

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.

Nts	Date	Time	B	Blood Pressure		Heart Rate	Temp	Arm
				Systolic	Diastolic			
<input type="checkbox"/>	10/05/2022	7:49AM	<input type="checkbox"/>	133 H	66	63		L
<input type="checkbox"/>	10/08/2022	5:56AM	<input type="checkbox"/>	131	67	69		L
<input type="checkbox"/>	10/15/2022	7:31AM	<input type="checkbox"/>	123	63	59	97.70	L
<input type="checkbox"/>	10/29/2022	4:58PM	<input type="checkbox"/>	120	80	80		L
<input type="checkbox"/>	11/02/2022	12:45PM	<input type="checkbox"/>	120	80	68		L
<input type="checkbox"/>	3/09/2023	8:00AM	<input type="checkbox"/>	127	71	65		L
<input type="checkbox"/>	4/18/2023	6:58AM	<input type="checkbox"/>	130	71	64		L
<input type="checkbox"/>	4/22/2023	7:16AM	<input type="checkbox"/>	133 H	69	60		L

Start: 1/01/2000 End: 5/17/2023

Average Systolic: 127.86
Average Diastolic: 71.17
Average Pulse: 68.02
Total Records: 66

Add Update Delete Query Graph Print Screen Shot Close

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.

Update Blood Pressure

Date: **Entry fields**

Time: **Entry fields**

Blood Pressure

Systolic: **Entry fields** Diastolic: **Entry fields**

Heart Rate/Temp

HR: **Entry fields** Temp: Basal **Entry fields**

Arm

R L **Entry fields**

Note

Normal Basal Range

97.8 - 98.2° Fahrenheit

36.56 - 36.78° Centigrade

Symptoms

Symptom	Severity

Listbox

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).

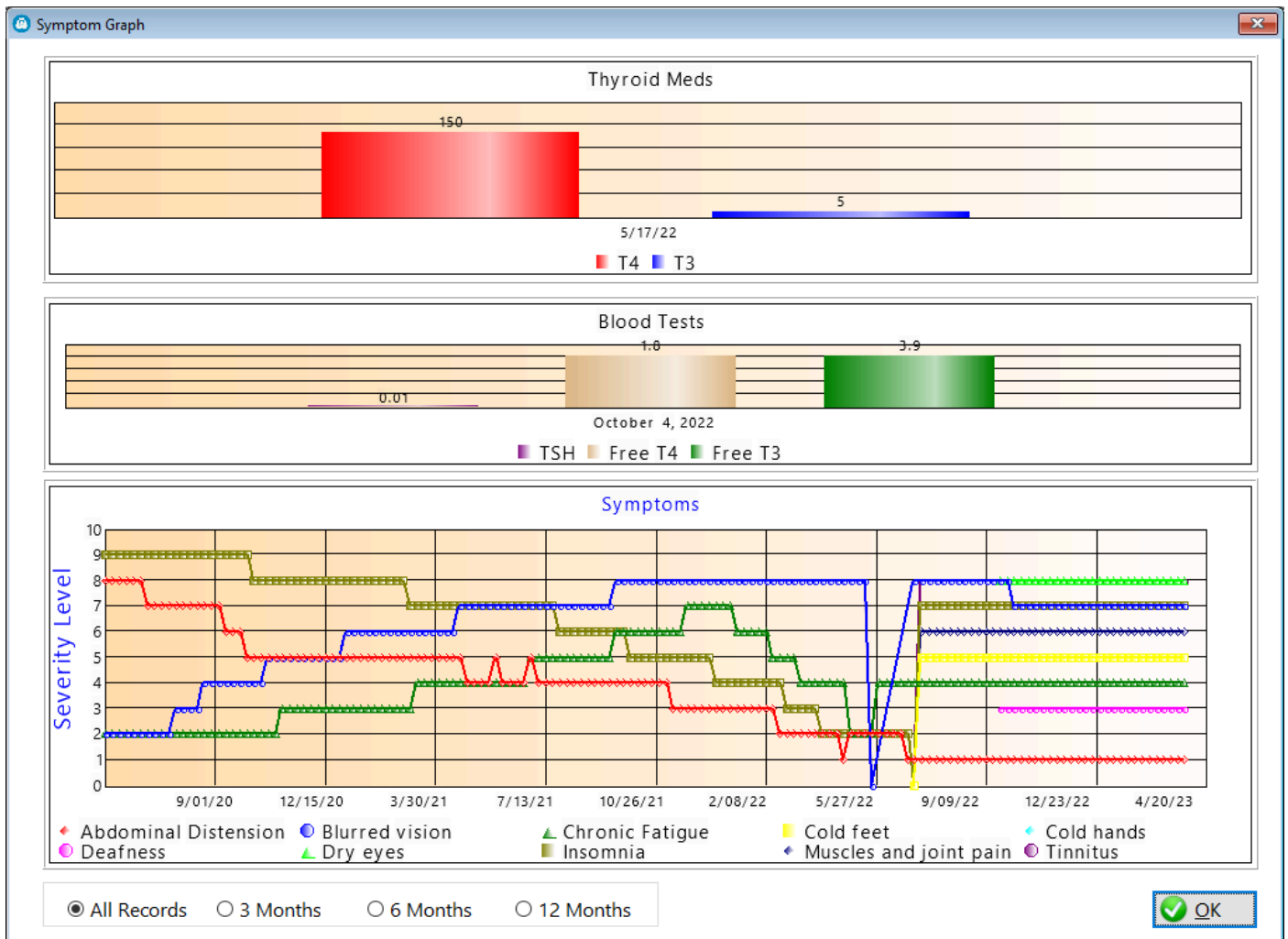
Checkbox - Usually, checking this box means to acknowledge or affirm something. In the example above, if you check the Basal checkbox, you're affirming that this temperature reading was done right after you woke up, rather than sometime later.

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.

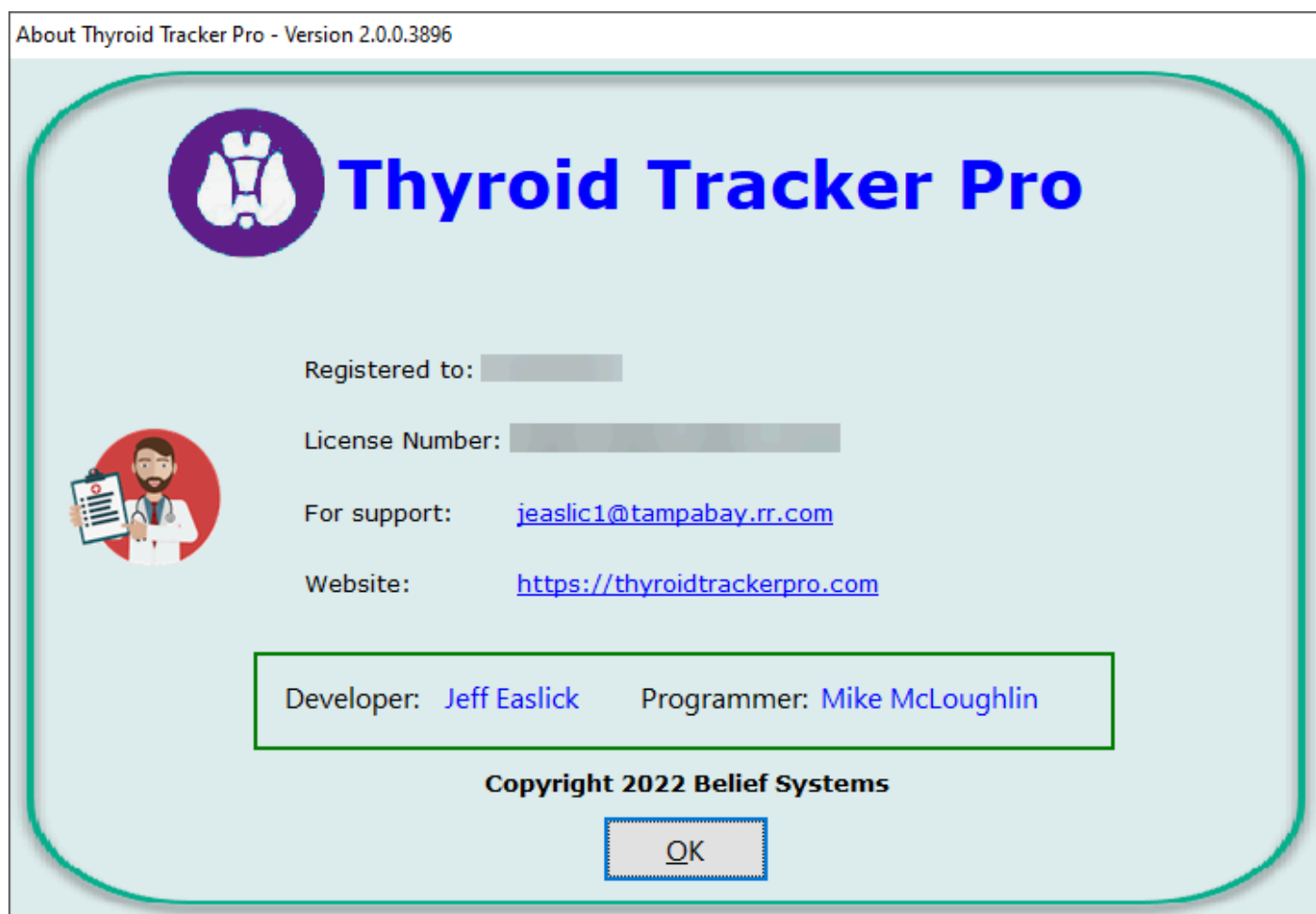
Graphs

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:

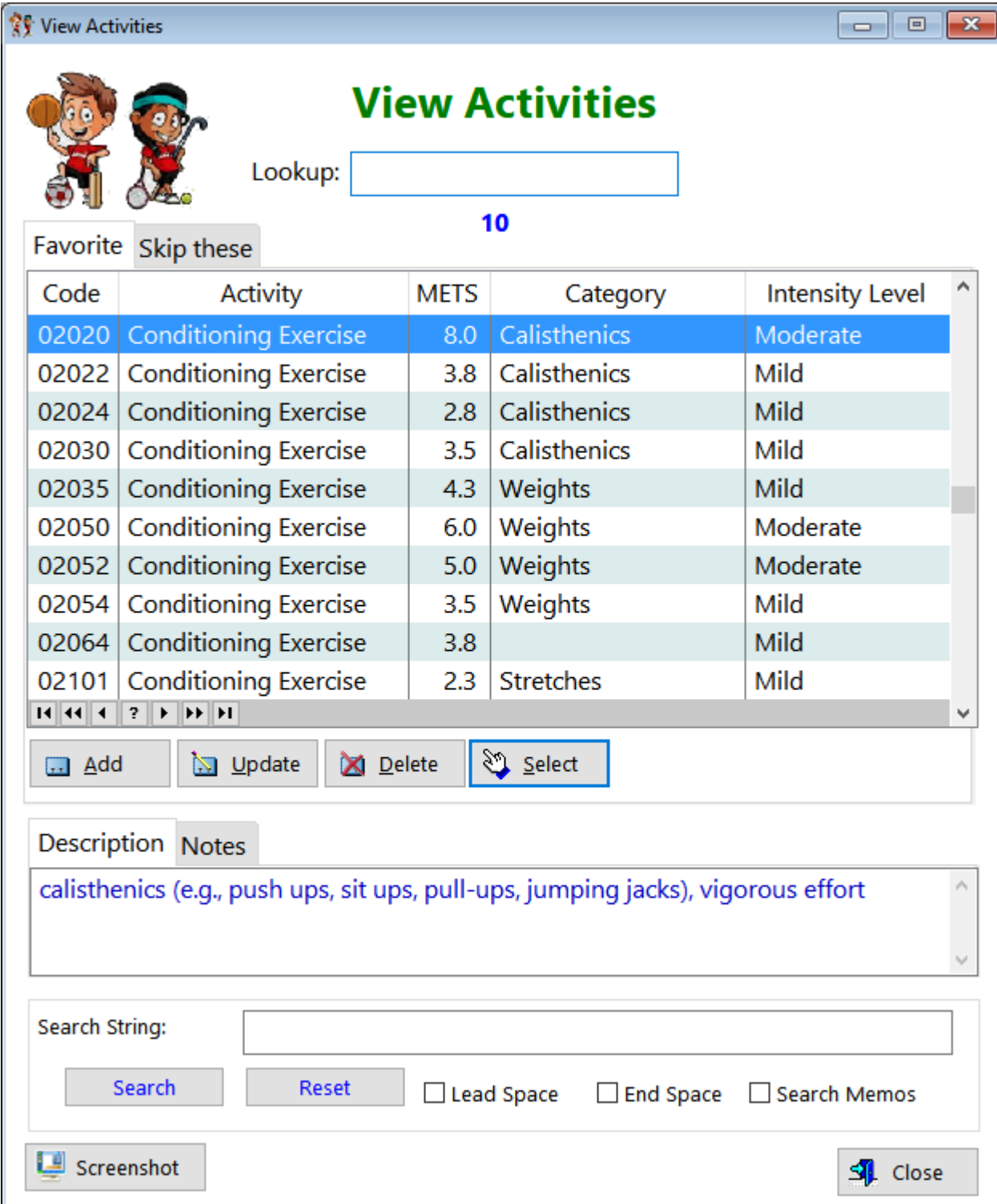


You can reach the programmer Mike McLoughlin at <https://sterlingdata.com>

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.



View Activities

Lookup:

10

Favorite Skip these

Code	Activity	METS	Category	Intensity Level
02020	Conditioning Exercise	8.0	Calisthenics	Moderate
02022	Conditioning Exercise	3.8	Calisthenics	Mild
02024	Conditioning Exercise	2.8	Calisthenics	Mild
02030	Conditioning Exercise	3.5	Calisthenics	Mild
02035	Conditioning Exercise	4.3	Weights	Mild
02050	Conditioning Exercise	6.0	Weights	Moderate
02052	Conditioning Exercise	5.0	Weights	Moderate
02054	Conditioning Exercise	3.5	Weights	Mild
02064	Conditioning Exercise	3.8		Mild
02101	Conditioning Exercise	2.3	Stretches	Mild

Navigation: [Back] [Forward] [Home] [End] [Help] [Refresh]

Buttons: Add Update Delete Select

Description Notes

calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort

Search String:

Search Reset Lead Space End Space Search Memos

Screenshot Close

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

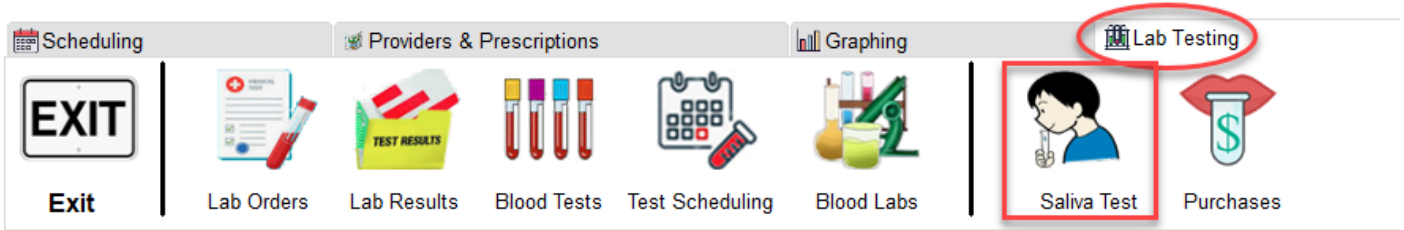
See also...

- [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.

View Adrenal Saliva Tests
[Min] [Max] [Close]

Adrenal Saliva Log

Normal Range

AM Range		Noon Range		PM Range		NIGHT Range		DHEAS Range		Units
From	To	From	To	From	To	From	To	From	To	
3.70	9.50	1.20	3.00	0.60	1.90	0.40	1.00	2.00	23.00	ng/mL

URL: <https://www.mymedlab.com/>

Find existing orders at: <https://www.mymedlab.com/orders>

Enter your Adrenal Saliva Results Below

Date	AM Cortisol		NOON Cortisol		PM Cortisol		NIGHT Cortisol		DHEAS	
	Time	Value	Time	Value	Time	Value	Time	Value	Value	
4/23/2020	6:41AM	H 10.70	11:52AM	N 2.40	5:00PM	H 2.20	10:30PM	N 0.90	N 2.00	
1/09/2020	6:00AM	H 11.10	12:00PM	N 2.30	5:00PM	H 2.30	10:30PM	H 1.90	N 2.30	
2/11/2016	6:00AM	N 6.10	12:00PM	N 2.10	4:30PM	H 2.70	11:00PM	H 1.10	L 1.70	

[Screenshot] [Close]

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

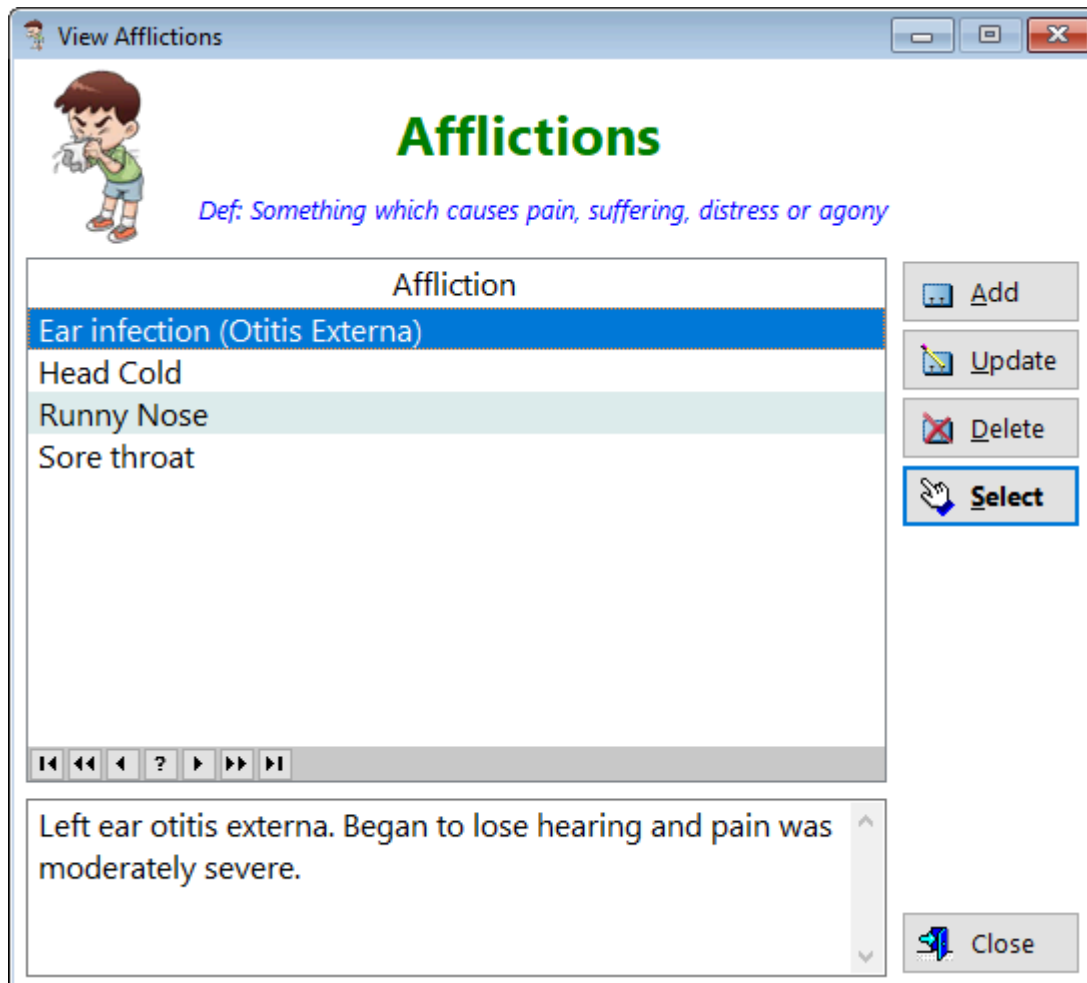
See also...

- [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.

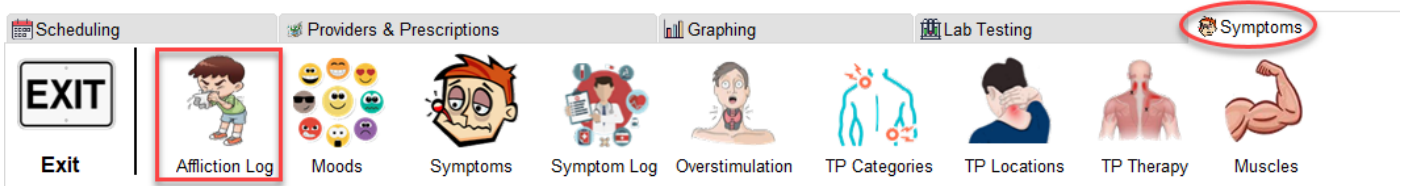
See also...

- [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.

View Afflictions
⏪ ⏩ ⏴ ⏵

Affliction Log

Def: Something which causes pain, suffering, distress or agony

Current
Resolved

Affliction	Date Started	Date Ended	Dur	Fvr	Chl	Temp	Med	MA	Sev	Type
Ear infection (Otitis Externa)	7/17/2022	7/26/2022	10	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	7	Infection
Ear infection (Otitis Externa)	10/08/2022	10/13/2022	6	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	6	Infection
Ear infection (Otitis Externa)	11/10/2022	12/07/2022	28	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	3	Infection
Sore throat	12/07/2022	12/10/2022	4	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>	3	Infection
Head Cold	12/13/2022	12/25/2022	13	<input checked="" type="checkbox"/>	<input type="checkbox"/>	100.80	<input type="checkbox"/>	<input type="checkbox"/>	3	Infection

⏪ ⏩ ⏴ ⏵
Add Update Delete

Exposure to to someone with a cold virus

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.

Date	Time
12/16/2022	5:45AM
12/15/2022	12:27PM
12/15/2022	12:11PM
12/15/2022	9:46AM
12/15/2022	6:06AM
12/14/2022	9:56PM
12/14/2022	11:28AM

It appears as though my sinuses are beginning to drain. I woke up around 4 am this morning to urinate and flush my sinuses. I can breathe clearly at this time. I do sense a bit of fullness in my sinuses.

Print
Entries: **18**
Close

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.

LB	Beverage	ABV	Size	Type	Container	Brand
<input checked="" type="checkbox"/>	Bourbon	40.0	4	Liquor	Glass	Jim Beam
<input type="checkbox"/>	Coors	4.6	12	Beer	Can	Coors regular

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

Alcoholic Beverage Whisky

Quantity: 2 4 oz. Glass(es)

Frequency
 Daily Weekly Monthly Yearly

Screenshot Save Cancel

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.

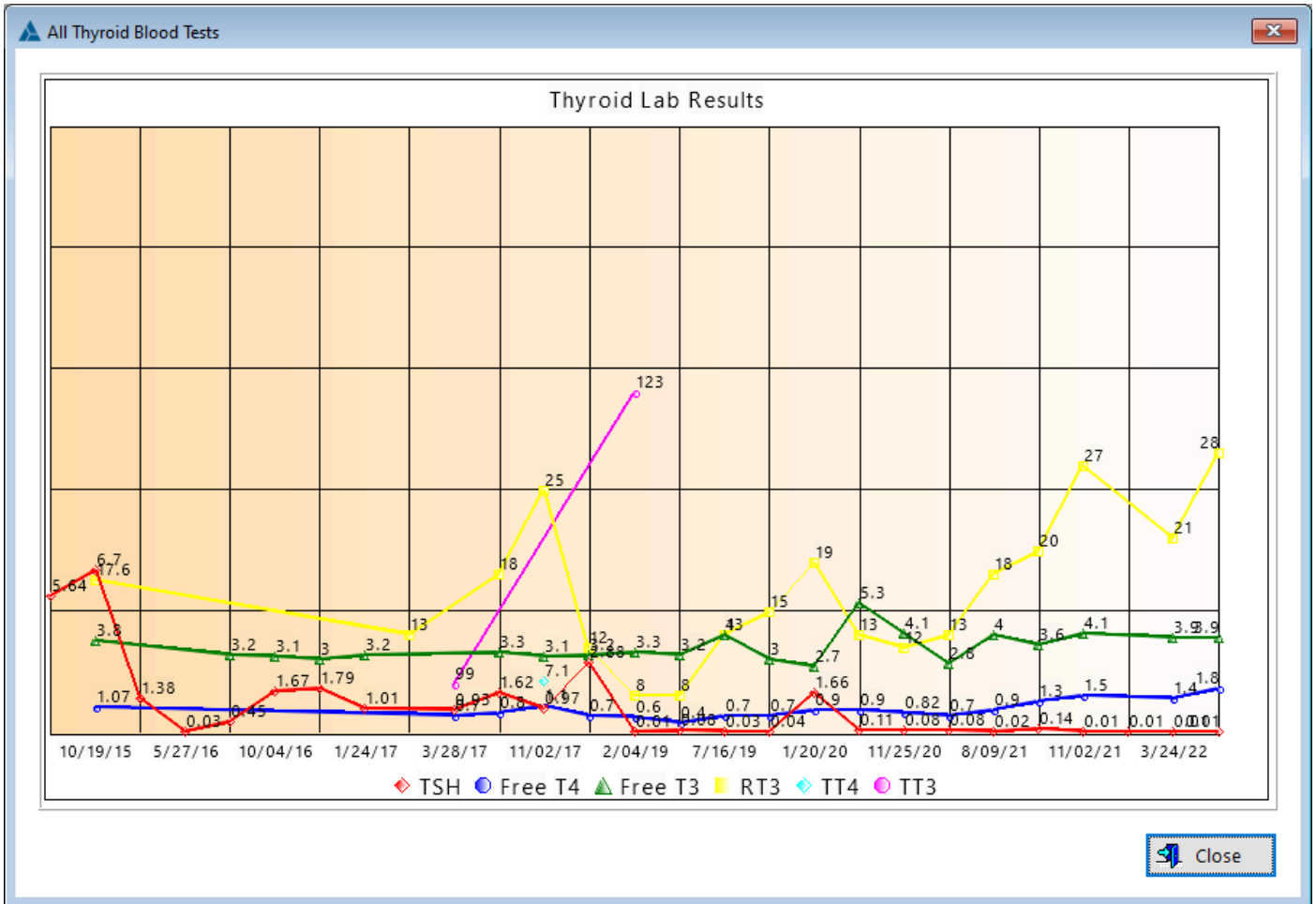
See also...

