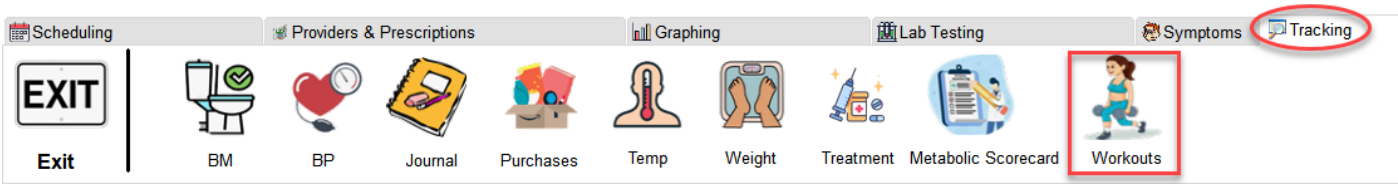
See also...

- UpdateWebsite

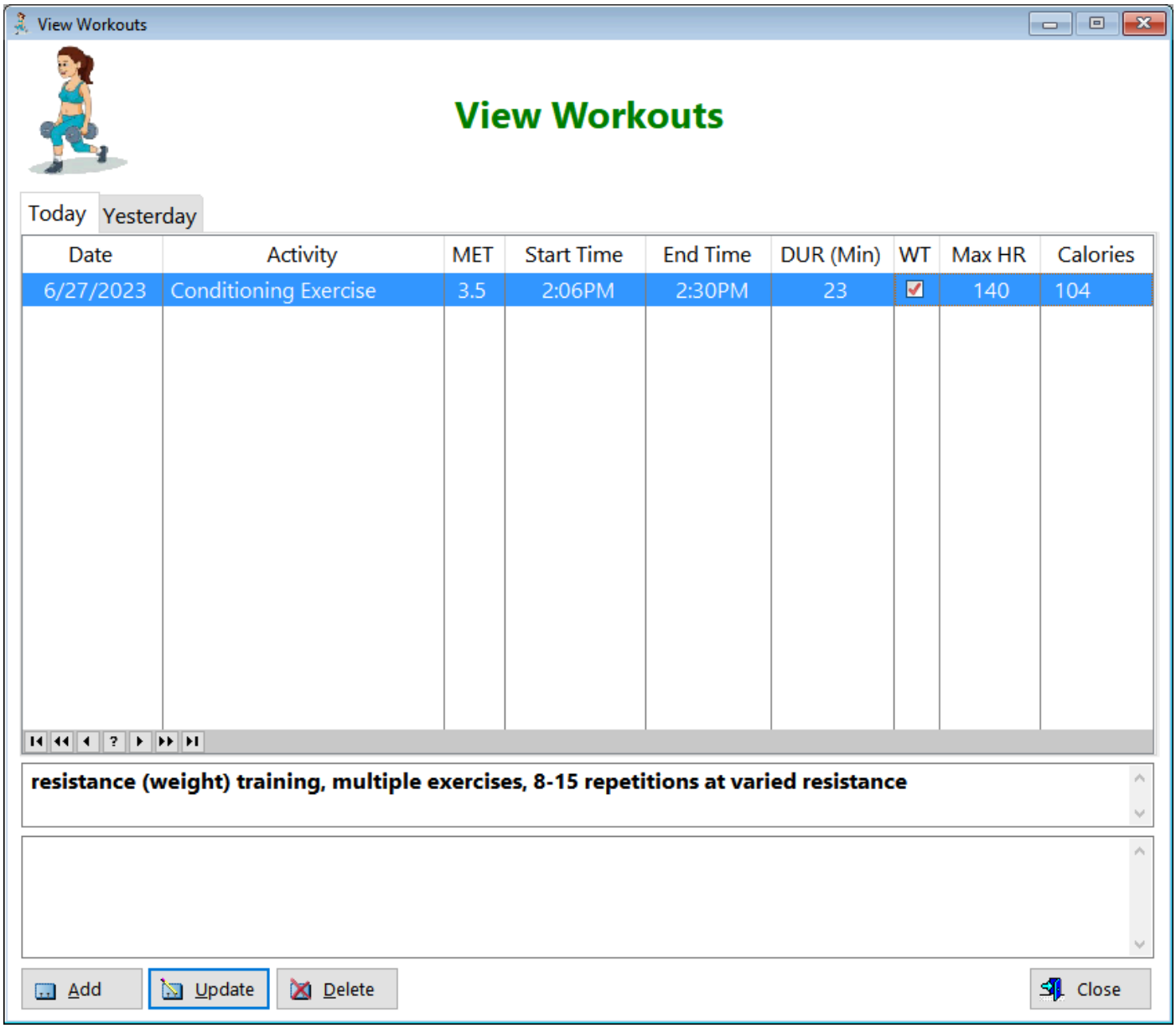
HelpID: Websites

Workouts

You can find the Workouts module under the Tracking tab



The Workouts window enables you to record any physical activity you've done.



Date - Displays the date you exercised
Activity - Displays the type of activity you did
MET - Displays the Metabolic Equivalent of the exercise you did
Start Time - Displays the time you started the exercise
End Time - Displays the time you completed the exercise

DUR - Displays the calculated time you spent on that exercise
WT - Displays a checkbox if the exercise was weight training
Max HR - Displays your maximum heart rate during your exercise period
Calories - Displays the total number of calories burned during this exercise

The top entry box displays the activity description
The bottom entry box will display any notes you might want to enter

See also...

- UpdateWorkout

HelpID: Workouts