- [UpdateAlcoholBeverage](#)

HelpID: AlcoholBeverages

All Thyroid Lab Tests

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*.

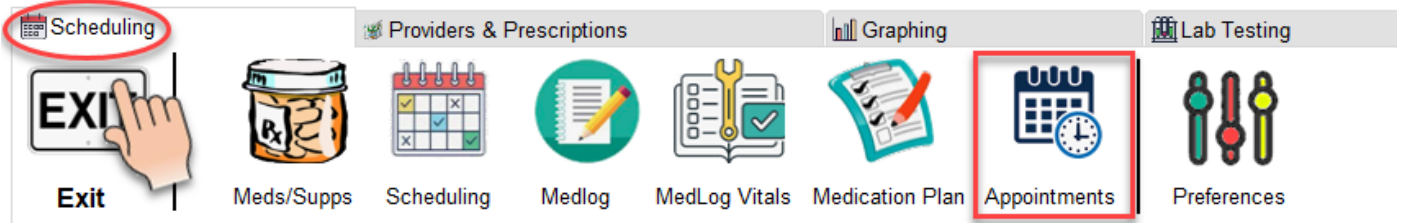


If you were to actually get all of the possible thyroid blood tests shown in this graph, it would be quite busy. It is expected that you'll most likely only get the TSH, FT4 and FT3 tests.

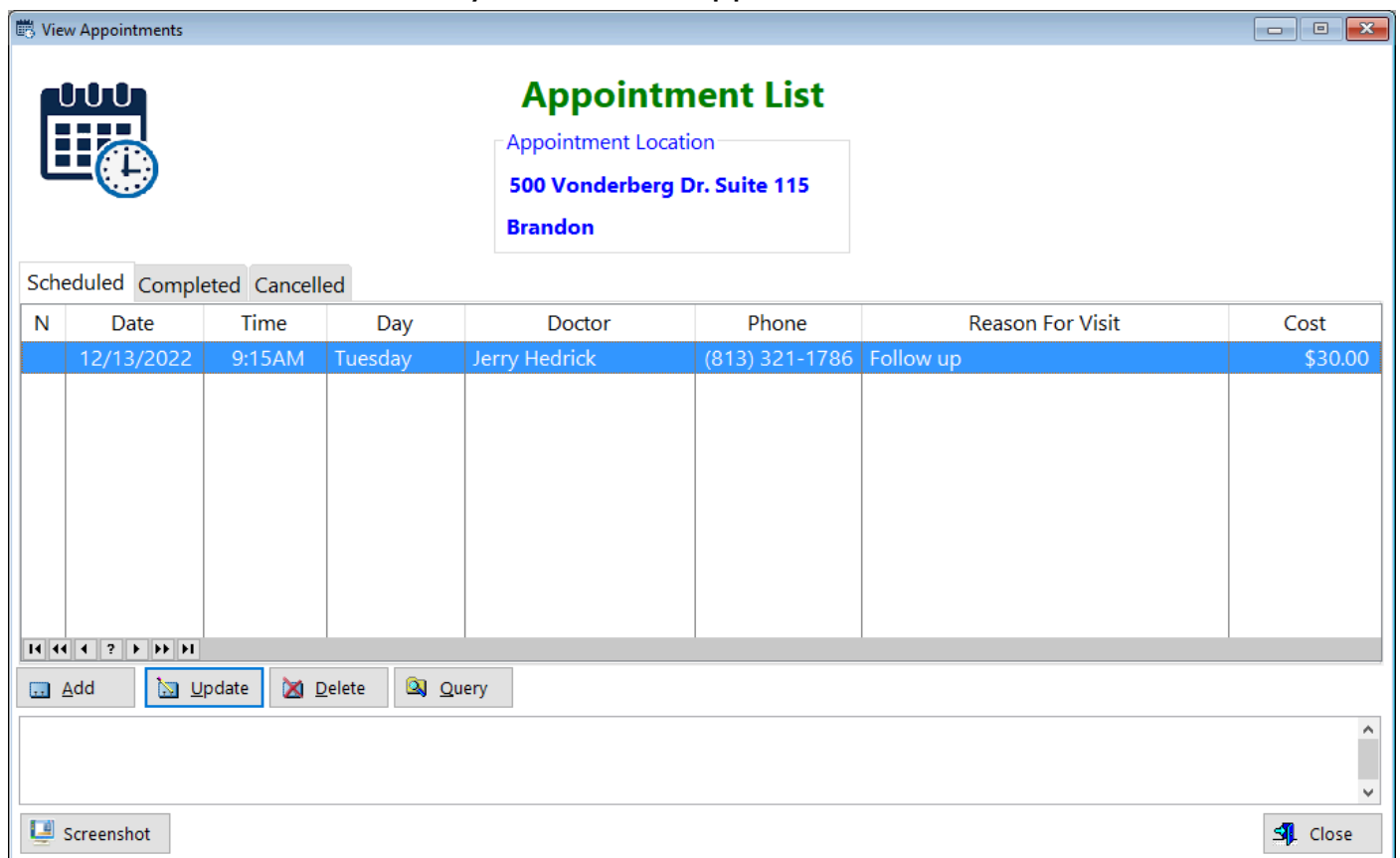
HelpID: AllThyroidLabTests

Appointments

You can find the Appointments module under the **Scheduling** tab

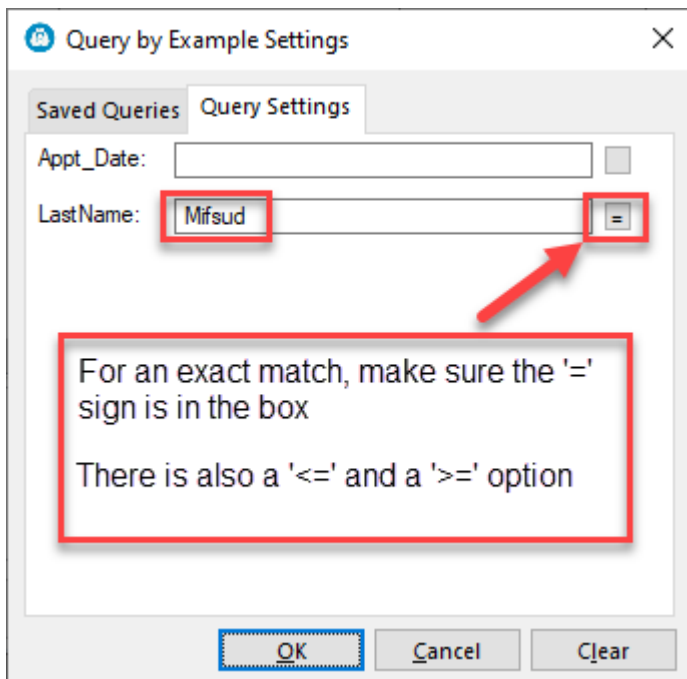


You'll be able to enter all of your doctor's appointments below:

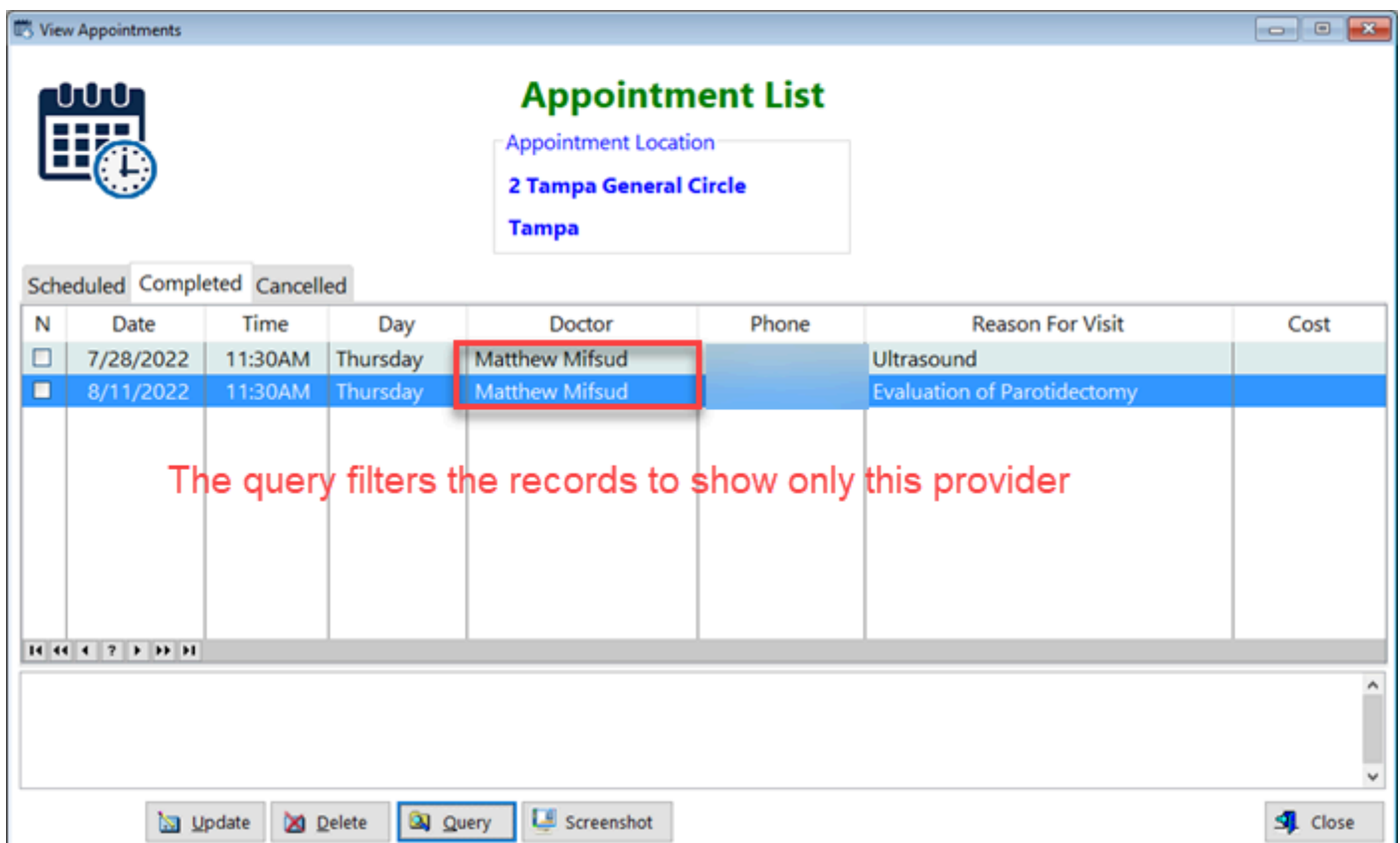


- N** - Displays that you've entered notes for this record
- Date** - Displays the date of your appointment
- Time** - Displays the time of your appointment
- Doctor** - Displays your provider
- Phone** - Displays the phone number of your provider
- Reason For Visit** - Displays a short comment about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



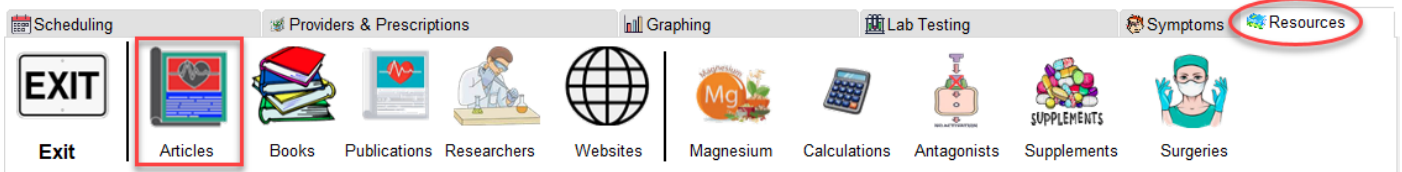
See also...

- [UpdateAppointment](#)

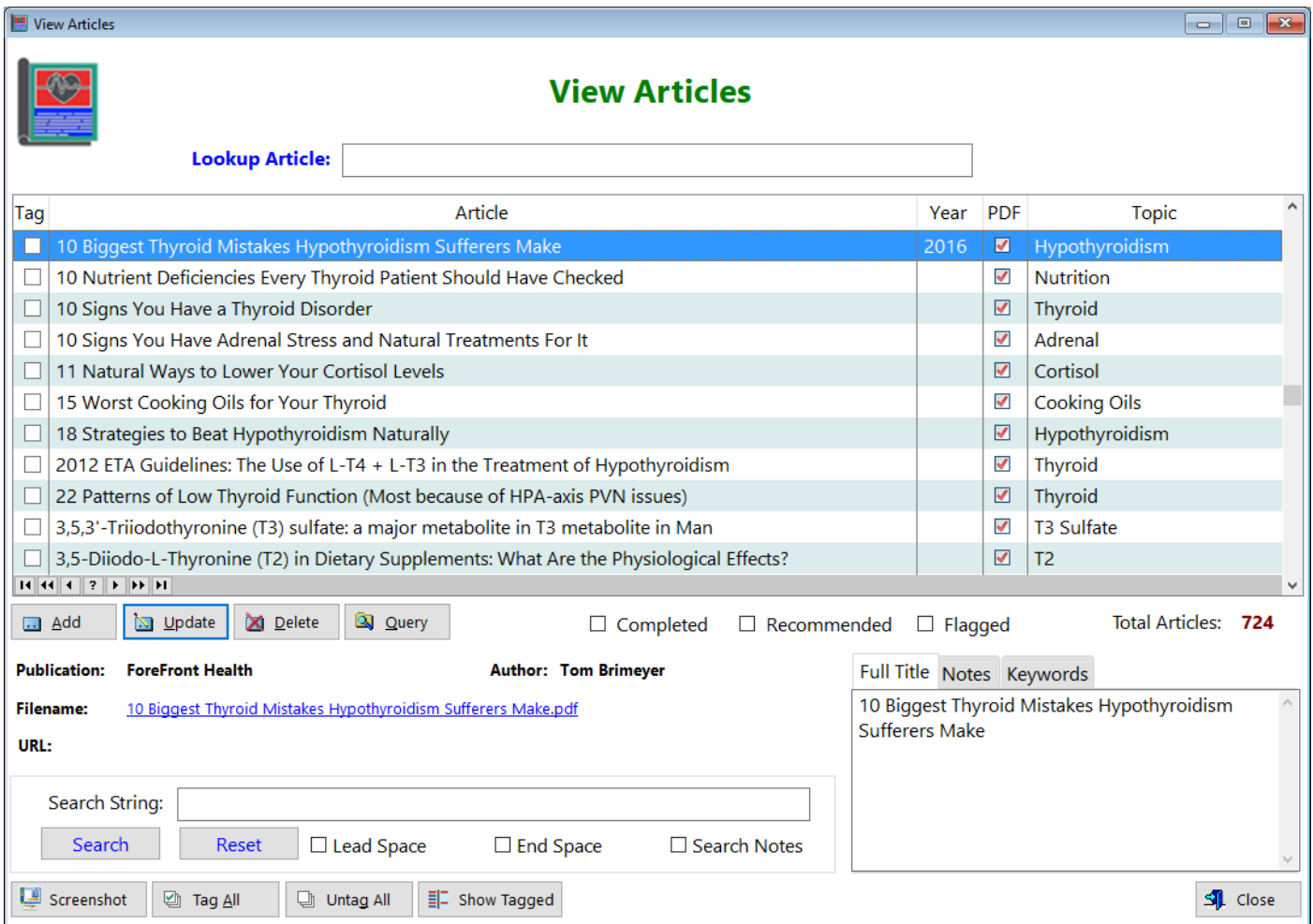
HelpID: Appointments

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.

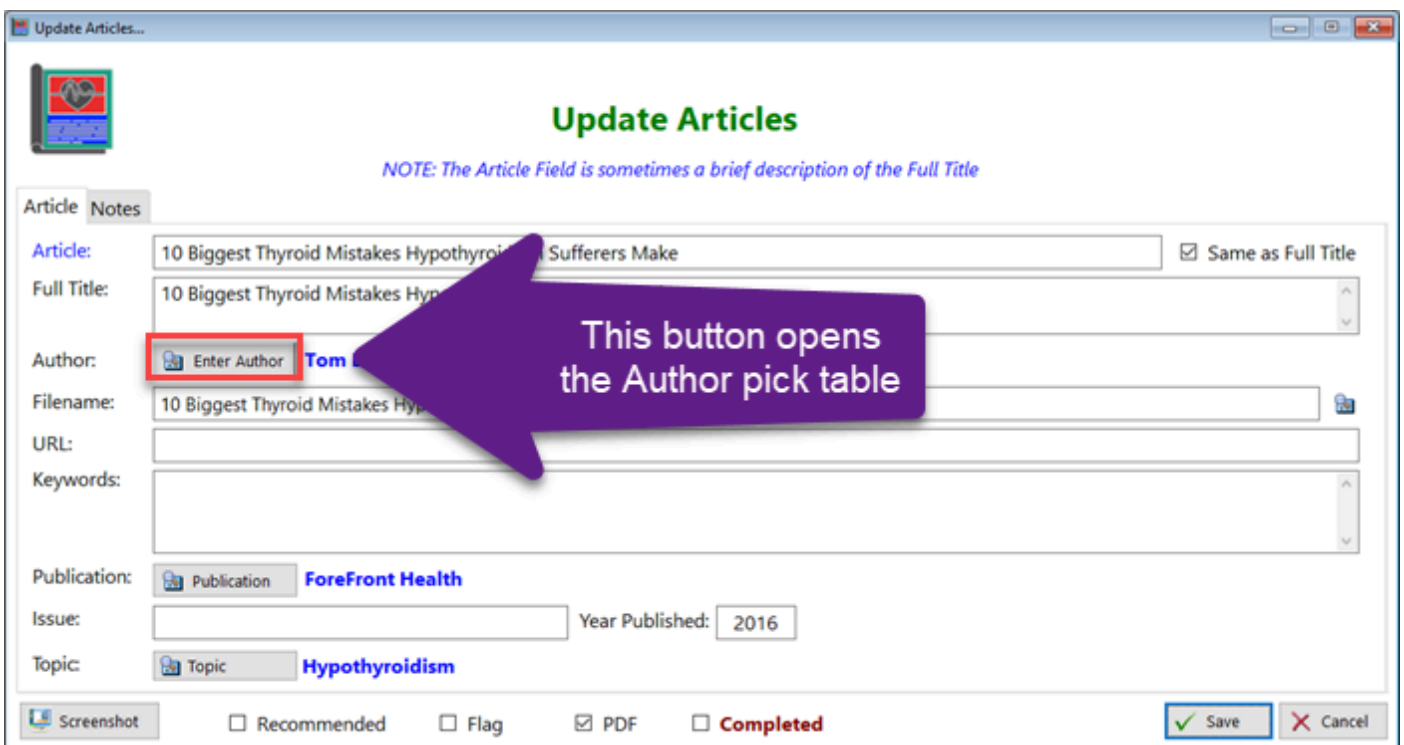
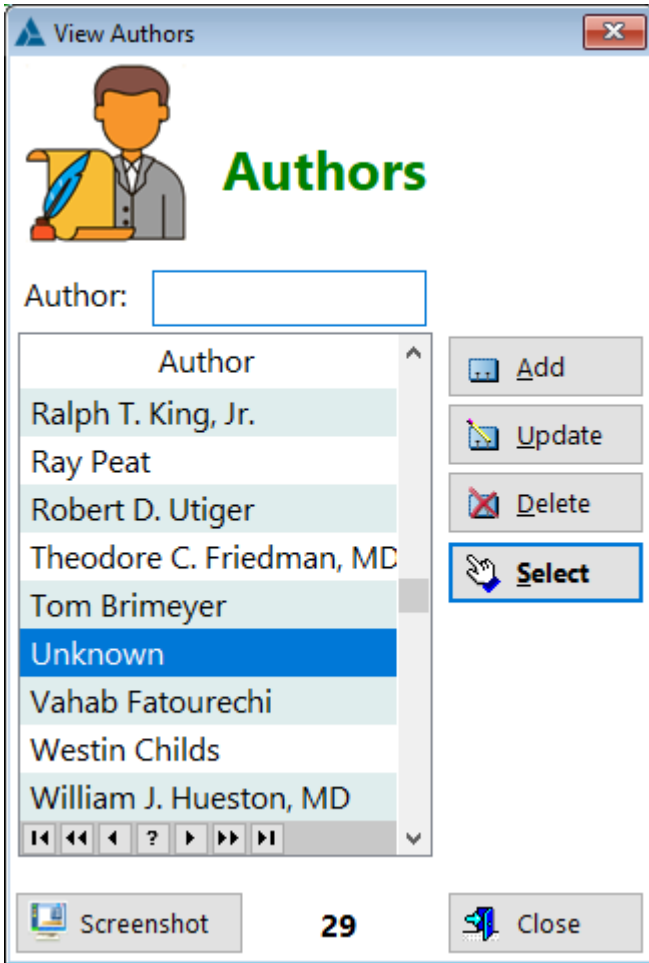
See also...

- [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	Beverage	Size	Sugar	Caffeine	Sucralose	Aspartame	Erythritol	Stevia	Sweetener
<input type="checkbox"/>	Dr. Pepper	12.0	40	41	0	0	0	0	Sugar
<input type="checkbox"/>	Fanta Orange	12.0	44	0	0	0	0	0	Sugar
<input type="checkbox"/>	Gatorade	12.0	21	0	0	0	0	0	Sugar
<input type="checkbox"/>	Monster	16.0	54	160	0	0	0	0	Sugar
<input type="checkbox"/>	Mountain Dew	12.0	46	54	0	0	0	0	Sugar
<input type="checkbox"/>	Pepsi	12.0	41	38	0	0	0	0	Sugar
<input type="checkbox"/>	Red Bull	8.4	27	160	0	0	0	0	Sugar
<input checked="" type="checkbox"/>	Sparkling Ice (Black Ras)	17.0	0	0	20	0	0	0	Sucralose
<input type="checkbox"/>	Sprite	12.0	38	0	0	0	0	0	Sugar

Update Beverage Details..

Update Beverage Details..

Opens the Beverages table

Beverage Sparkling Ice (Black Ras)

Container Size: 17.0 (ounces)

Quantity: 2

Screenshot Save Cancel

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

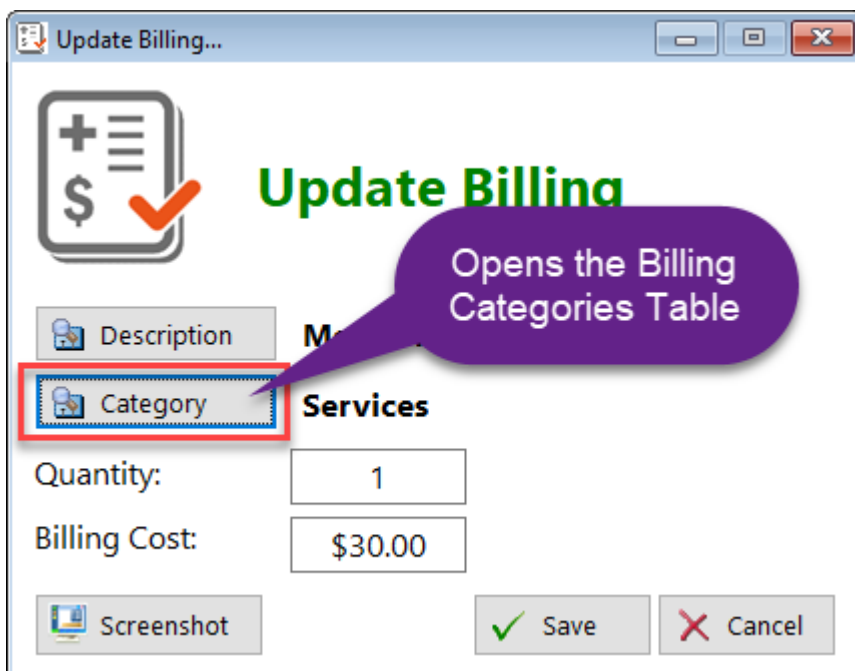
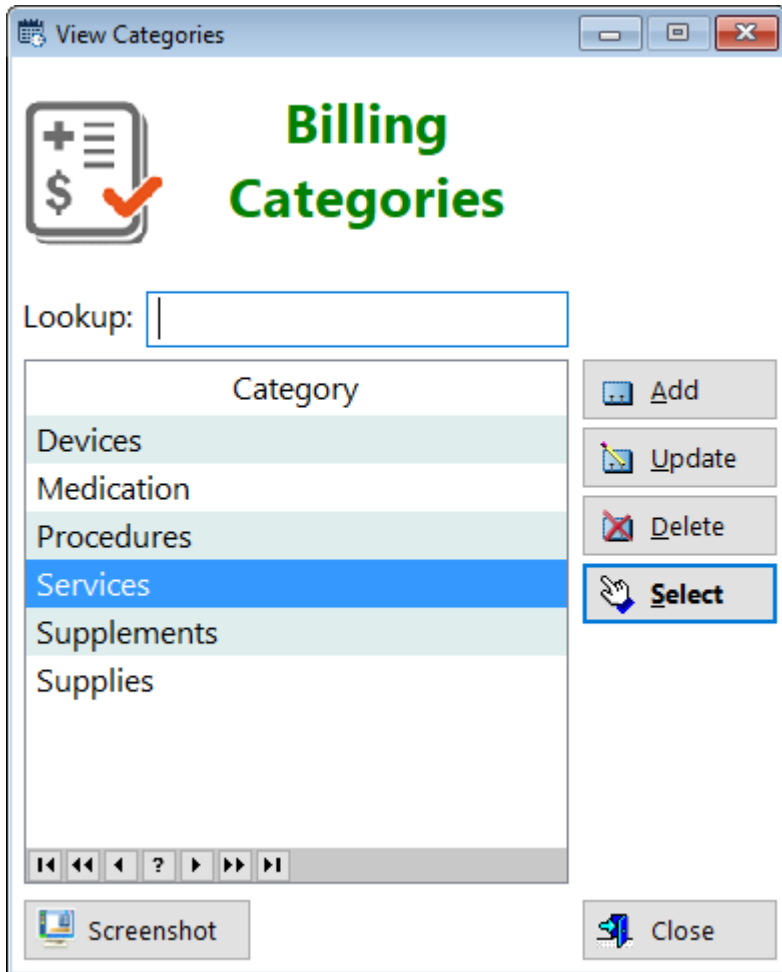
See also...

- [UpdateBeverages](#)

HelpID: Beverages

Billing Categories

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



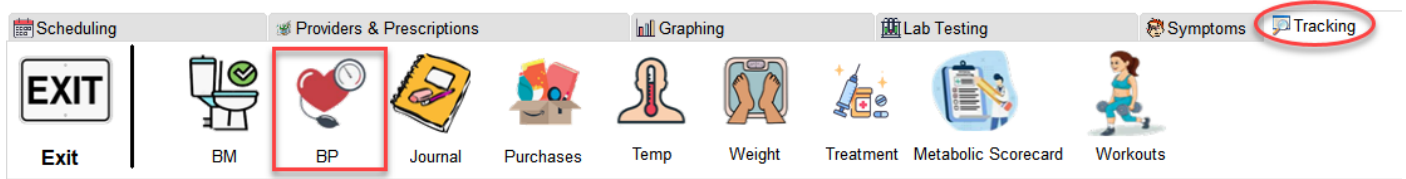
Category - Displays the name of the category

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.

View Blood Pressure Readings
[-] [x]

View Blood Pressure

Today
Yesterday
Past Week
Past 30 days
Select a Range

Nts	Date	Time	Blood Pressure		Arm	Heart Rate	B	Temp
			Systolic	Diastolic				
	1/26/2022	7:46AM	120	67	L	65	B	97.20
	3/17/2022	7:00AM	134 H	67	L	67		98.20
	3/18/2022	6:53AM	130	70	L	65		98.00
	3/20/2022	3:41PM	145	78	L	67		98.30
	3/20/2022	8:00AM	128	68	L	72		97.50
	5/05/2022	8:00AM	119	71	L	60		98.20
	6/04/2022	6:00AM	128	68	L	64		98.80
	7/04/2022	6:00AM	125	75	L	69		98.60

Print
Start: 1/01/2022
End: 6/01/2023
 Notes
 Basal

Average Systolic
127.77

Average Diastolic
67.98

Average Pulse
65.98

Total Records
47

Screen Shot
Graph
Query
Close

- 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

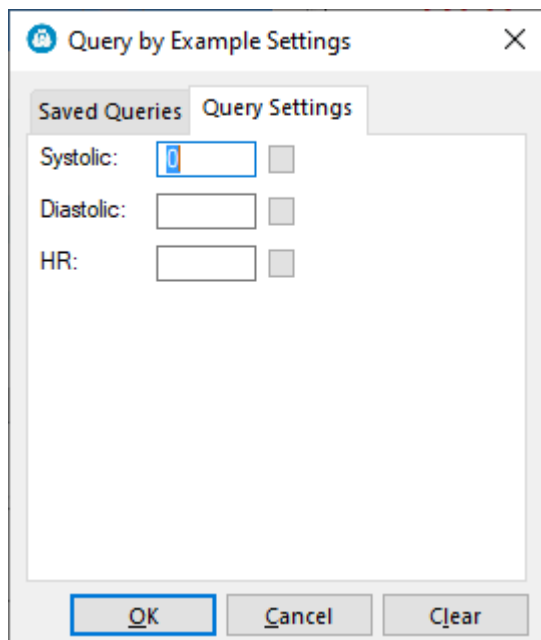
Average Diastolic - Calculation of your average diastolic pressure, based on the number of records selected

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

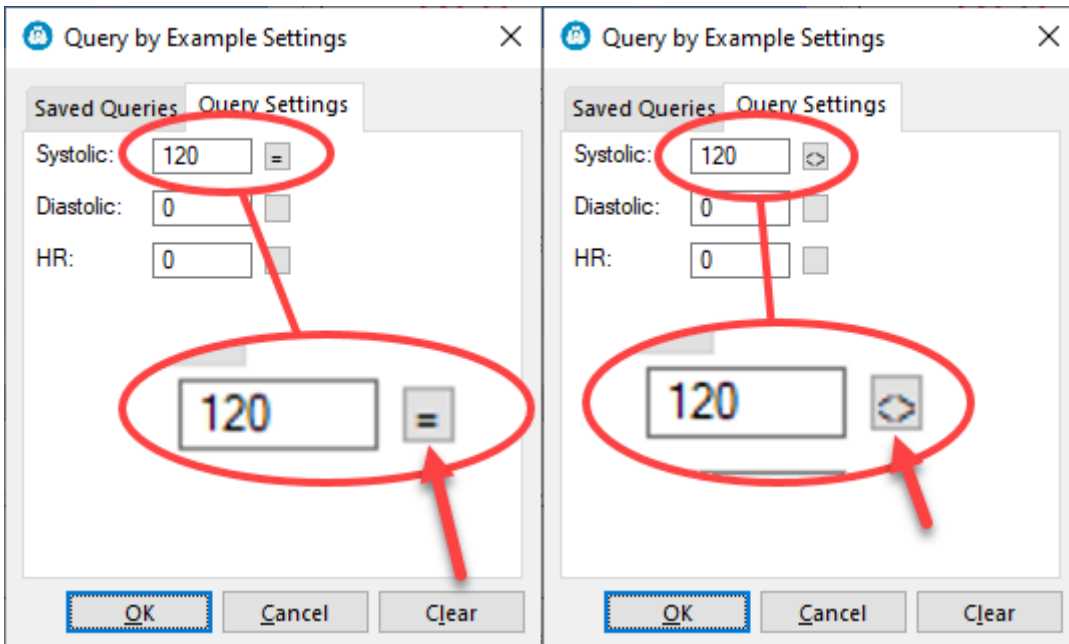
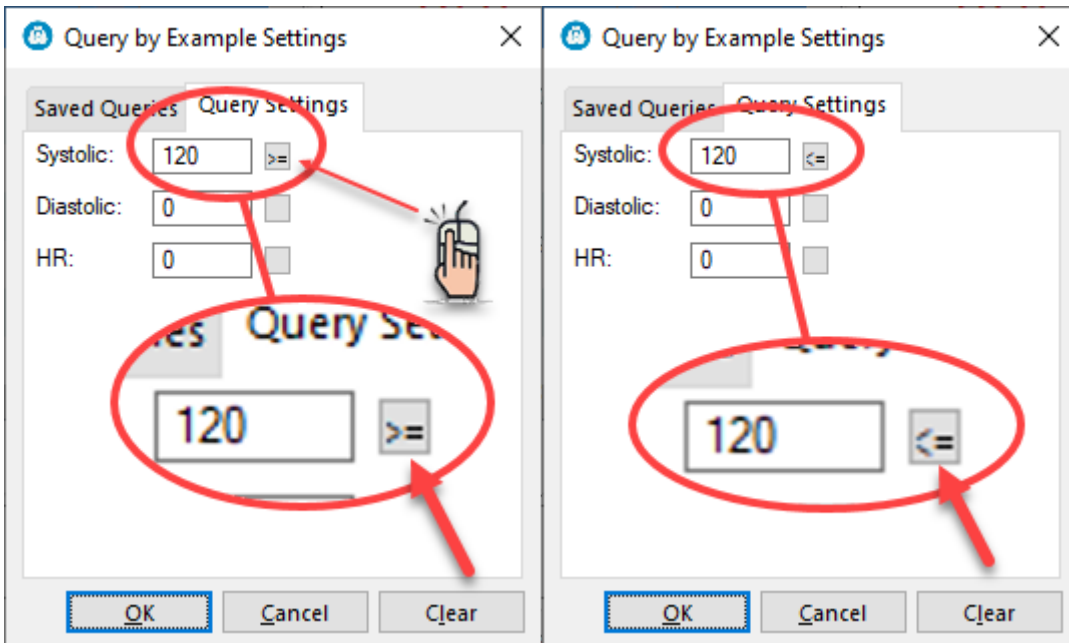
Query(button) - Click this button if you want to filter records based on systolic, diastolic and heart rate



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 \geq and \leq 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 $<=$

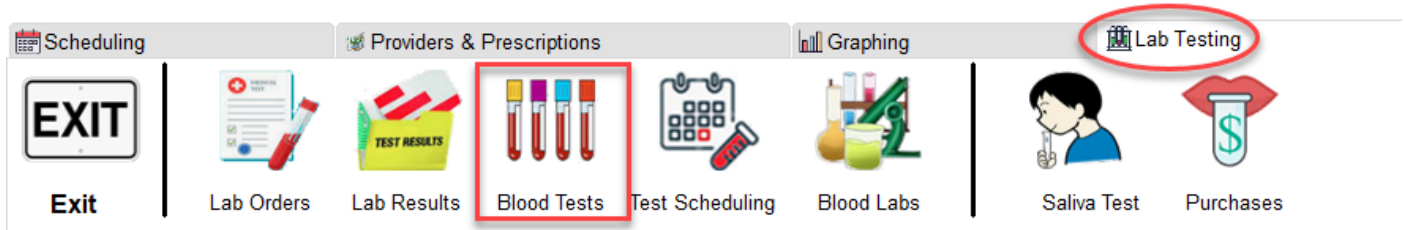
See also...

- [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

Blood Tests
[-] [x]

Blood Tests

Test Name:

T	Test Name	Thy	I	Blood Testing Intervals		R	Normal Range		Test Units
				Every			From	To	
<input type="checkbox"/>	Cortisol, Serum			6	Month(s)		5.00	25.00	mcg/dL
<input type="checkbox"/>	Creatinine			6	Month(s)		0.70	1.25	mcg/dL
<input type="checkbox"/>	DHEA Sulfate			6	Month(s)		24.00	244.00	mcg/dL
<input type="checkbox"/>	EGFR			6	Month(s)		60.00	200.00	ml/min/1.73m
<input type="checkbox"/>	Eosinophils (Absolute)			12	Month(s)		0.00	0.40	X10E3/uL
<input type="checkbox"/>	Estradiol			6	Month(s)		0.00	39.00	pg/mL
<input type="checkbox"/>	Ferritin		!	6	Month(s)	R	20.00	380.00	ng/dL
<input type="checkbox"/>	Folic Acid			12	Month(s)	R	2.00	20.00	ng/dL
<input type="checkbox"/>	Free T3	🍷		6	Month(s)	R	2.30	4.20	pg/mL
<input type="checkbox"/>	Free T4	🍷		6	Month(s)	R	0.80	1.80	ng/dL
<input type="checkbox"/>	GGT			12	Month(s)		0.00	65.00	IU/L
<input type="checkbox"/>	Globulin (Total)			12	Month(s)		1.90	3.70	g/dL
<input type="checkbox"/>	Glucose			2	Month(s)		65.00	99.00	mcg/dL

Add
 Update
 Delete
 Print

 Thyroid
 Iron
 Recommended

Test # 4212 in Ultra Lab

Tag All
 Untag All
 Show Tagged
 Screenshot

80 Tests Entered

- 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)

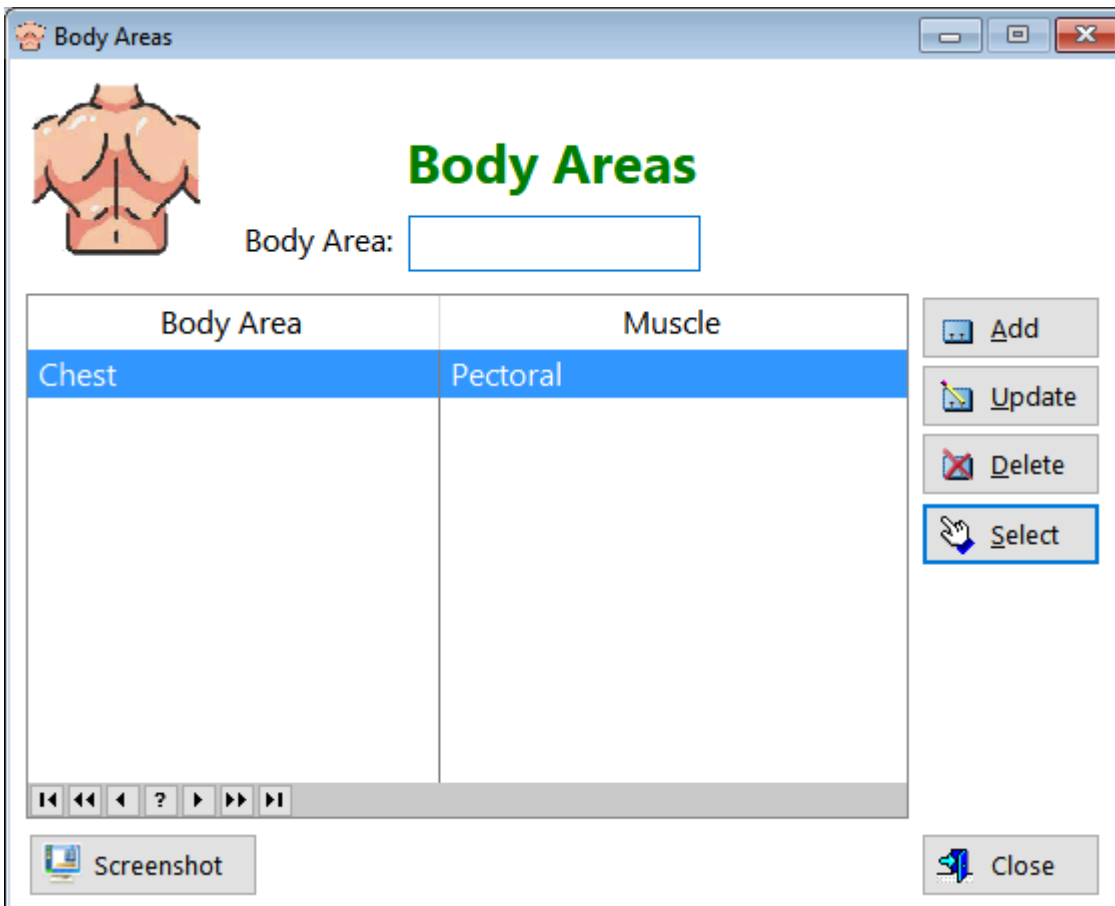
See also...

- [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

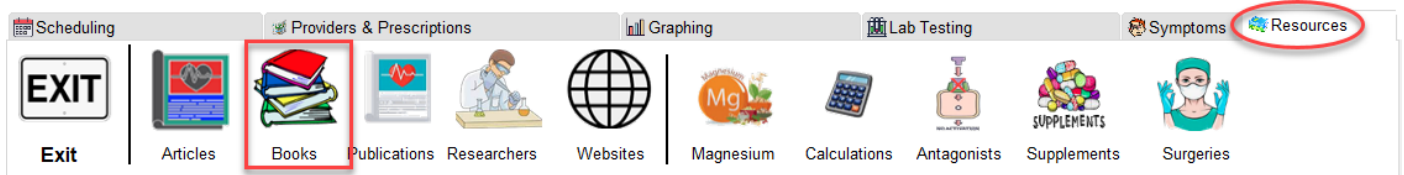
See also...

- [UpdateBodyArea](#)

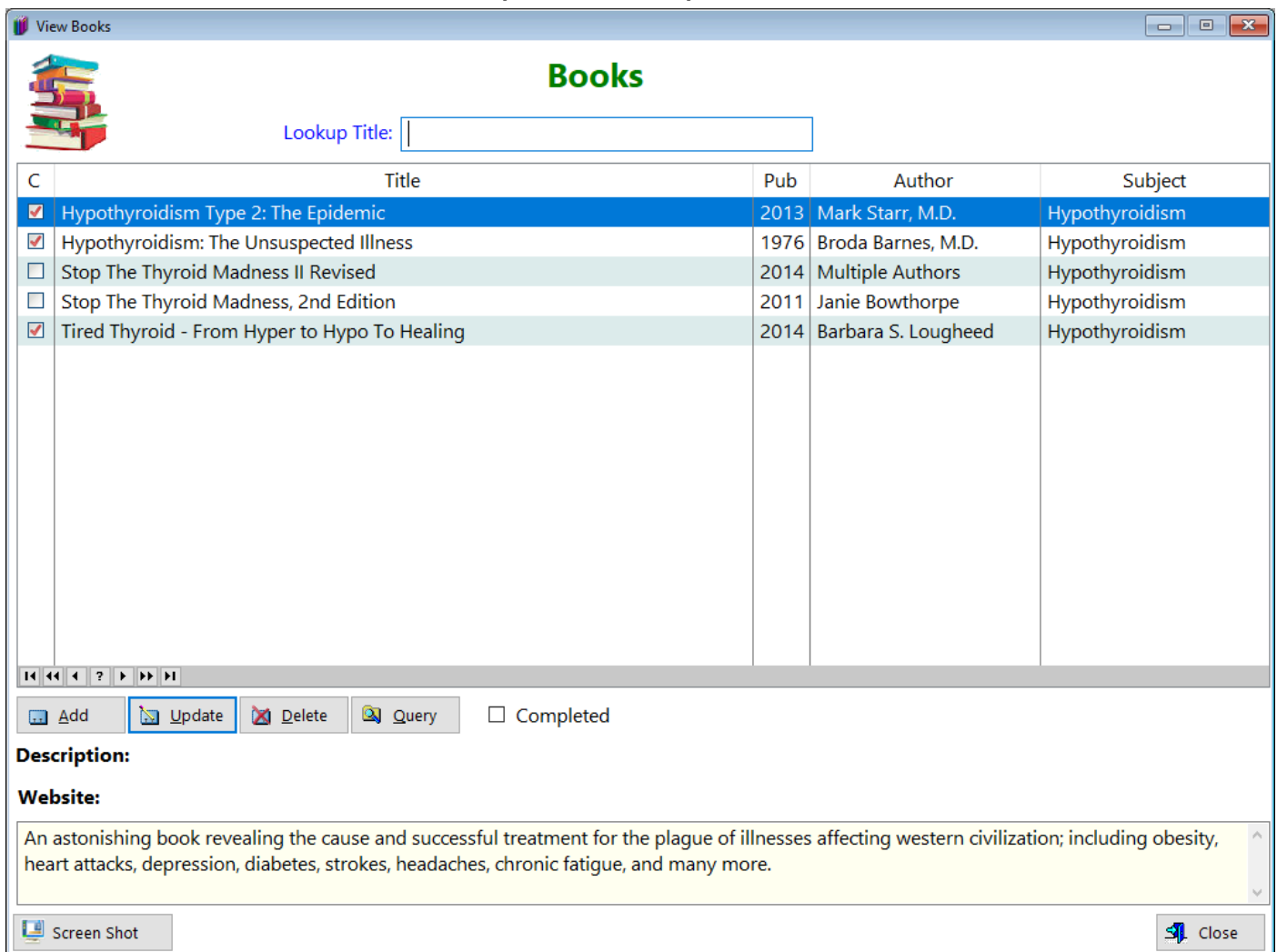
HelpID: BodyAreas

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

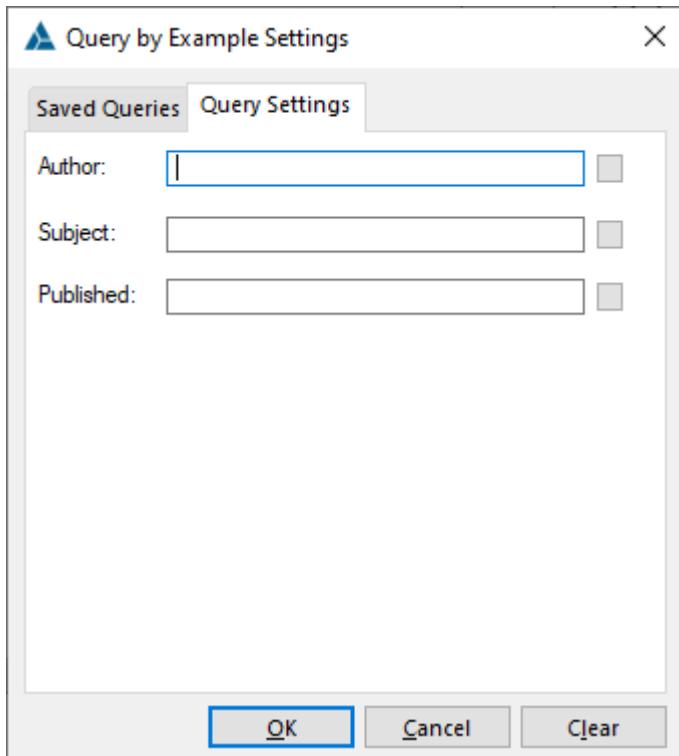
Description - Displays a commentary about the book

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 an equal '=' sign inside the little box to the right) and click OK. Same goes for the **Subject** and the **Published** field.



The image shows a dialog box titled "Query by Example Settings" with a close button (X) in the top right corner. It has two tabs: "Saved Queries" and "Query Settings". The "Query Settings" tab is active. It contains three input fields, each with a label and a small square box to its right:

- Author: [input field] [checkbox]
- Subject: [input field] [checkbox]
- Published: [input field] [checkbox]

At the bottom of the dialog, there are three buttons: "OK", "Cancel", and "Clear".

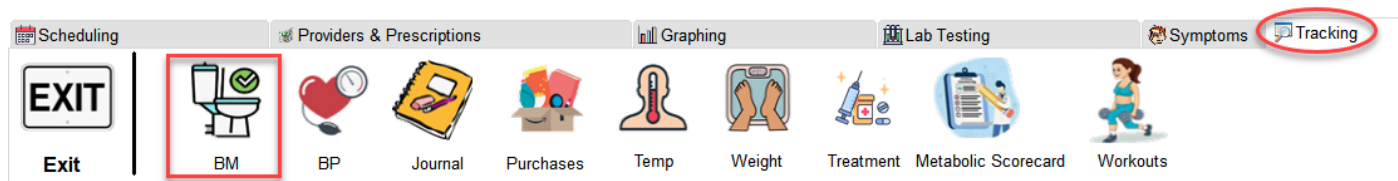
See also...

- [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.

Bowel Movements

Classification	BM Date	BM Time	BM Type
Diarrhea	2/25/2022	3:30PM	7
Normal	3/17/2022	6:59AM	3
Normal	3/18/2022	6:52AM	3
Diarrhea	4/14/2022	4:00AM	6
Normal	4/15/2022	5:58AM	3

Start Date: 1/01/2000 End Date: 5/17/2023

Total BMs: **135**

Bowel Movements For The Past 30 Days

Bristol Stool No

Date

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

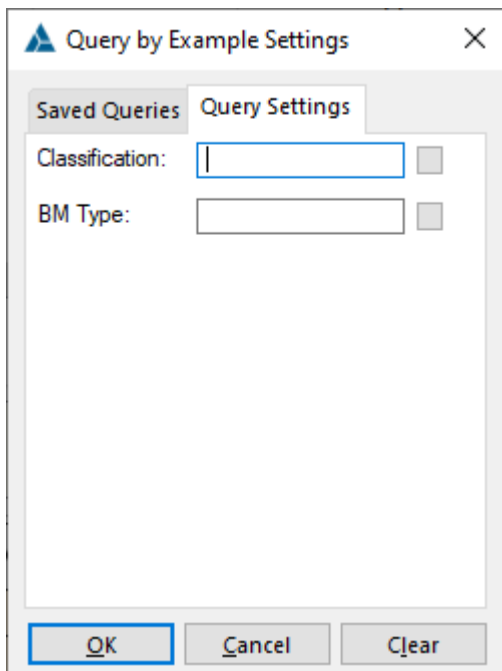
Select a Range(Tab) - You have the ability to sort your data based on a range of dates

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



Query by Example Settings

Saved Queries Query Settings

Classification:

BM Type:

OK Cancel Clear

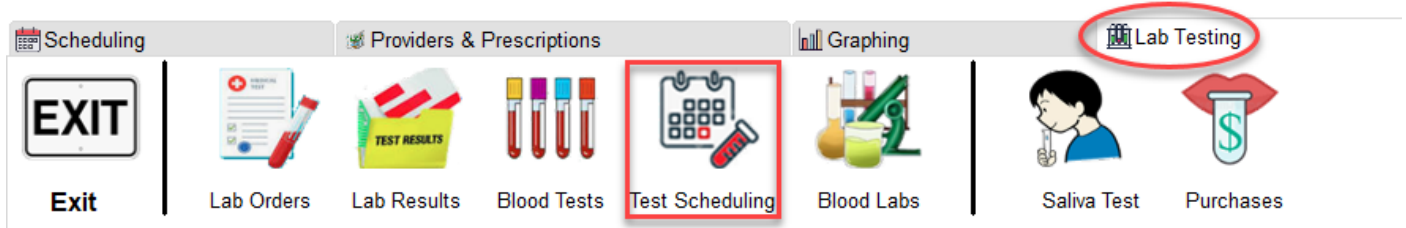
See also...

- [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.

Tests & Events to be Scheduled

Test Scheduling

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/HDL 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

⚠ Overdue Thyroid Tests Total Records: 24 ? Help Close

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

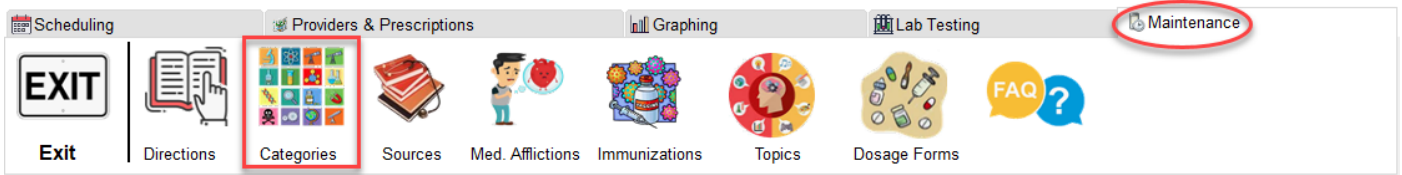
Thyroid Tests - Clicking on this checkbox shows you which tests are thyroid-related

Total Records - Displays how many blood tests you have queued up to be performed

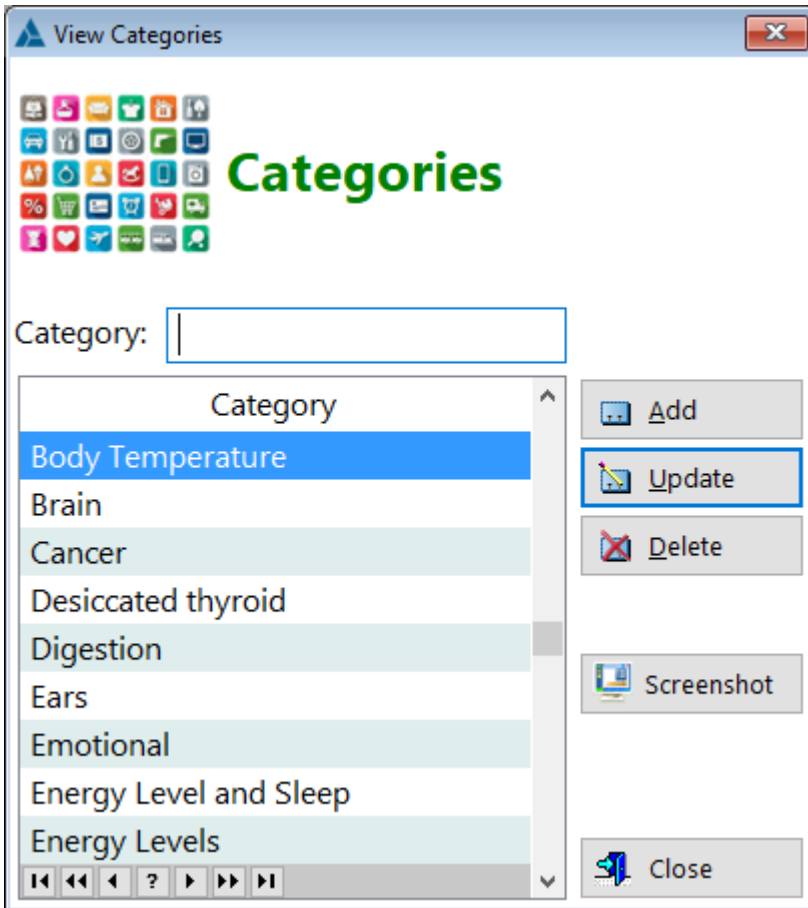
HelpID: BrowseTestReminders

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



Update Symptoms...

Update Symptoms

Symptom: Abdominal

Description:

Category Digestion

Source: <http://hypothyroidmom.com/300-hypothyroidism-symptoms-yes-really/>

Date Started: 6/01/2022

Symptom Related To

Thyroid Adrenal

Some of these symptoms can be caused by either Thyroid or Adrenal dysregulation

Priority **Monitor** By checking Priority, you are automatically monitoring the symptom

Severity Level: 7 Moderate

Occurrence

Constant Intermittent

Note

Notes

It doesn't matter what I eat, I always feel bloated afterwards

Screenshot Top 10 Symptoms

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

Purchase Form

Company: Amazon

Order Num: 111-0317771-3557806

Date: 2/22/2022

Item Description	Qty	Item Cost	Extended
Vitamin C, Liposomal	1	\$14.52	\$14.52

SubTotal: \$14.52

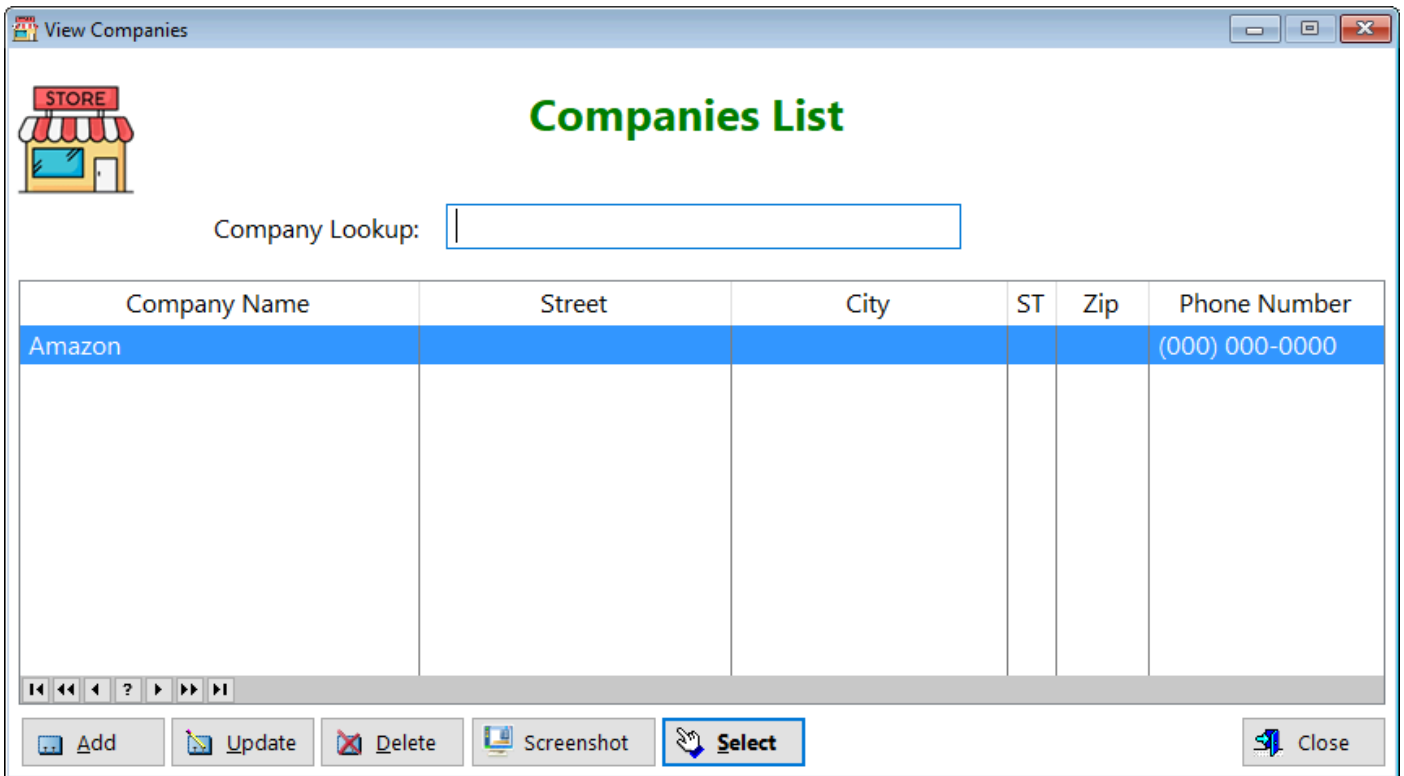
Credit: 0.00

Tax: \$0.00

Shipping: \$0.00

Order Total: \$14.52

Save Cancel



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

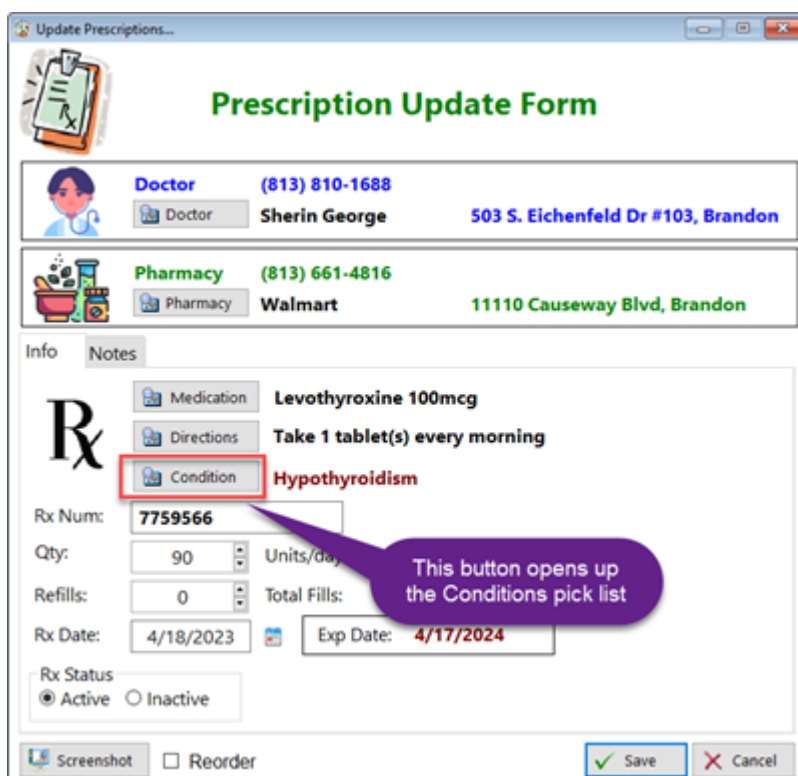
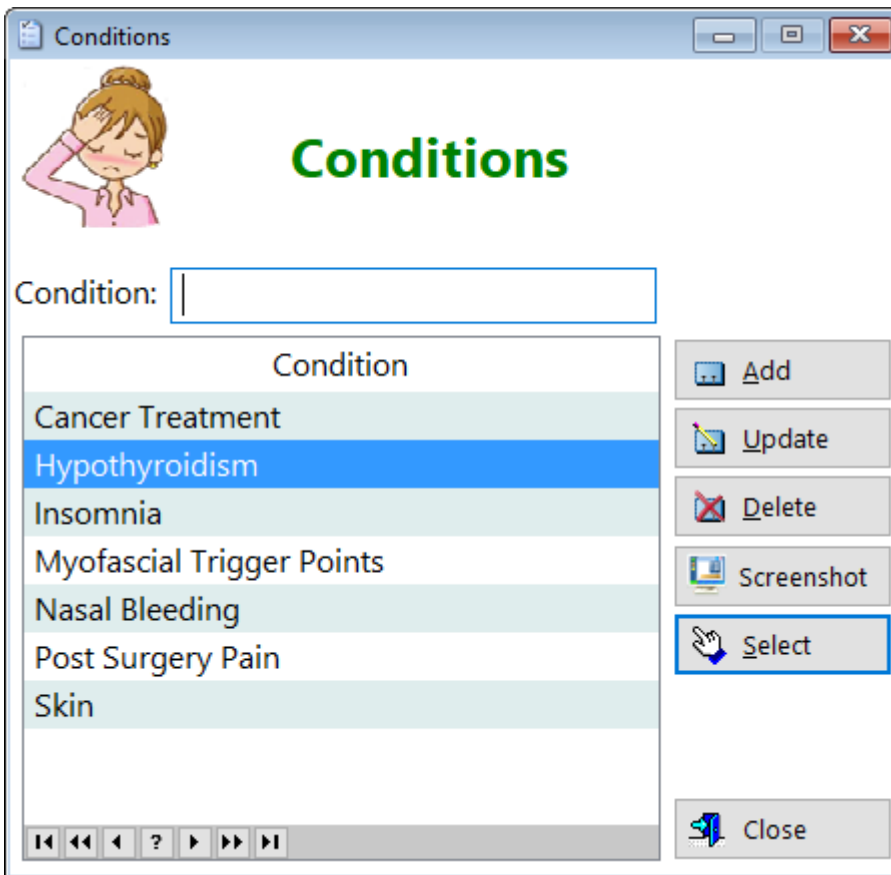
See also...

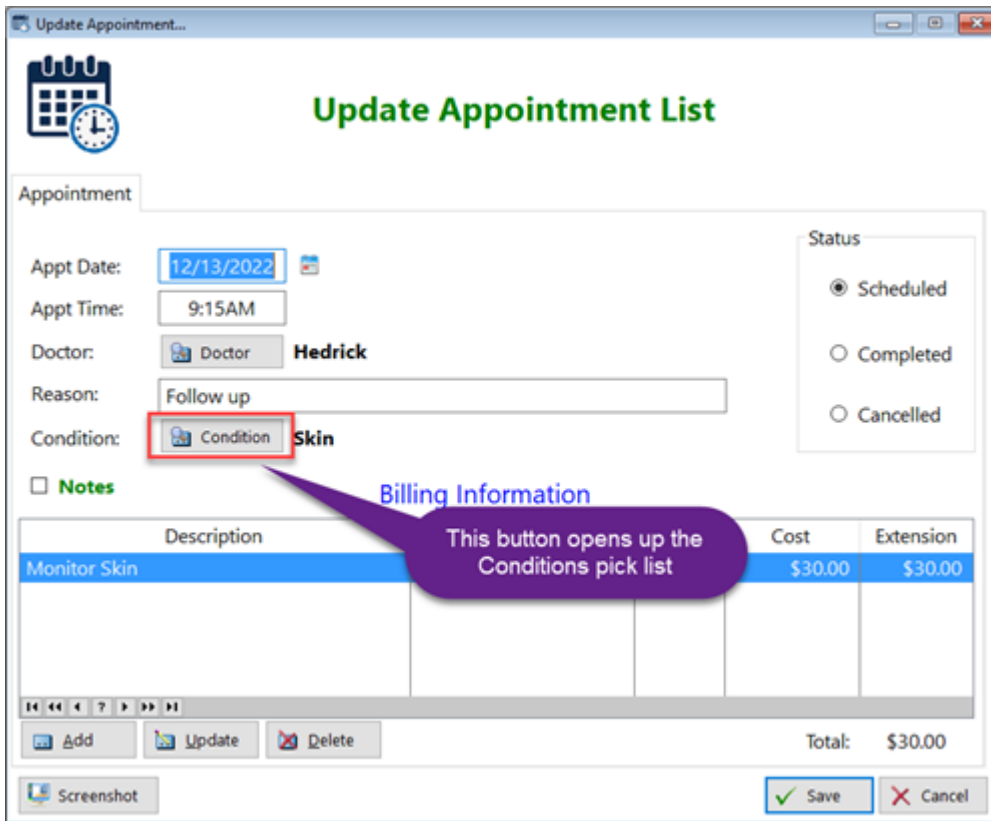
- [UpdateCompanies](#)

HelpID: Companies

Conditions

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



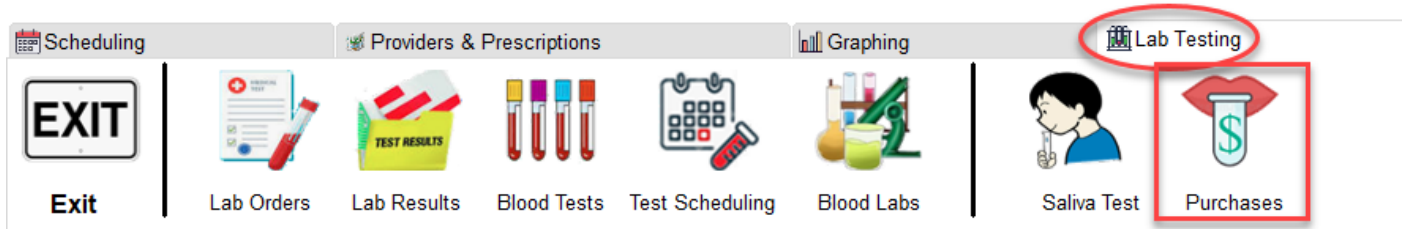


Condition - Displays the condition field

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

View Cortisol Saliva Purchases
[Min] [Max] [Close]

View Cortisol Saliva Test Purchases

The turnaround time begins when you purchase and ends when you have your results

Processing				Purchasing		
Purchased	Samples Recd	Report Date	Time (Days)	Order No	Company Name	Price
4/13/2020	4/28/2020	5/05/2020	22	2020 04 28 256 S	ZRT Laboratory	\$135.00
1/02/2020	1/14/2020	1/17/2020	15	2020 01 14 342 S	ZRT Laboratory	\$135.00
2/05/2016	2/16/2016	2/18/2016	13	2016 02 16 341 S	ZRT Laboratory	\$125.00

[Update]
URL: <https://www.mymedlab.com/>
Total: **\$395.00**

[Screenshot]
[Close]

- 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

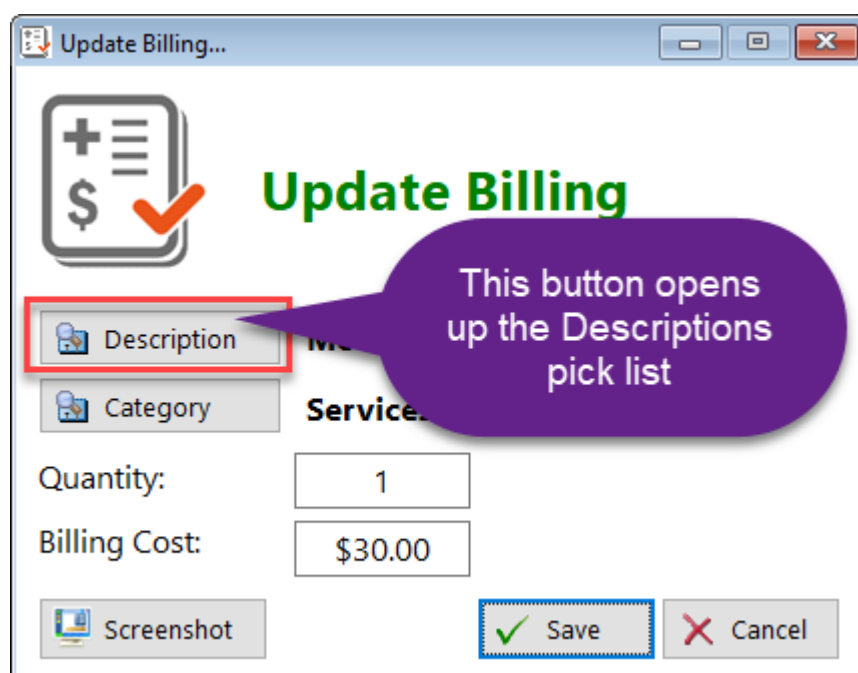
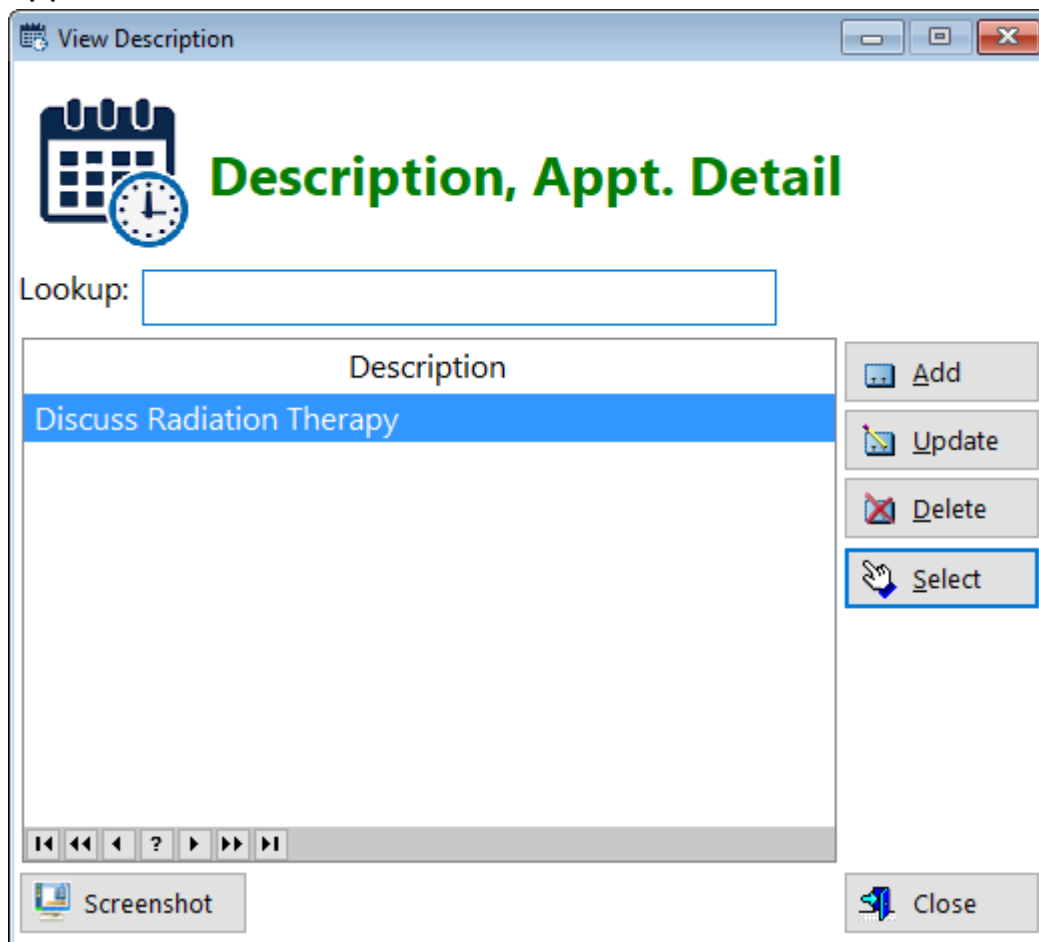
See also...

- [UpdateSalivaTestPurchases](#)

HelpID: CortisolKitPurchases

Description, Appointment Detail

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

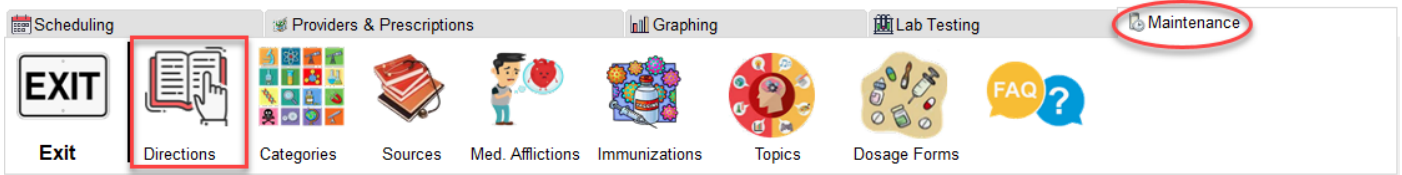


Description - Displays the description field

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

View Directions



Directions

By Quick Code **By Directions**

Quick Code

Q Code	Directions
1	Take 1 tablet every morning
2	Take 1 & ½ tablets every morning
3	Take ½ tablet every morning
4	Take ¼ tablet three times a day
5	Take ¼ tablet twice a day
6	Take ½ tablet twice a day
7	Take ¼ tablet in the afternoon
8	Take ½ tablet daily
9	Take ¼ tablet daily
10	Take 1 tablet in the morning and evening
11	Take 1 tablet in the afternoon
12	Take 1 tablet daily
13	Take 1 tablet at bedtime

Show Most Often Used

Use these ALT codes to search fractions: ¼ = ALT + 0188 ½ = ALT + 0189

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

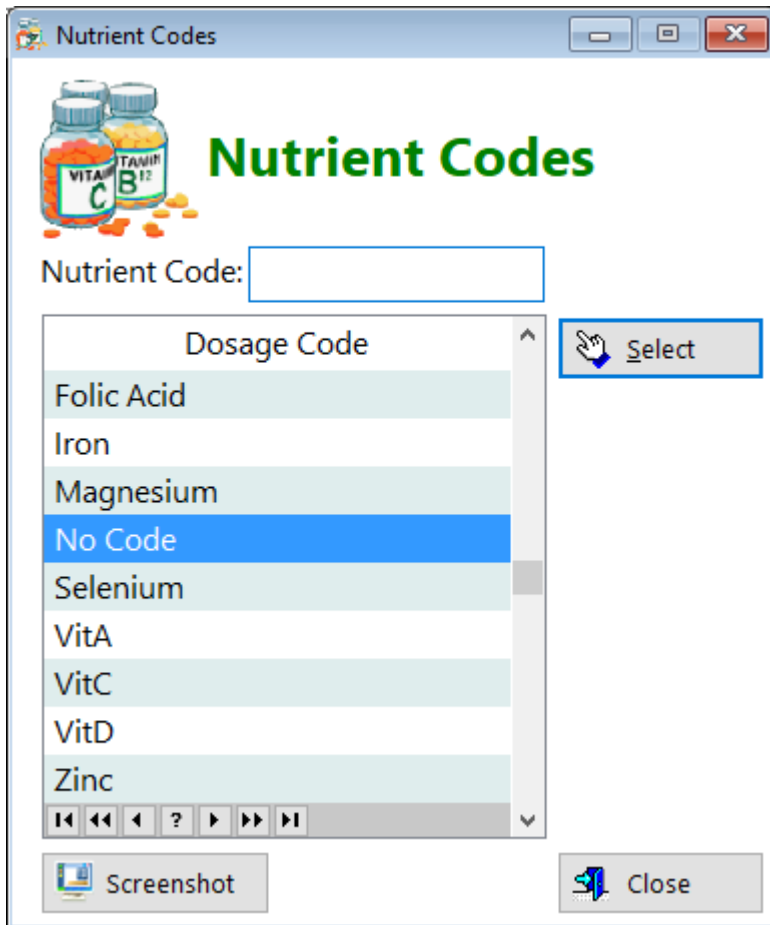
See also...

- [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

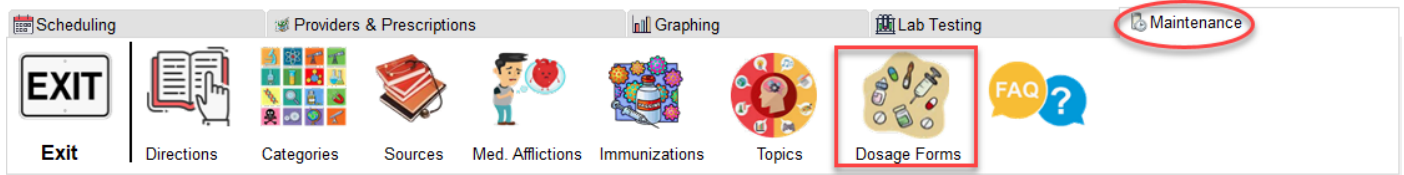
1. [B12](#)
2. [Biotin](#)
3. [Folic Acid](#)
4. [Iron](#)
5. [Magnesium](#)
6. [Selenium](#)
7. [VitA](#)
8. [VitC](#)
9. [VitD](#)
10. [Zinc](#)

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.

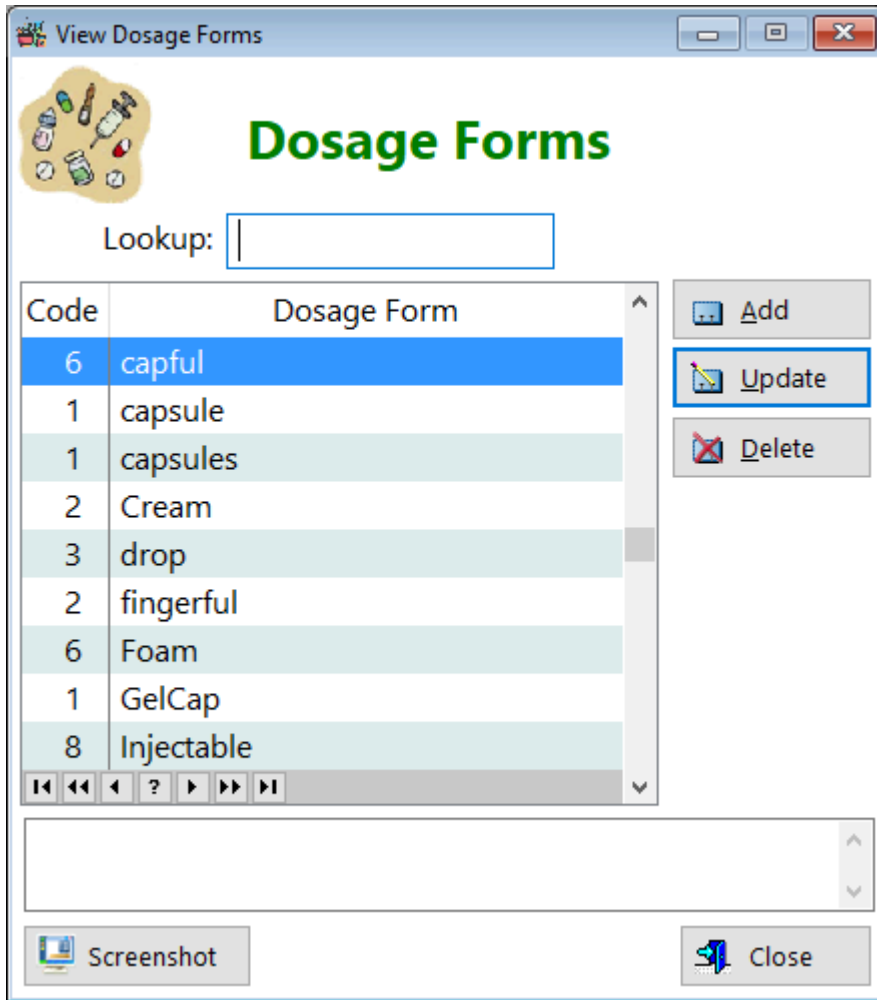
HelpID: DosageCodes

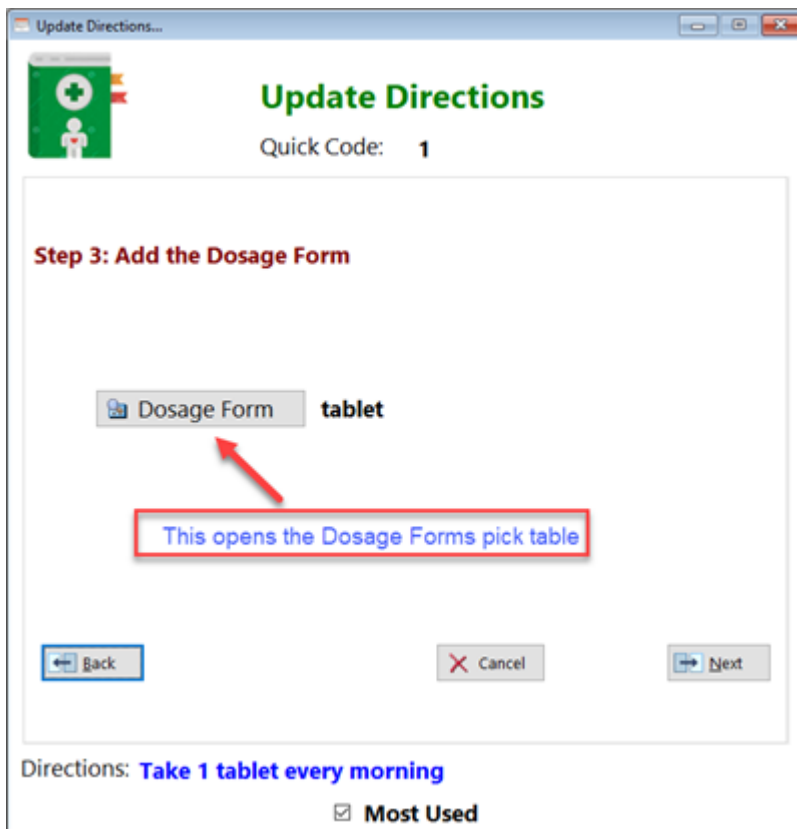
Dosage Forms

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:

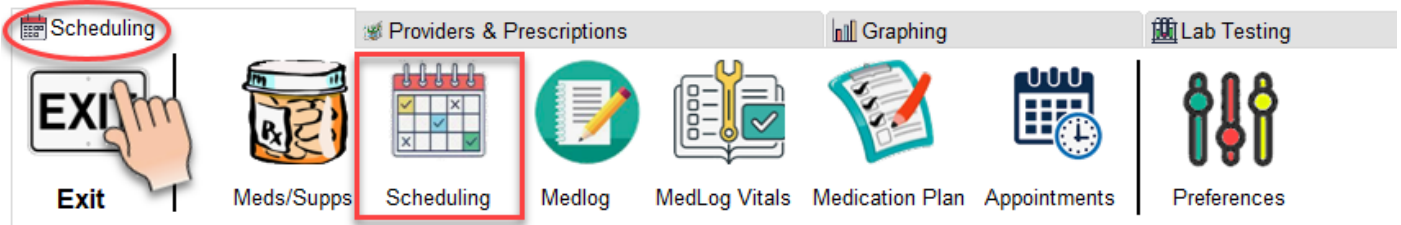
1. Solid dosage forms like capsules, tablets
2. Semi-solid dosage forms like creams, ointments, pastes
3. Ophthalmic (eye) and Otic (ear) solutions
4. Oral liquids
5. Insulin products with U100, U300 or U500
6. Foam products like minoxidil foam
7. Spray products like estradiol transdermal spray
8. Injectables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

Show Thyroid Meds Total Entries 16 191 20

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 particular 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:

Update Dosing Schedule...

View Dosing Schedule

Medication: ActiveNutrients

Directions: Take 2 capsules every morning

Scheduled Days

Sun Mon Tue Wed Thu Fri Sat

Time Slots

<u>Time of Day</u>	<u>Quantity</u>	<u>Time</u>
<input type="checkbox"/> AM		12:00AM
<input checked="" type="checkbox"/> Mid AM	2.00	10:00AM
<input type="checkbox"/> Noon		12:00AM
<input type="checkbox"/> Afternoon		12:00AM
<input type="checkbox"/> Mid AFT		12:00AM
<input type="checkbox"/> Evening		12:00AM
<input type="checkbox"/> Bedtime		12:00AM

Active

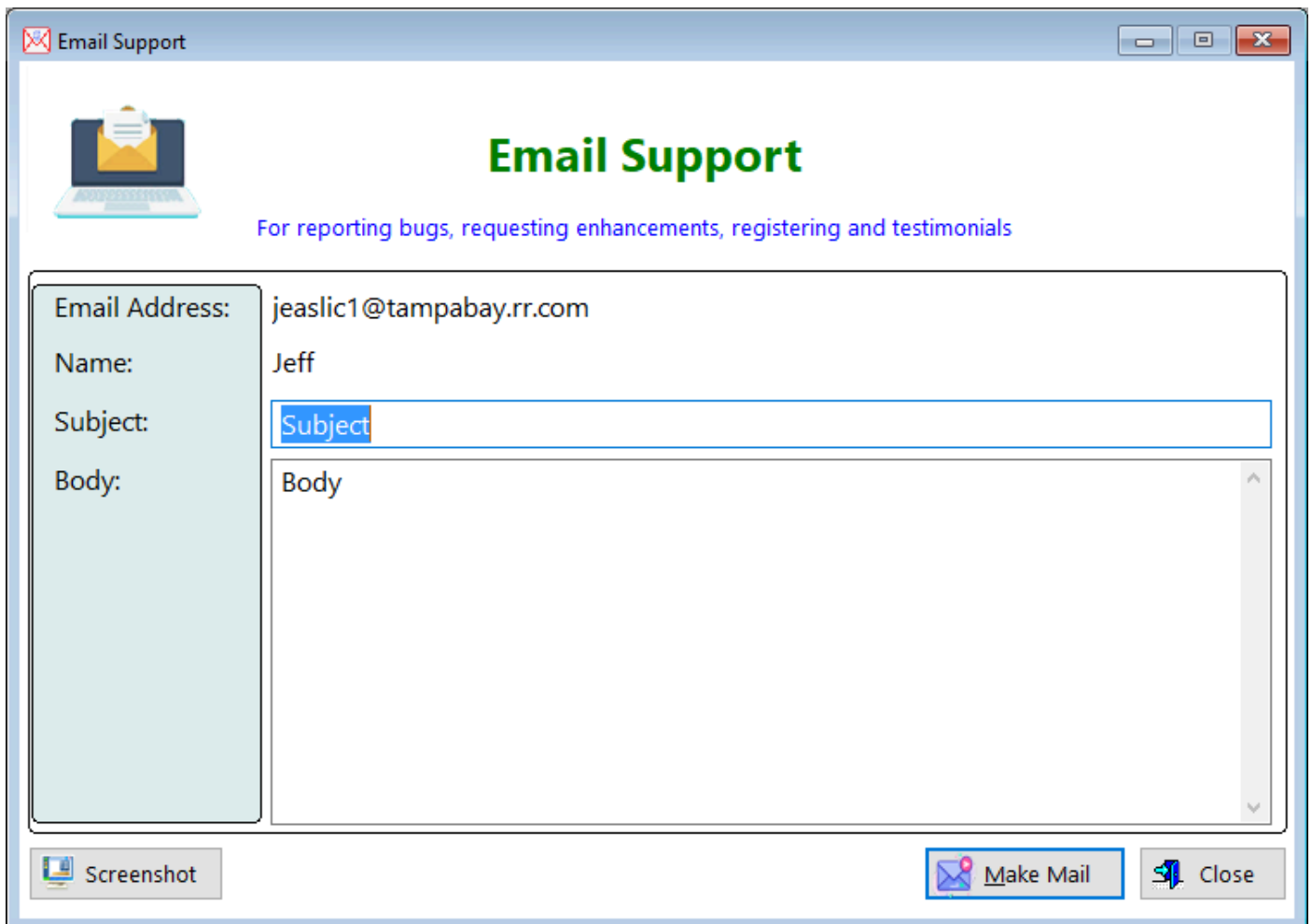
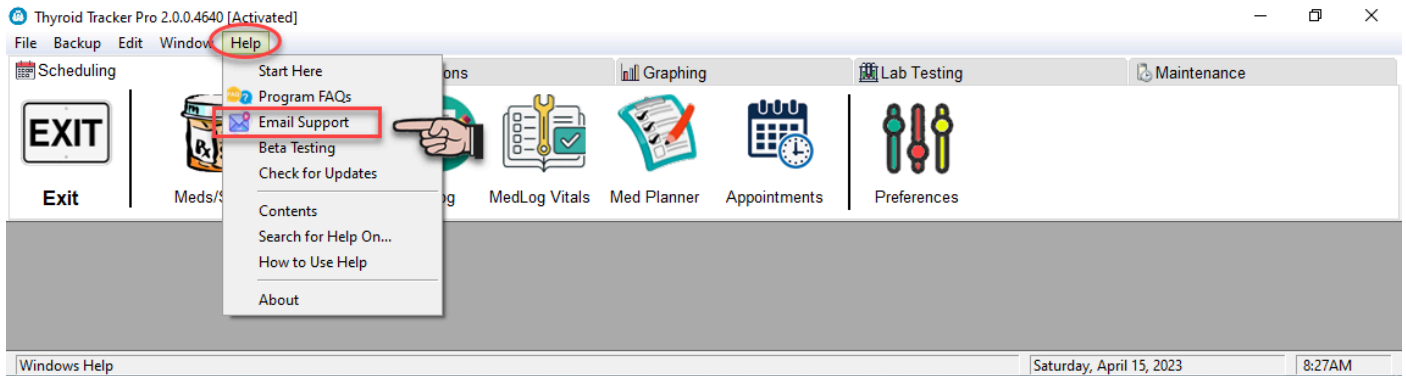
See also...

- [UpdateDosingSchedule](#)

HelpID: DosingSchedule

Email Support

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

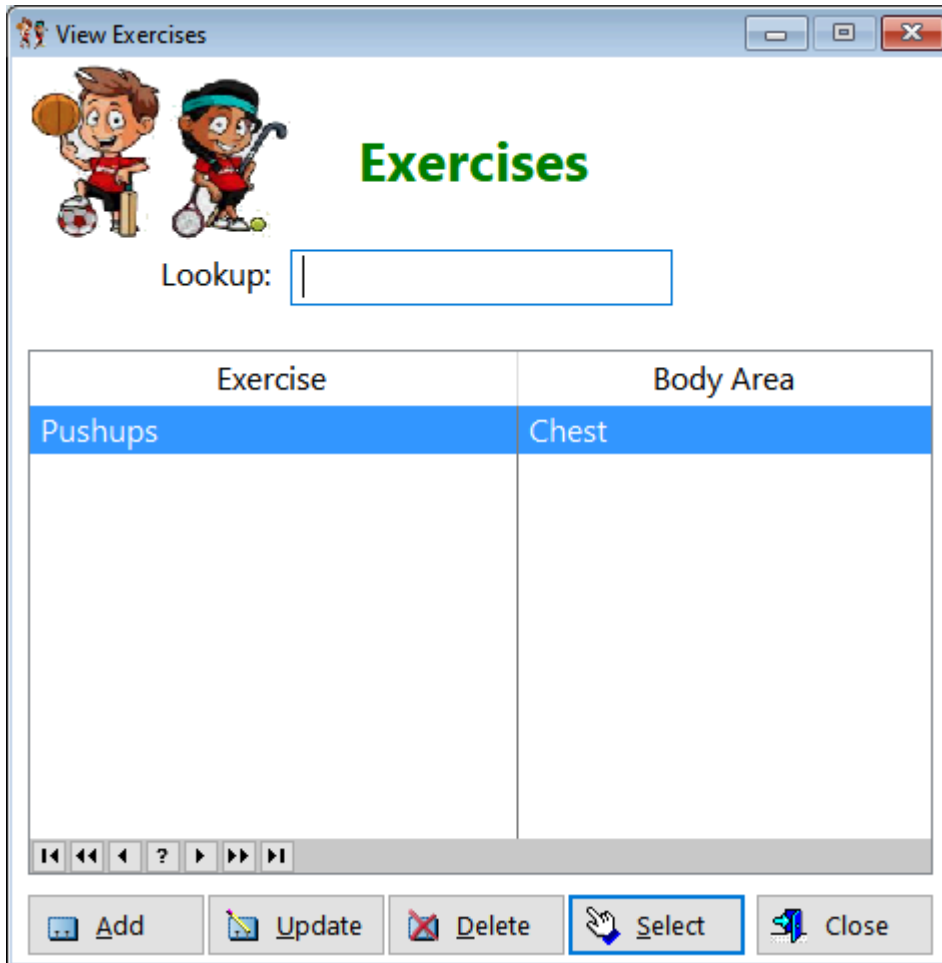


Click on the **'Make Mail'** button and your email program will open up.

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

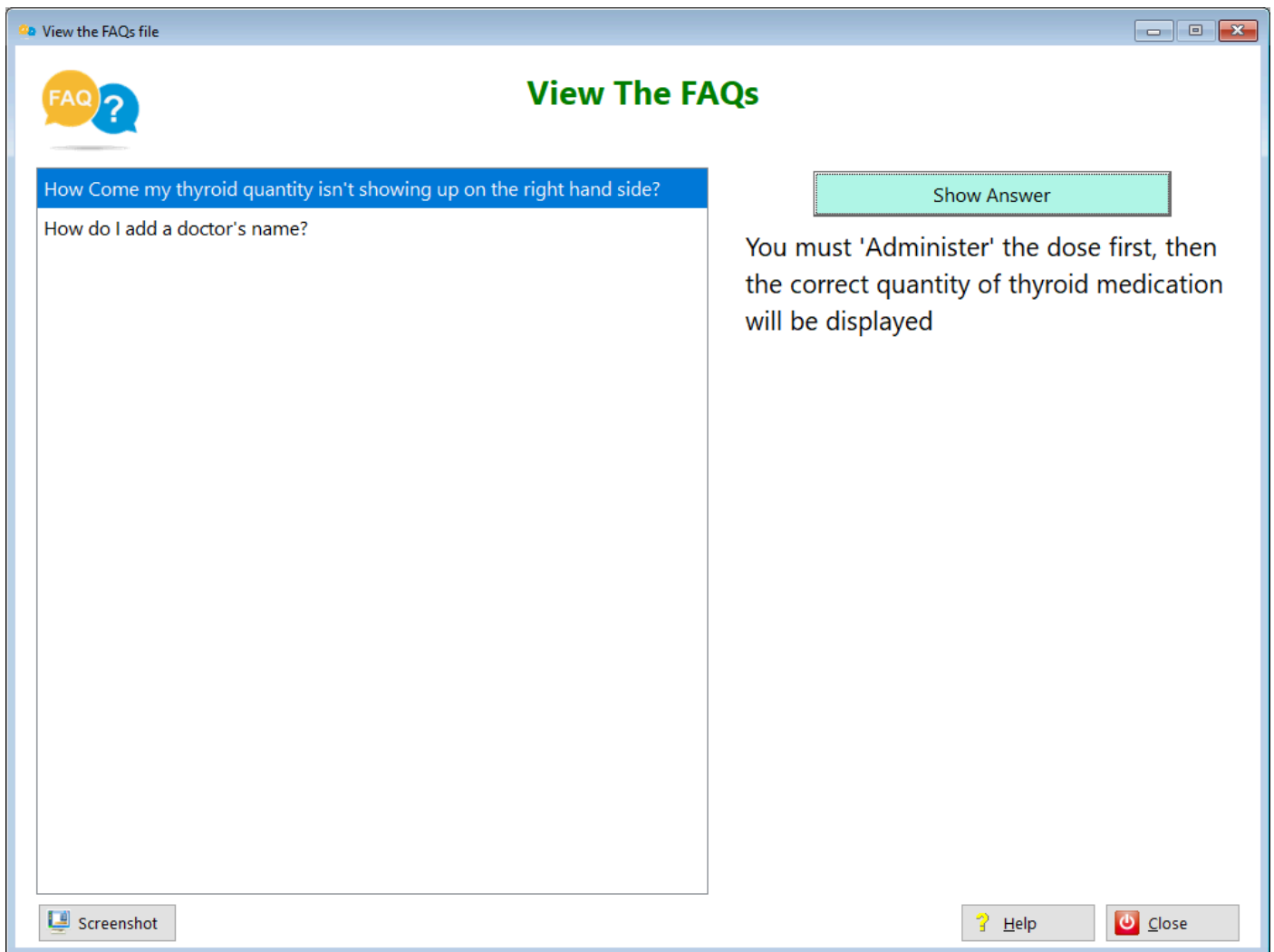
See also...

- [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.

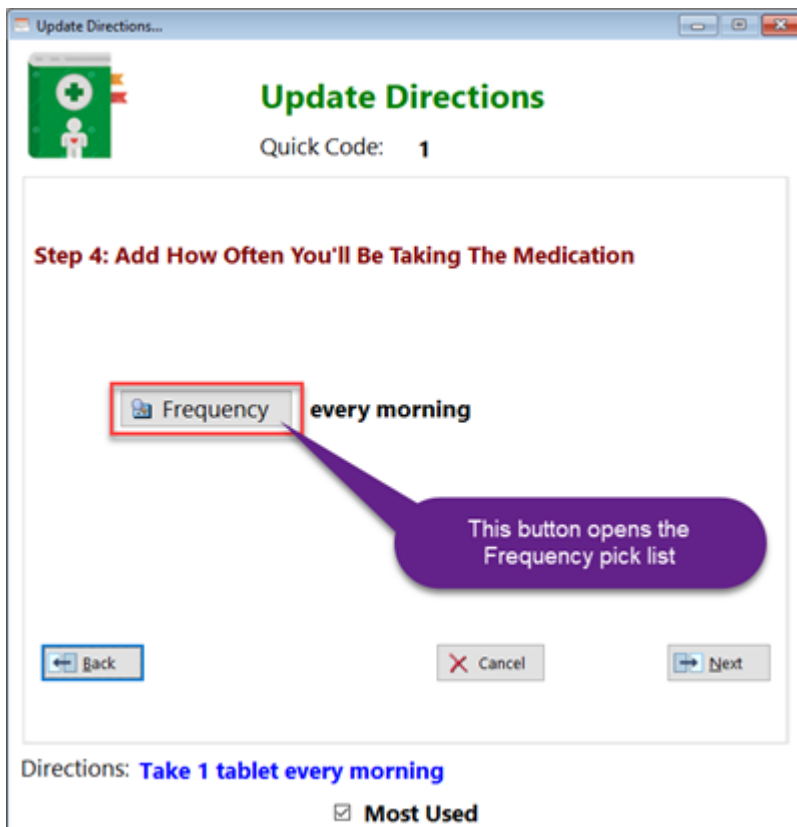
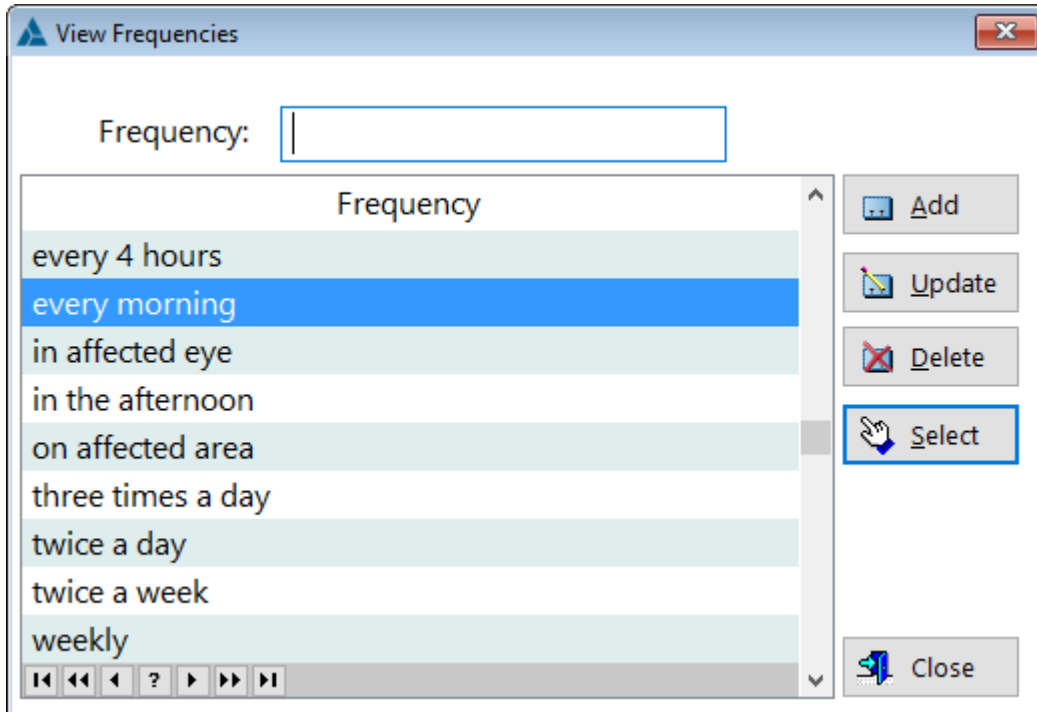


Select a record with the appropriate question, then click the 'Show Answer' button.

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...

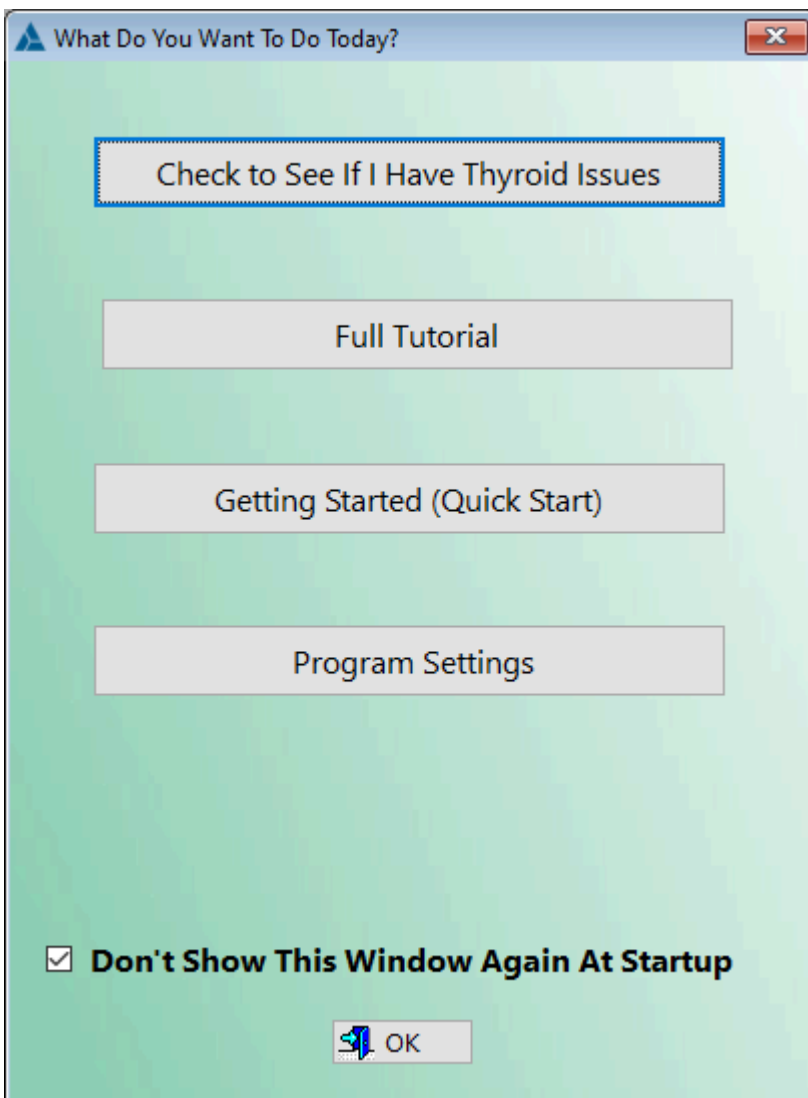
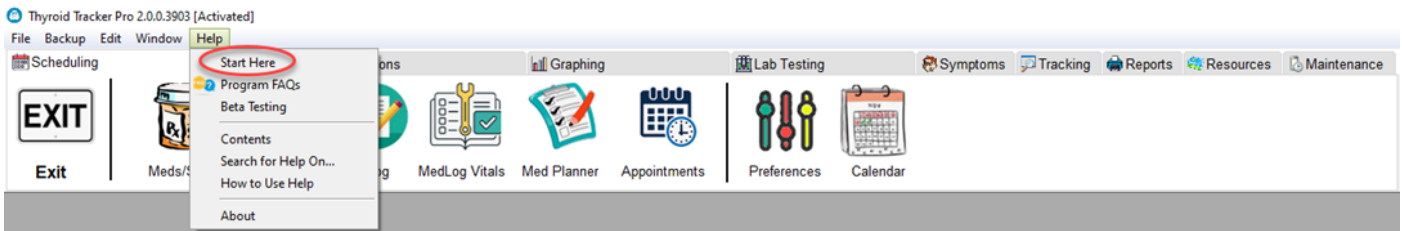
- [UpdateFrequency](#)

HelpID: Frequency

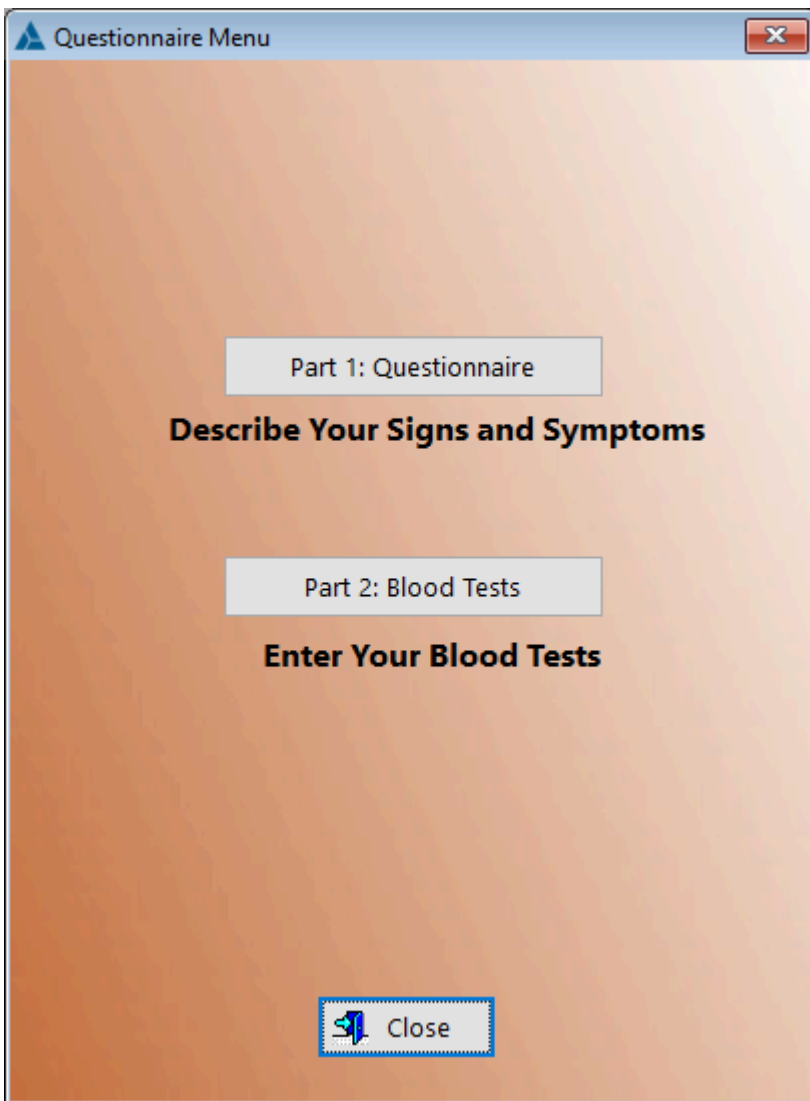
Startup Screen

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.

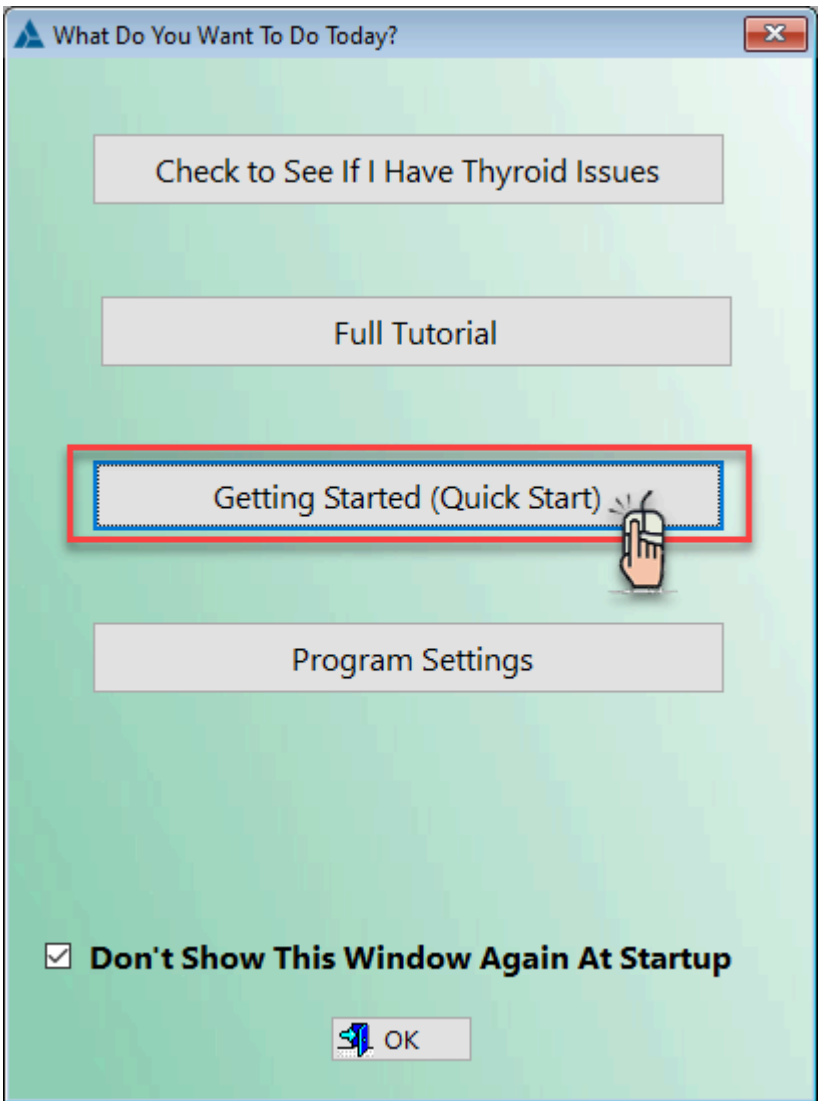


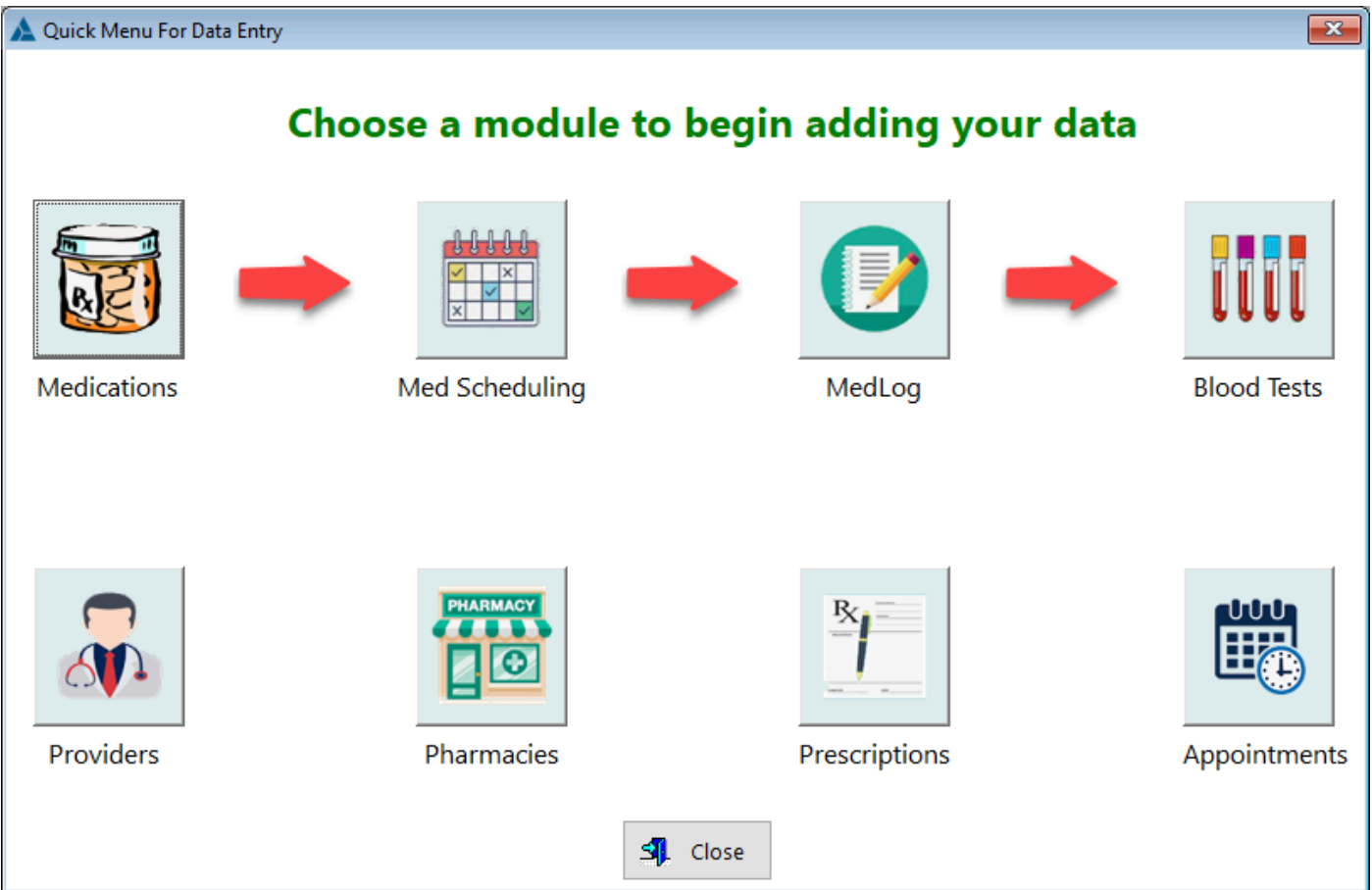
Check to See If I Have Thyroid Issues - This will open up another screen:



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.





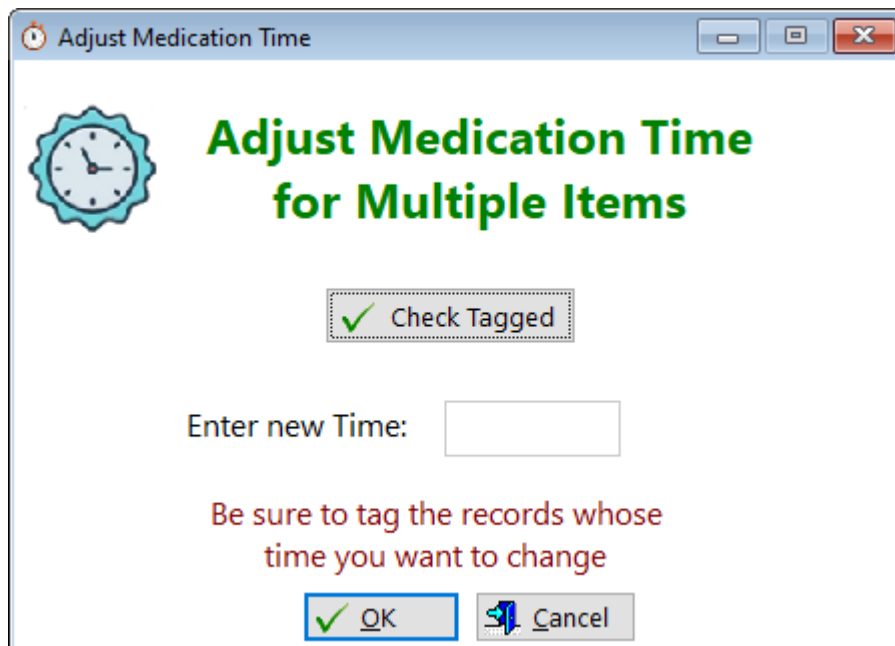
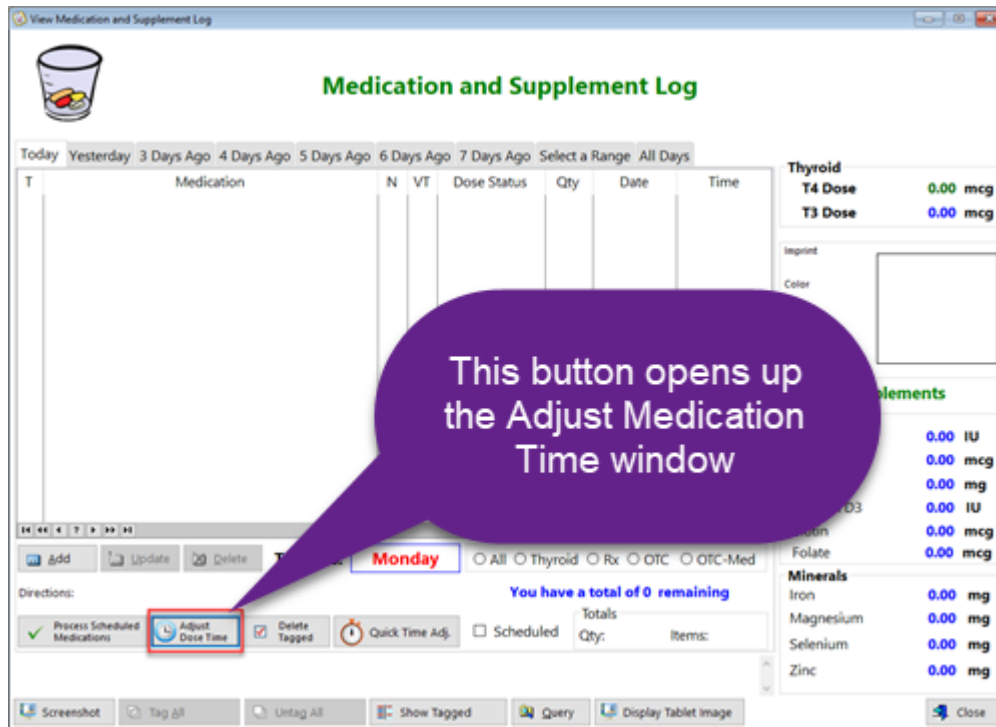
See also...

- [Appointments](#)
- [BloodTests](#)
- [DosingSchedule](#)
- [Medications](#)
- [MedLog](#)
- [Pharmacies](#)
- [Prescriptions](#)
- [Providers](#)

HelpID: AddData

Adjust Medication Time

This Adjust Medication Time module enables you to change

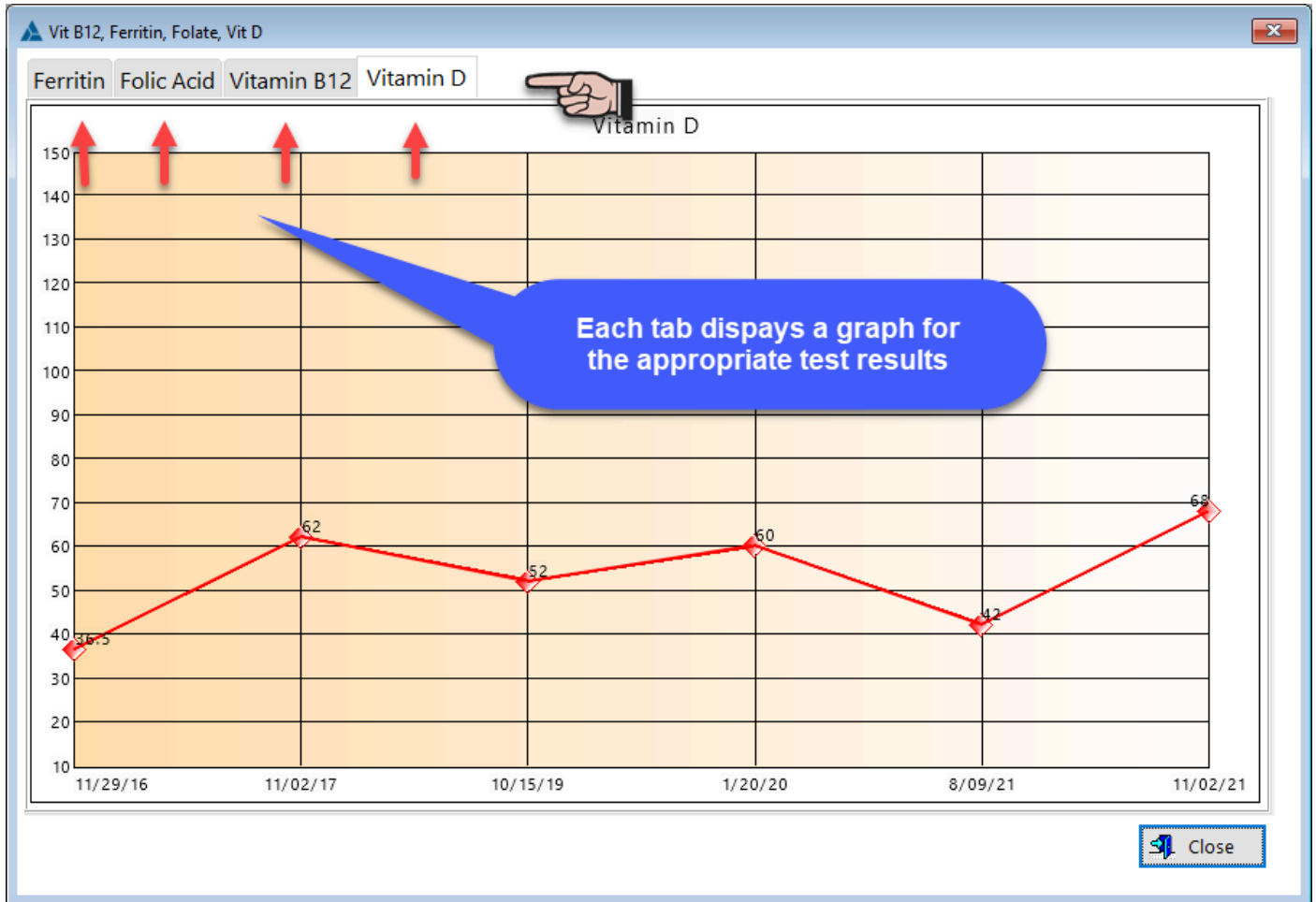


1. Ensure that you've tagged the records whose medication times you want to change
2. **Check Tagged(Button)** - Click this button to enable entering a new time schedule
3. **Enter new Time** - Type in the time you want to batch re-schedule your medication/supplements.

See also...

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

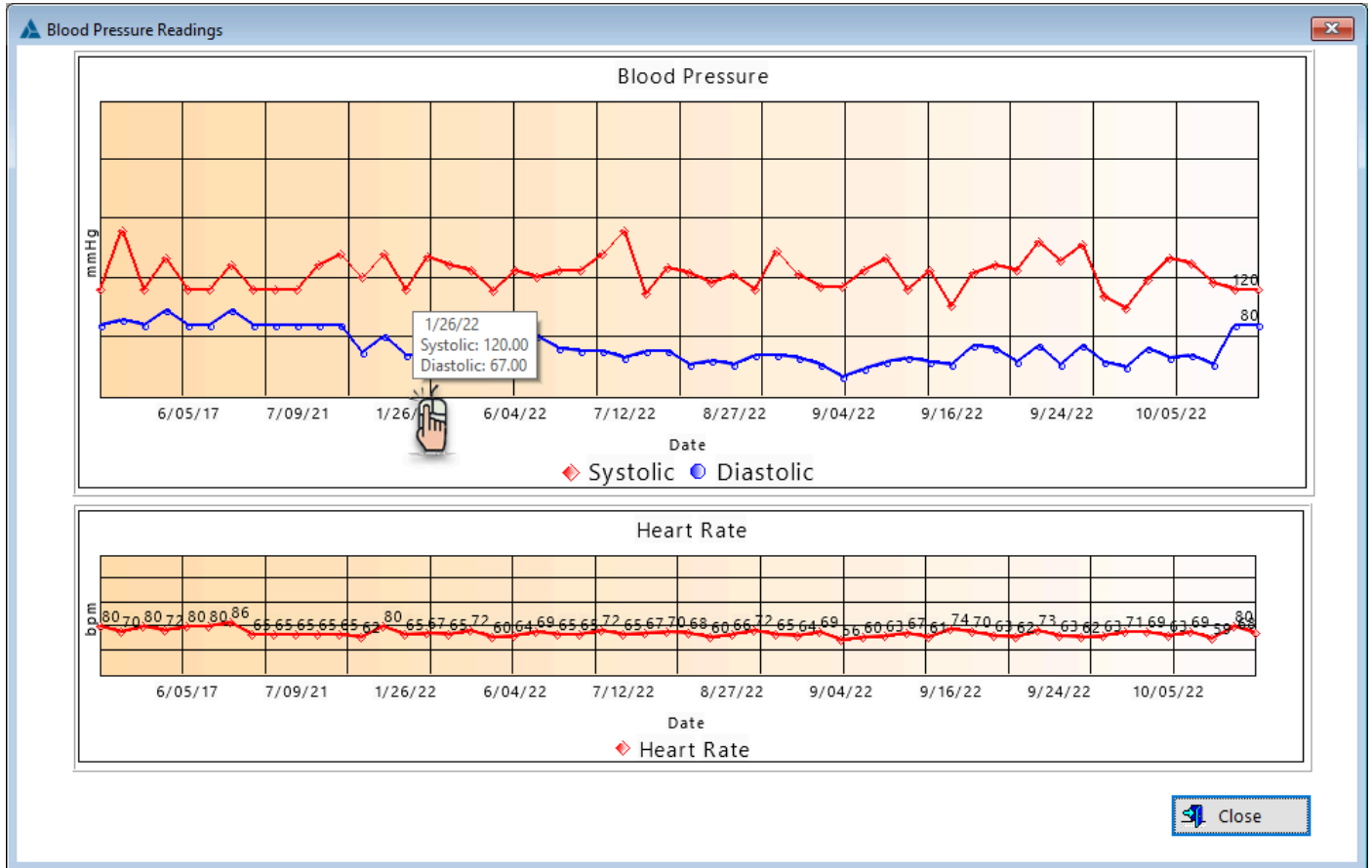
Vitamin B12 - Displays a graph of your Vitamin B12 blood test results

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 possibility that the graph won't display the data properly.

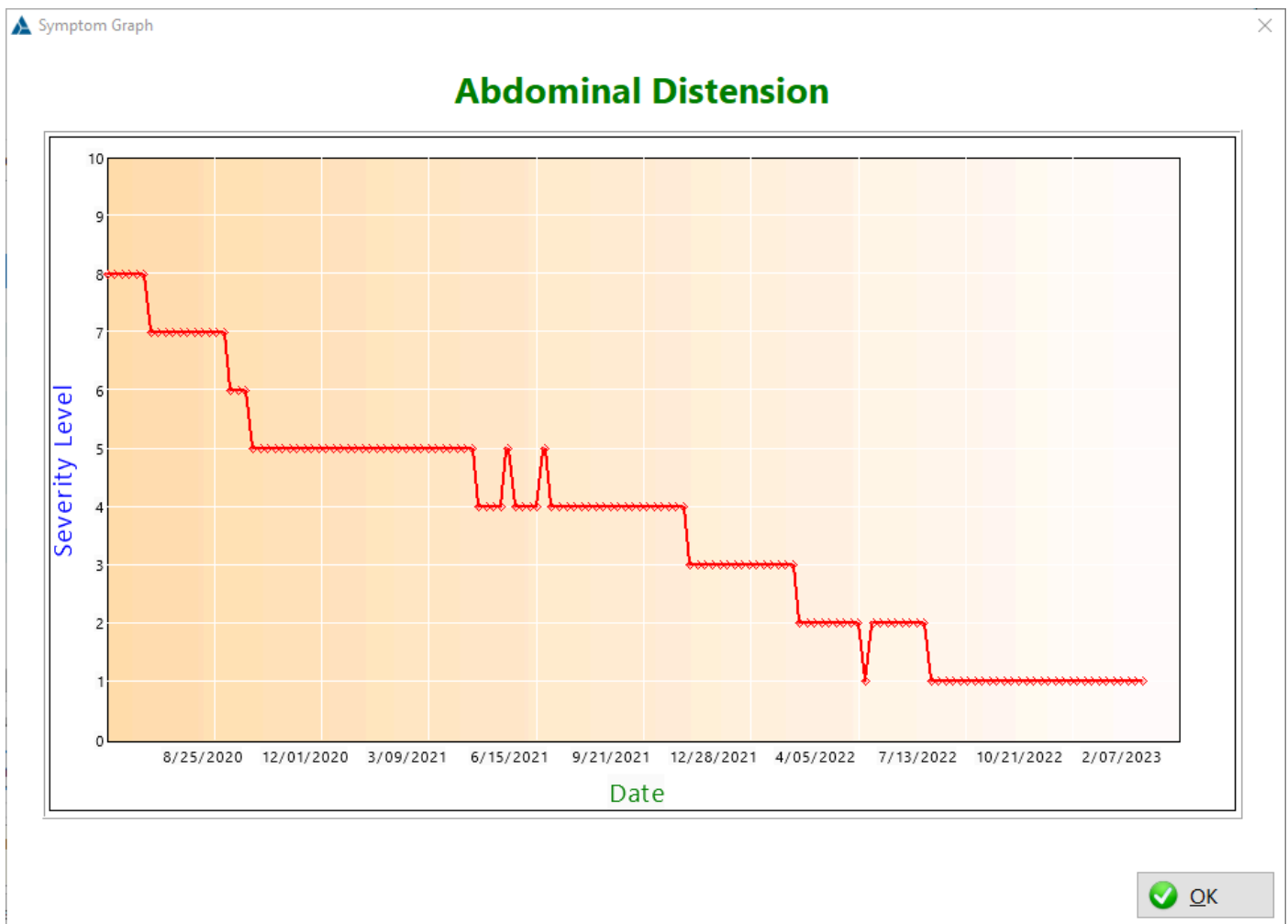
If you Right-Click on the face of the graph, you have more options, such as printing the graph.

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:

View Symptom Log

Symptom Log

Current Weekly Log Records **All Records**

	Gr	Date	Symptom (Click to Sort)	P	Severity		Occurrence	Improvement
					Level	Description		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Abdominal Distension	<input checked="" type="checkbox"/>	1	Mild	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Blurred vision	<input checked="" type="checkbox"/>	7	Moderate	Intermittent	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Chronic Fatigue	<input checked="" type="checkbox"/>	4	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Cold feet	<input type="checkbox"/>	5	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Cold hands	<input checked="" type="checkbox"/>	7	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Deafness	<input type="checkbox"/>	3	Mild	Intermittent	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Dry eyes	<input type="checkbox"/>	8	Severe	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Insomnia	<input checked="" type="checkbox"/>	7	Moderate	Intermittent	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Muscles and joint pain	<input checked="" type="checkbox"/>	6	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/13/2023	Tinnitus	<input checked="" type="checkbox"/>	8	Severe	Constant	No Change

Setup Graphing Monitoring Delete Records Display Priority Symptoms

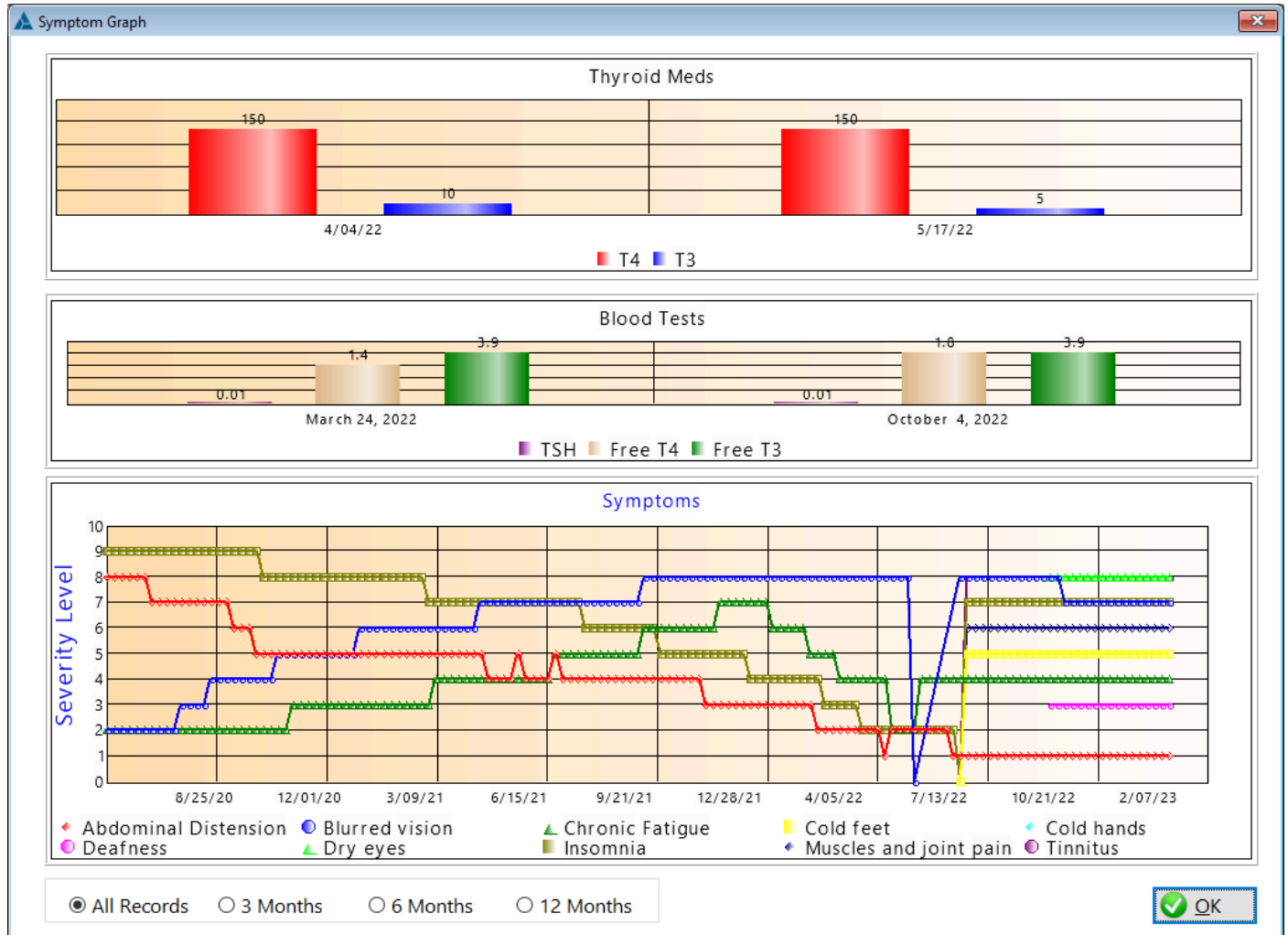
Total: 10

It doesn't matter what I eat, I always feel bloated afterwards

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.

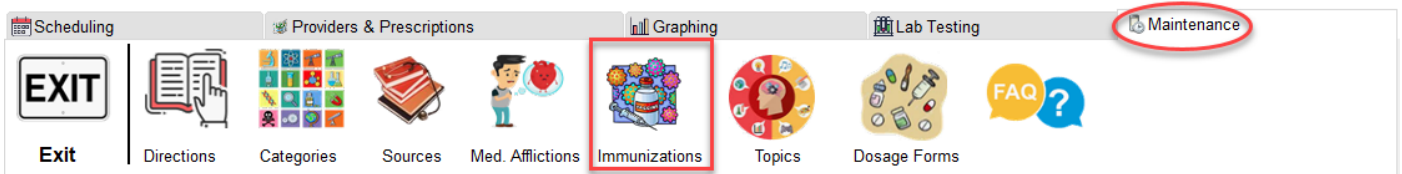


You don't have to monitor all 10 of your top symptoms (The maximum is 10) as the graph can become very busy.

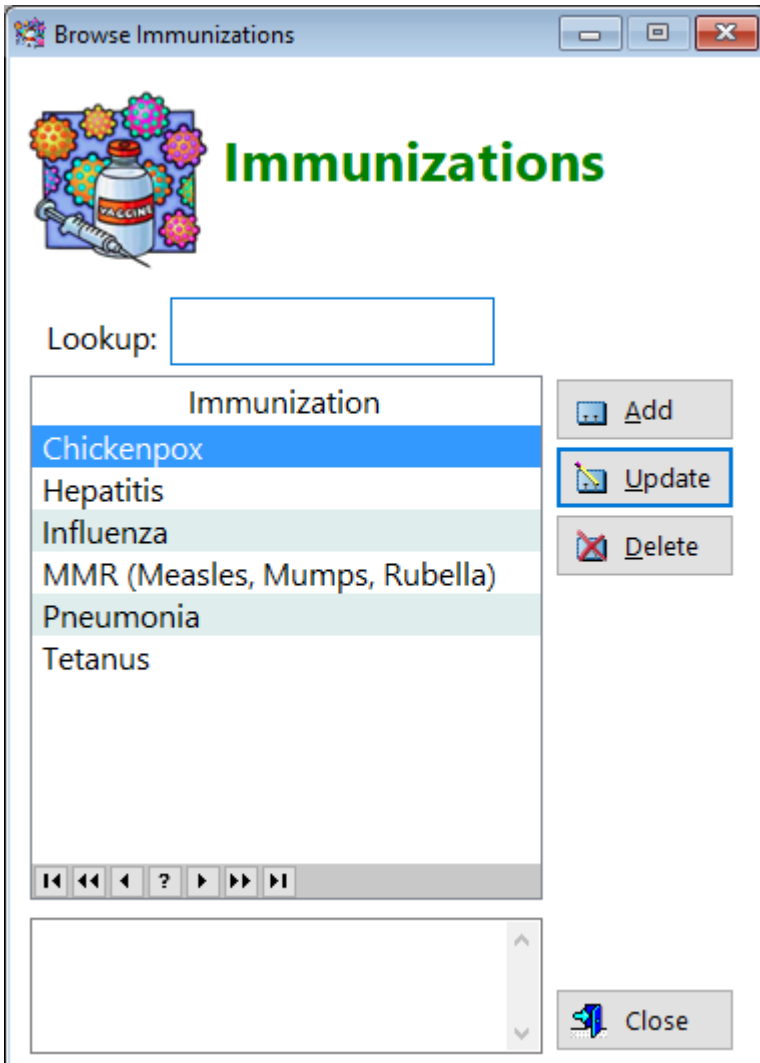
HelpID: GraphSymptomLogMultiSet

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

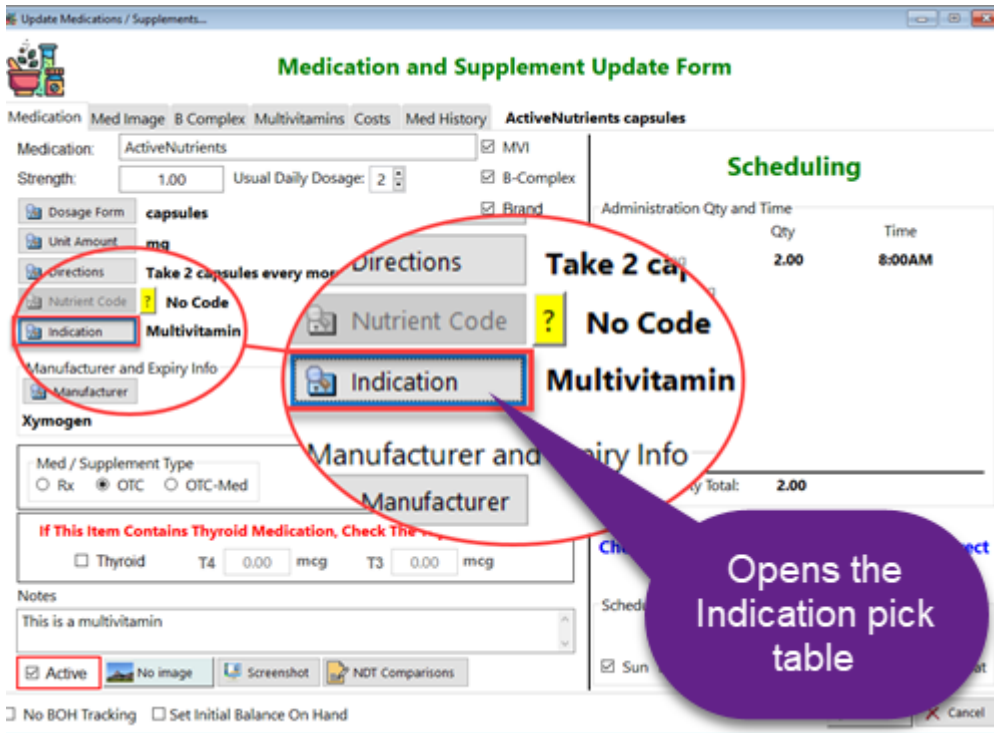


Immunization - Displays the field immunization

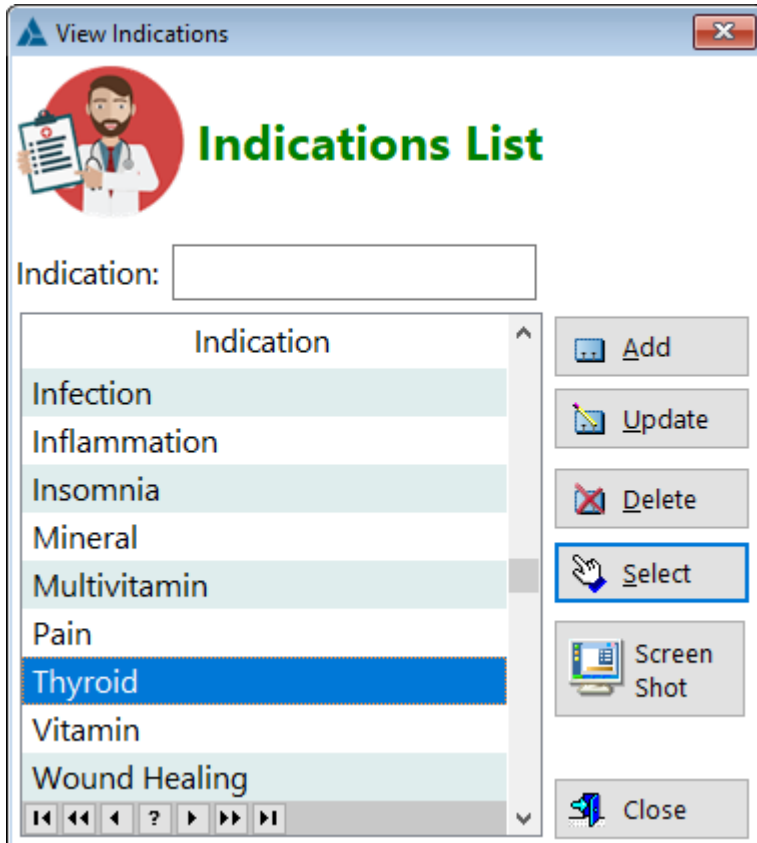
HelpID: Immunizations

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.

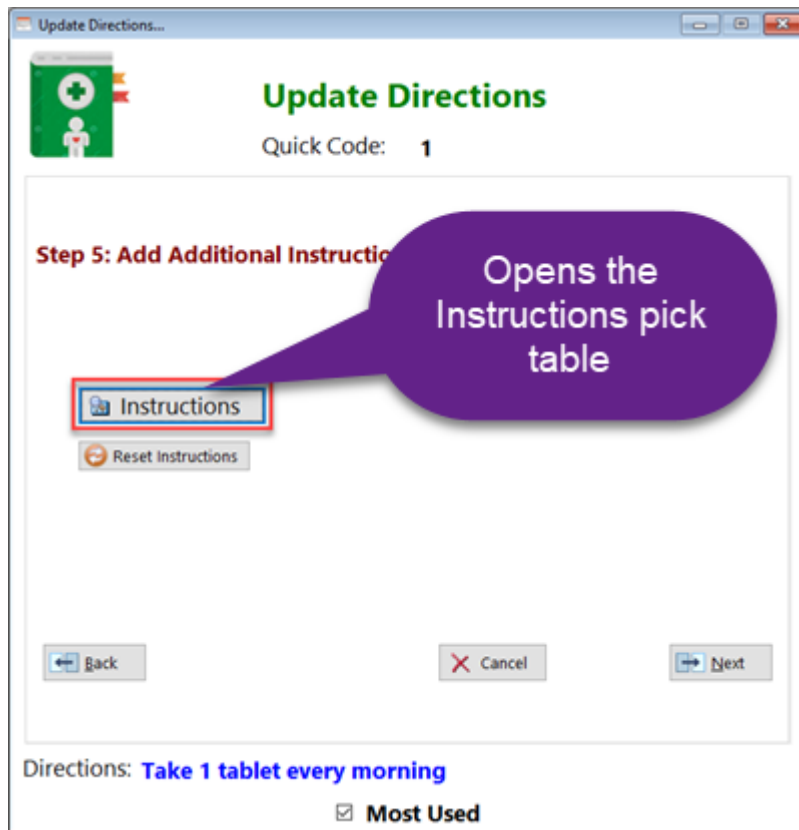


Indication - Displays the field indication that will be inserted into the Medications update form and table

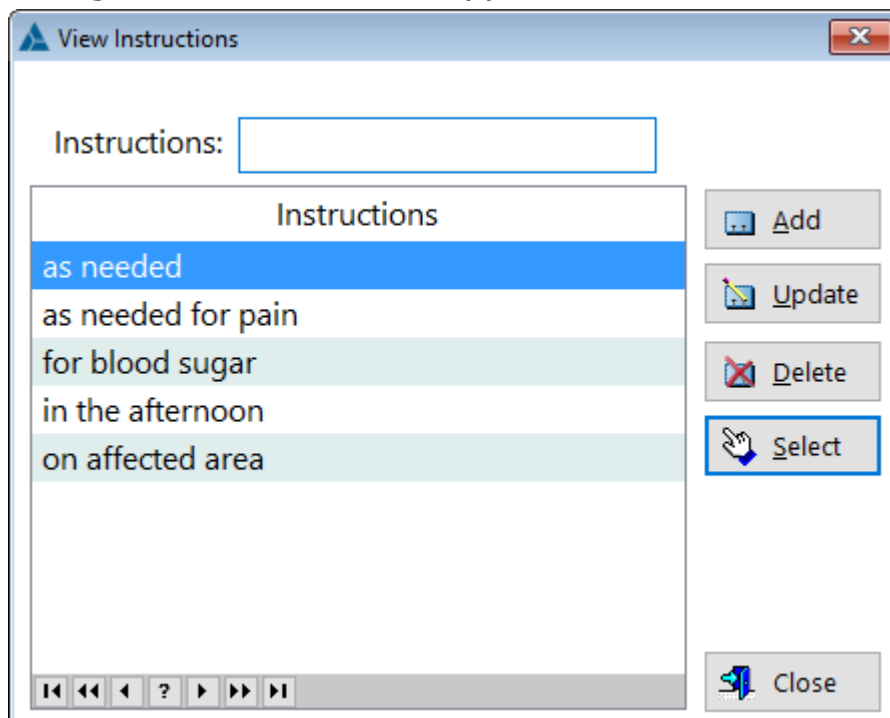
HelpID: Indications

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



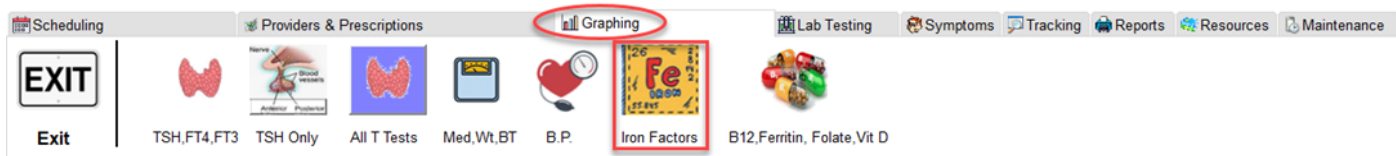
Instructions - Displays the field instructions that will be inserted into the Directions update form and table

See also...

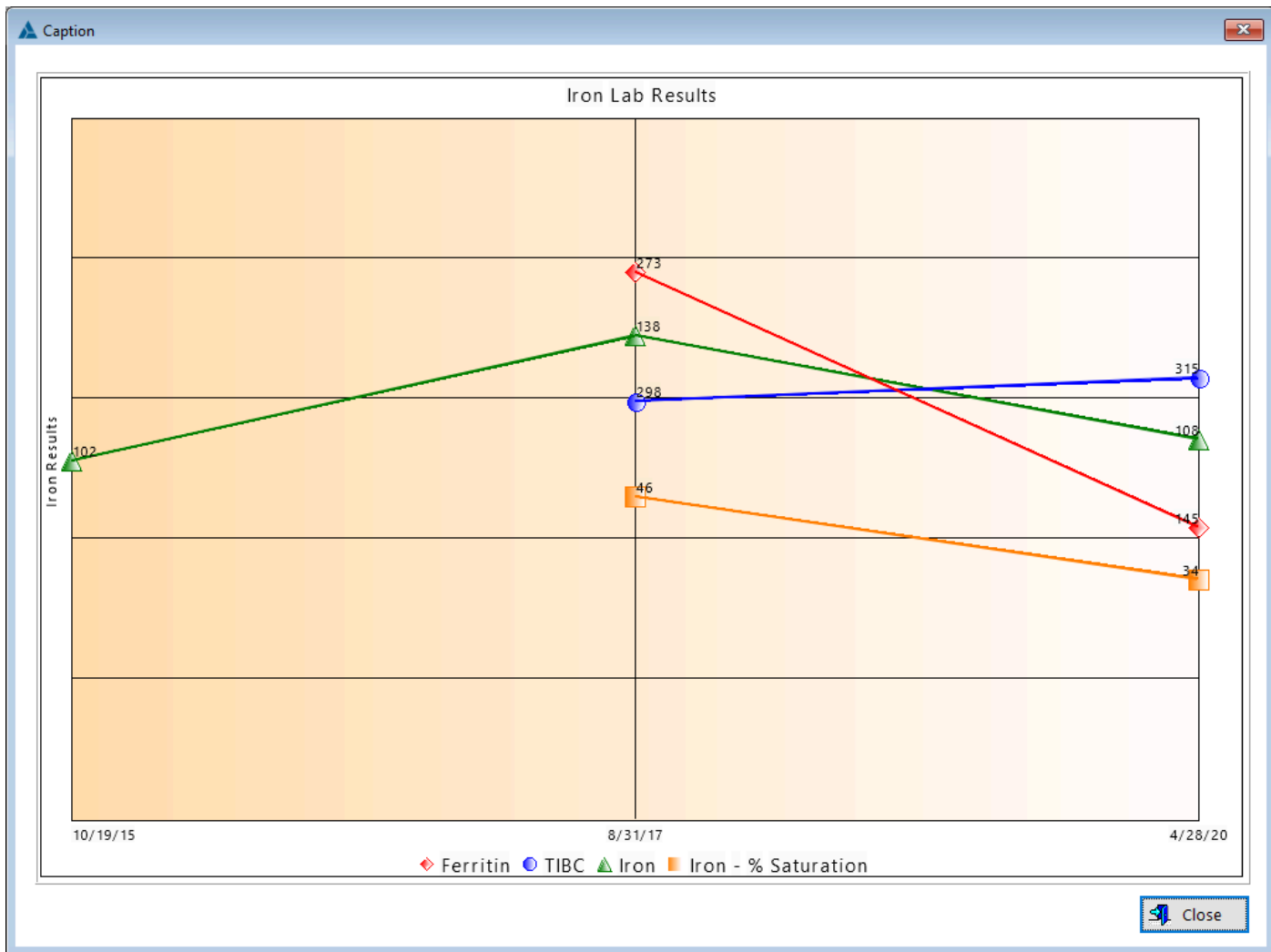
- [UpdateInstructions](#)

HelpID: Instructions

Iron Lab Results



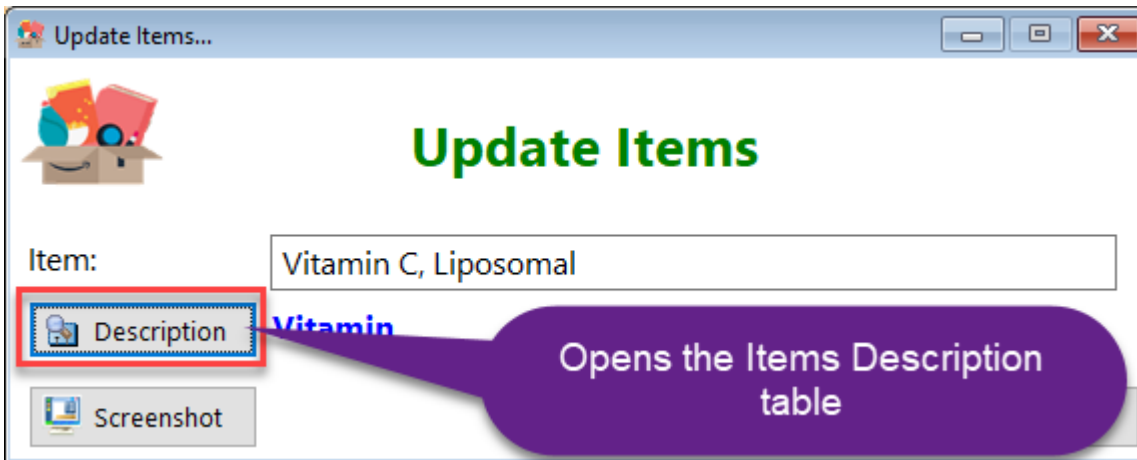
The Iron Lab Results Graph gives you a visual display of your total iron panel



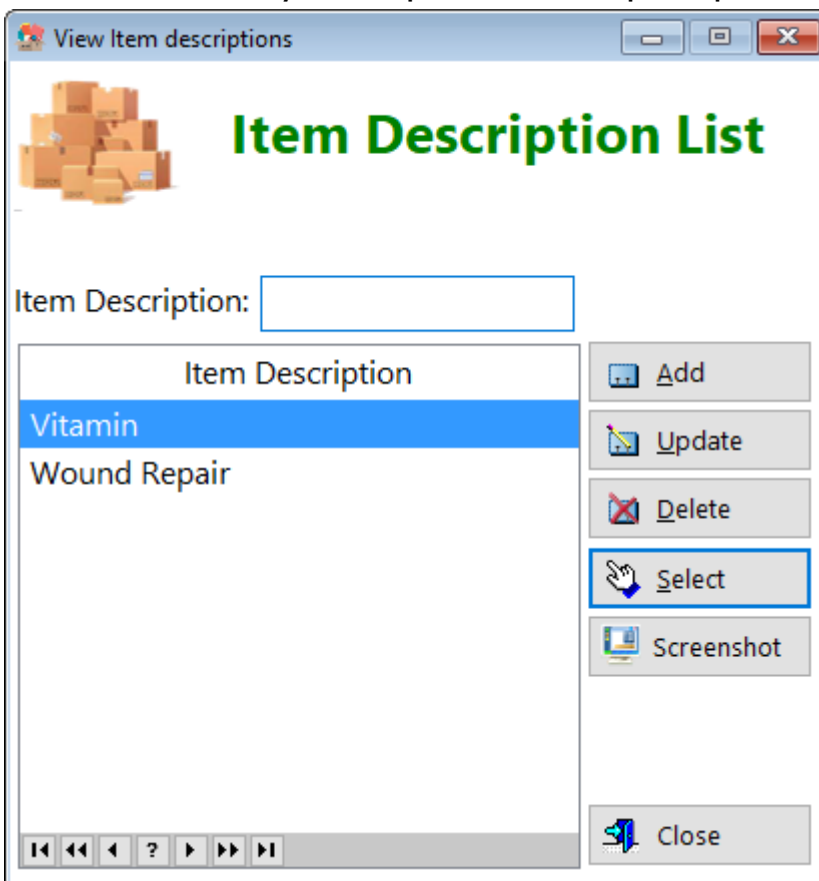
HelpID: IronLabResults

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.

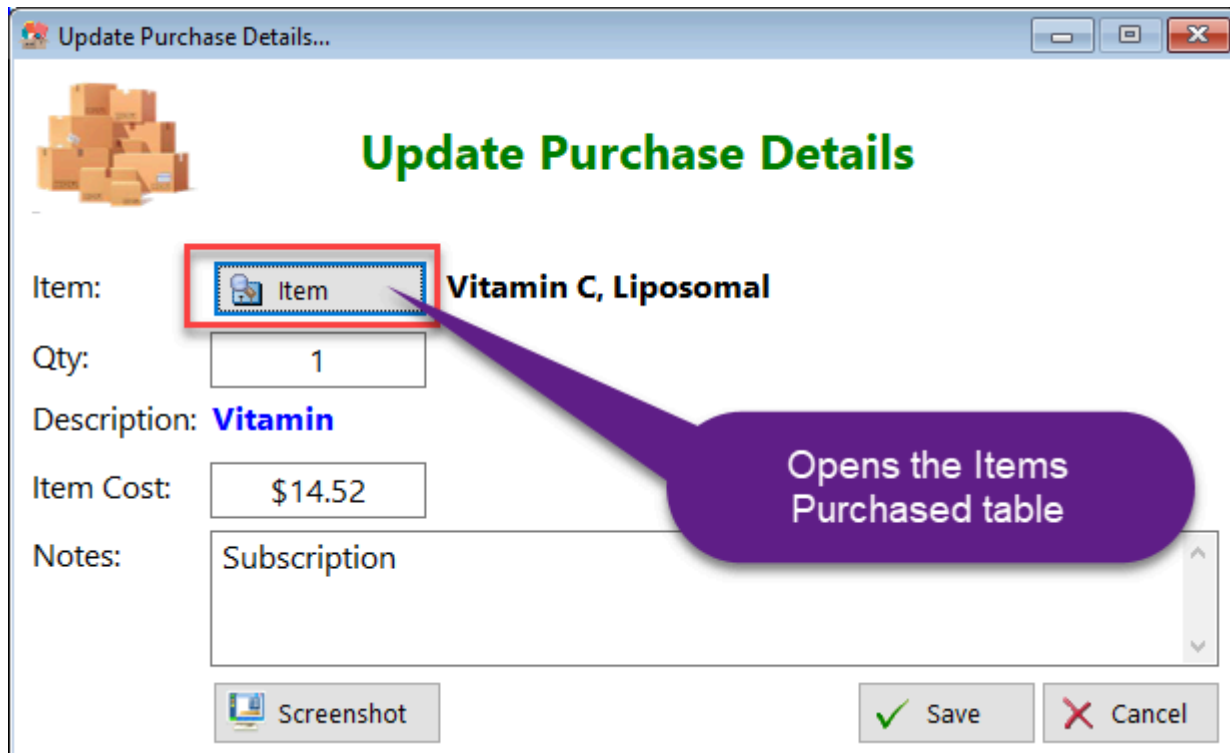


Item Description - Displays the item description field

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.



Update Purchase Details...

Update Purchase Details




Item: Item **Vitamin C, Liposomal**

Qty:

Description: **Vitamin**

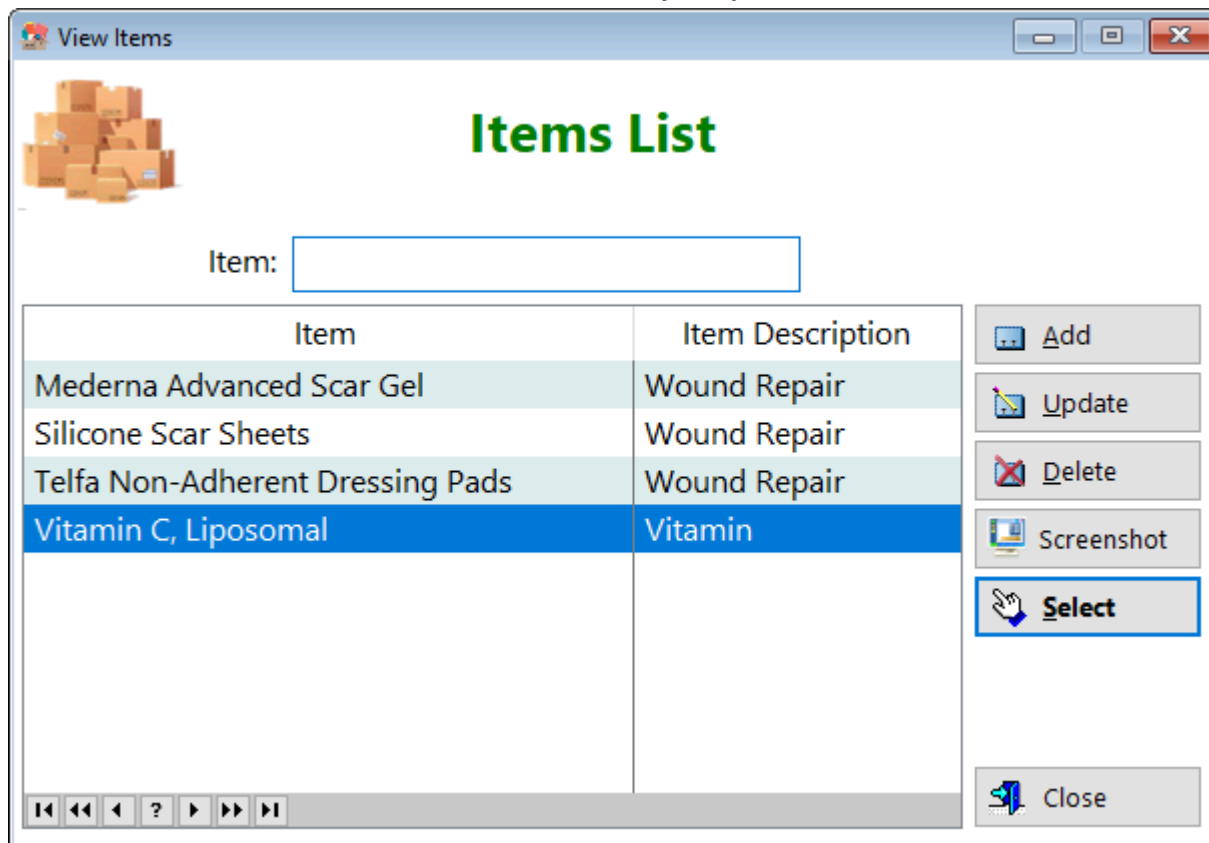
Item Cost:

Notes:

 Screenshot  Save  Cancel

Opens the Items Purchased table

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









View Items







Items List

Item:

Item	Item Description
Mederna Advanced Scar Gel	Wound Repair
Silicone Scar Sheets	Wound Repair
Telfa Non-Adherent Dressing Pads	Wound Repair
Vitamin C, Liposomal	Vitamin

 Add
 Update
 Delete
 Screenshot
 **Select**

 Close

Navigation:      

Item - Displays the name of the item

Item Description - Displays the description of the item

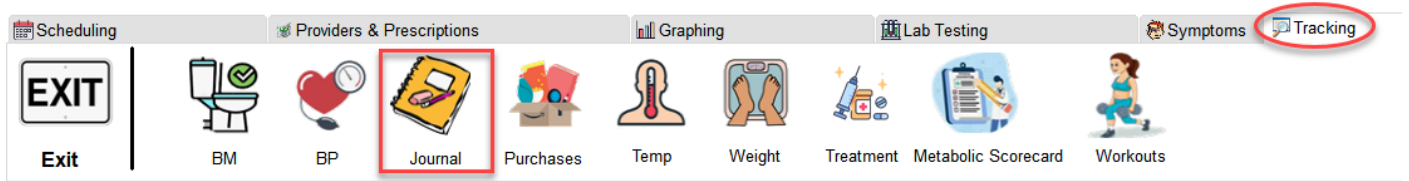
See also...

- [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.

View Journal Entries



Journal

Today Yesterday All Entries

H	R	Date	Day Of Week	Topic
<input checked="" type="checkbox"/>	1	11/14/2013	Thursday	The first day I experienced insomnia
<input type="checkbox"/>	3	9/27/2017	Wednesday	Increasing my levothyroxine dose
<input type="checkbox"/>	5	9/27/2017	Wednesday	Sleep
<input type="checkbox"/>	4	5/07/2018	Monday	Thyroid hormone dosing
<input type="checkbox"/>	5	8/09/2018	Thursday	Thoughts on current dose (38/21.5)
<input type="checkbox"/>	5	5/14/2022	Saturday	Better sleep last night
<input type="checkbox"/>	4	5/14/2022	Saturday	My sleep

Add Update Delete Show Highlighted Entries

Search Keywords Search Notes

Search String:
 Lead Space End Space Search Memos

Time	Text
4:10PM	I went to bed at the normal time and found that I wasn't able to sleep. This went on for 18 months, 3 hours average sleep per night.

- 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

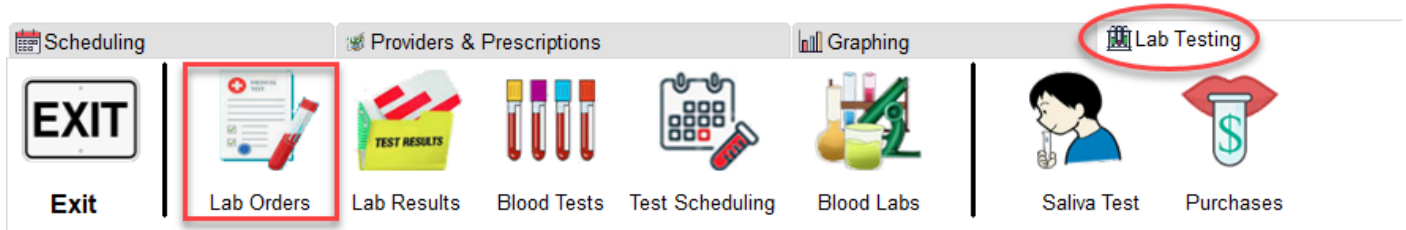
See also...

- [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.

The screenshot shows the 'View Lab Orders' window. At the top, there is a 'Lab Orders' title and a summary box containing 'Total Lab Costs: \$3,227.40' and 'Total Orders: 28'. Below this, there are tabs for 'By Date Drawn' and 'By Order Number'. A 'Date Drawn' input field is present. The main area contains a table of lab orders with the following data:

Order Number	Date Drawn	Time Drawn	Dur (Hrs)	Total Tests	Laboratory	Ordered By	Lab Cost
6888196	11/15/2013	8:00AM		22	Quest Diagnost	Morris	\$50.00
88773	10/19/2015	10:30AM		48	Labcorp	David	\$0.00
04152016	4/15/2016	6:38AM	16.2	1	RelayHealth	David	\$0.00
05272016	5/27/2016	7:30AM		1	RelayHealth	David	\$0.00
08032016	8/03/2016	7:45AM		2	RelayHealth	David	\$0.00
10042016	10/04/2016	7:30AM		2	RelayHealth	David	\$0.00
11292016	11/29/2016	7:08AM		45	RelayHealth	David	\$0.00
01292017	1/24/2017	8:32AM		3	RelayHealth	David	\$0.00
03282017	3/28/2017	7:08AM		3	RelayHealth	David	\$0.00
23202	8/31/2017	7:40AM		2	Quest	David	\$33.90
25201	8/31/2017	7:39AM		8	Quest	David	\$129.60
27263	11/02/2017	7:43AM		6	Quest	David	\$141.60

At the bottom of the window, there are buttons for 'Add', 'Update', 'Delete', and 'Query'. A 'Screenshot' button and a 'Close' button are also visible.

- 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.

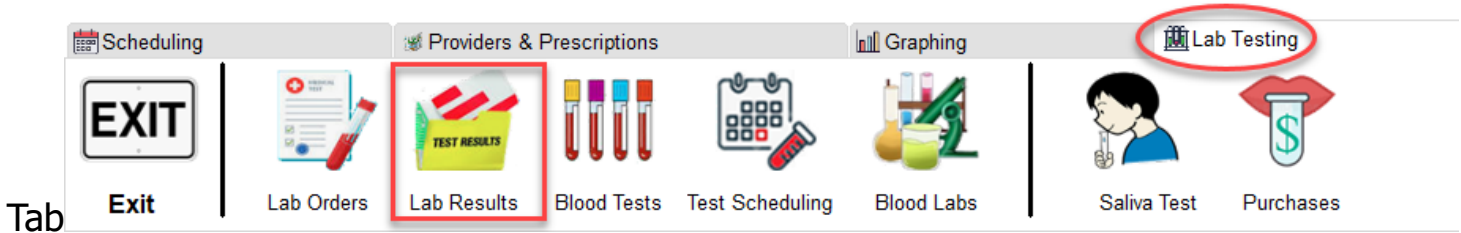
See also...

- [UpdateLabOrder](#)

HelpID: LabOrders

Lab Results

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



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

Blood Tests

Tests Entered
80

Lookup BloodTest:

T	Test Name	Test Type	R	Normal Range		Test Units
				From	To	
<input type="checkbox"/>	Triglycerides	Liver	<input checked="" type="checkbox"/>	0.00	151.00	mcg/dL
<input checked="" type="checkbox"/>	TSH	Pituitary	<input checked="" type="checkbox"/>	0.40	4.50	uIU/L
<input type="checkbox"/>	Urea Nitrogen	Kidney	<input type="checkbox"/>	7.00	25.00	mcg/dL
<input type="checkbox"/>	Uric Acid	Liver	<input type="checkbox"/>	3.70	8.60	mcg/dL
<input type="checkbox"/>	Vitamin B12	Thyroid	<input checked="" type="checkbox"/>	200.00	1,100.00	pg/mL
<input type="checkbox"/>	Vitamin D3 - 25 Hydroxy	Thyroid	<input checked="" type="checkbox"/>	30.00	100.00	ng/dL

Add
Update
Delete
Show Tagged
Tag All
Untag All

(Thyroid Stimulating Hormone)
Ultra code: #899

Test Interval: 6 Month(s) **Blood Test Results** Recommended Thyroid Iron

Date	Time	Value	Normal Blood Range		Result	% In Range	Lab
			Low	High			
11/15/2013	8:00AM	5.64	0.40	4.50	H	127 %	Quest Diagnosti
10/19/2015	10:30AM	6.70	0.35	4.00	H	173 %	Labcorp
4/15/2016	6:38AM	1.38	0.35	5.50		20 %	RelayHealth
5/27/2016	7:30AM	0.03	0.35	5.50	L	-6 %	RelayHealth
8/03/2016	7:45AM	0.45	0.35	5.50		1 %	RelayHealth
10/04/2016	7:30AM	1.67	0.35	5.50		25 %	RelayHealth
11/29/2016	7:08AM	1.79	0.35	5.50		27 %	RelayHealth
1/24/2017	8:32AM	1.01	0.35	5.50		12 %	RelayHealth
3/28/2017	7:08AM	0.93	0.35	5.50		11 %	RelayHealth

Screenshot
Print
Total Results: 26
Close

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

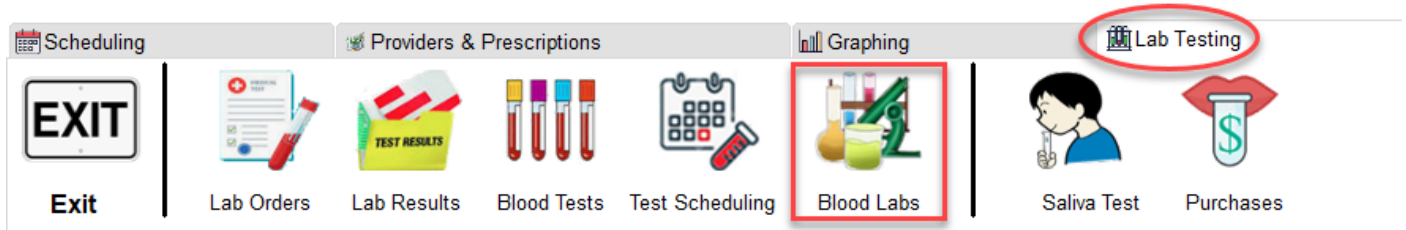
See also...

- [UpdateBloodTests](#)

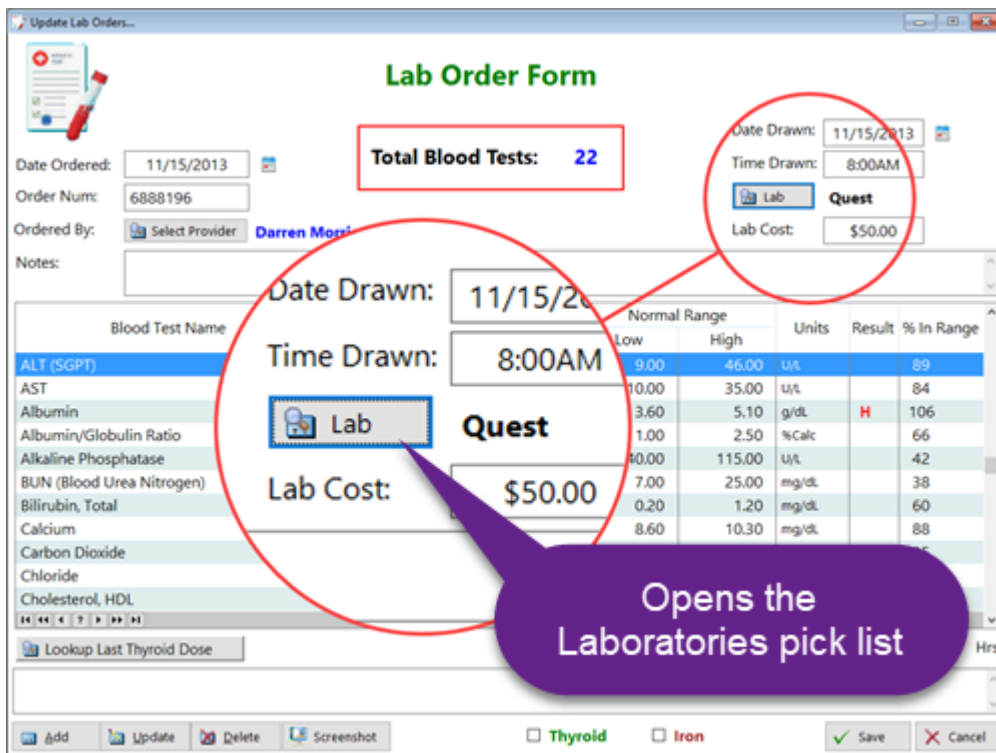
HelpID: LabResults

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).

View Laboratories

Laboratories

Lookup:

Apt	Laboratory	Street	City	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Phone Number
	Labcorp			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
	Quest Diagnostics	159 E. Bloomingdale Avenue	Brandon	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(813) 685-2568
	RelayHealth			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Navigation:

Website:

Monday	Tuesday	Wednesday	Thursday	Friday
6:30am to 4:00pm	6:30am to 4:00pm	6:30am to 4:00pm	6:30am to 4:00pm	6:30am to 4:00pm

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.

View Magnesium Salts

Magnesium Salts

Mg Salt:

Magnesium Salt Brand Name	Admin			Salt	Elemental	Factor	Ionization	Absorption
	PO	TrD	IV	mg	mg			
👍 DiMagnesium Malate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100	19.00	0.190		
👍 Magnesium Ascorbate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	500	32.00	0.064	Unknown	
👎 Magnesium Carbonate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	500	150.00	0.300		
👍 Magnesium Chloride Remag	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	150	18.00	0.120	Complete	
👍 Magnesium Citrate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	500	80.00	0.160	High	2.80
👎 Magnesium Gluconate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	500	25.00	0.050		
👍 Magnesium Glycinate/Lysinate Doctor's Best	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1,000	100.00	0.100	High	

Best Picks
 Transdermal

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.

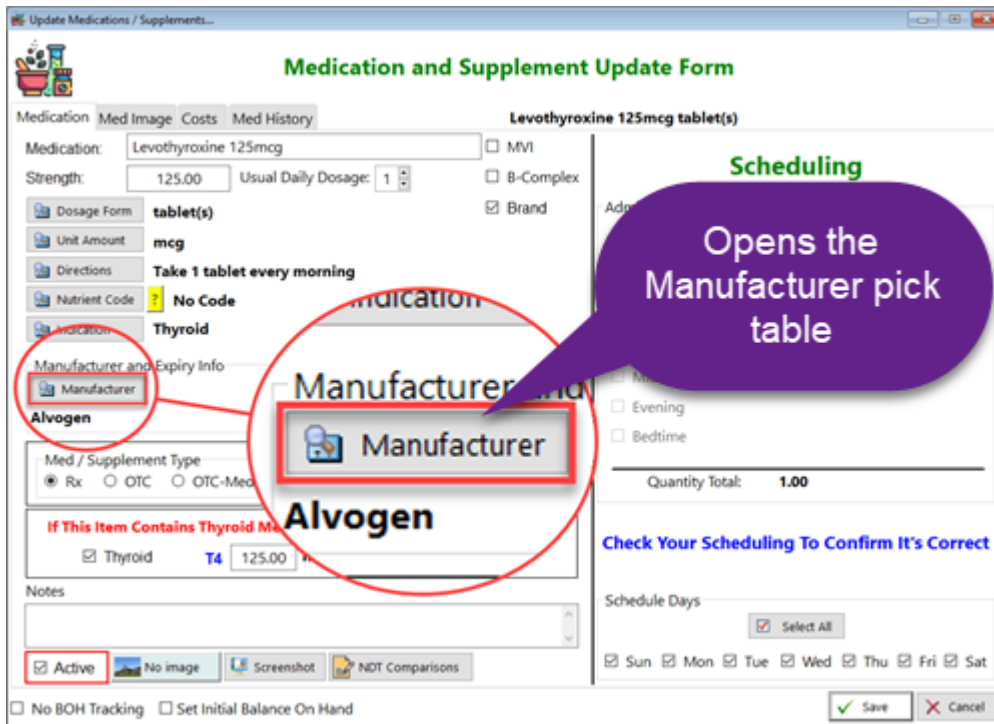
See also...

- [UpdateMagSalts](#)

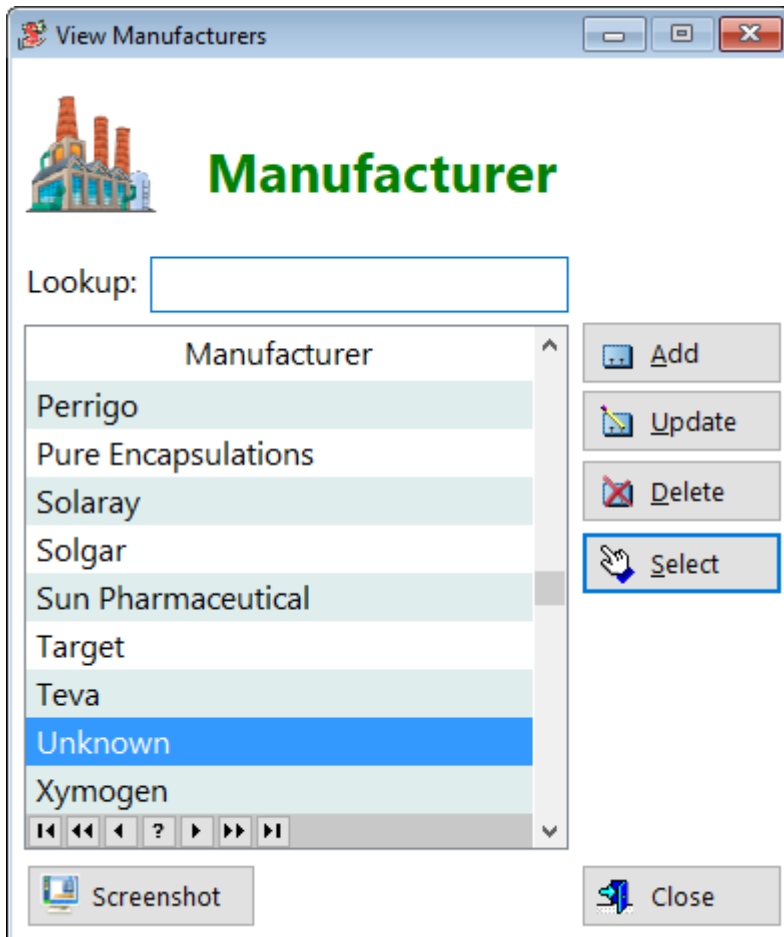
HelpID: Magnesium

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.



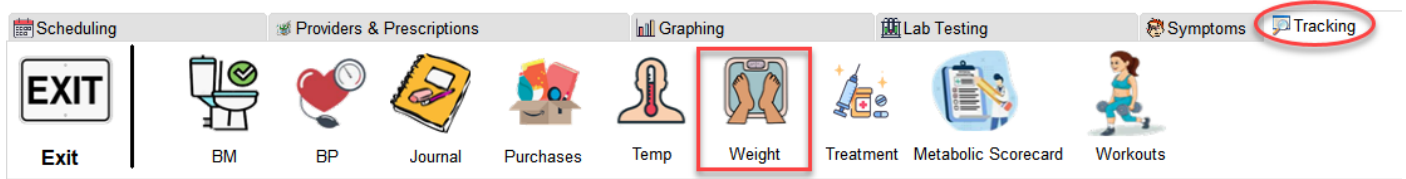
Manufacturer - Displays the manufacturer field

[UpdateManufacturer](#)

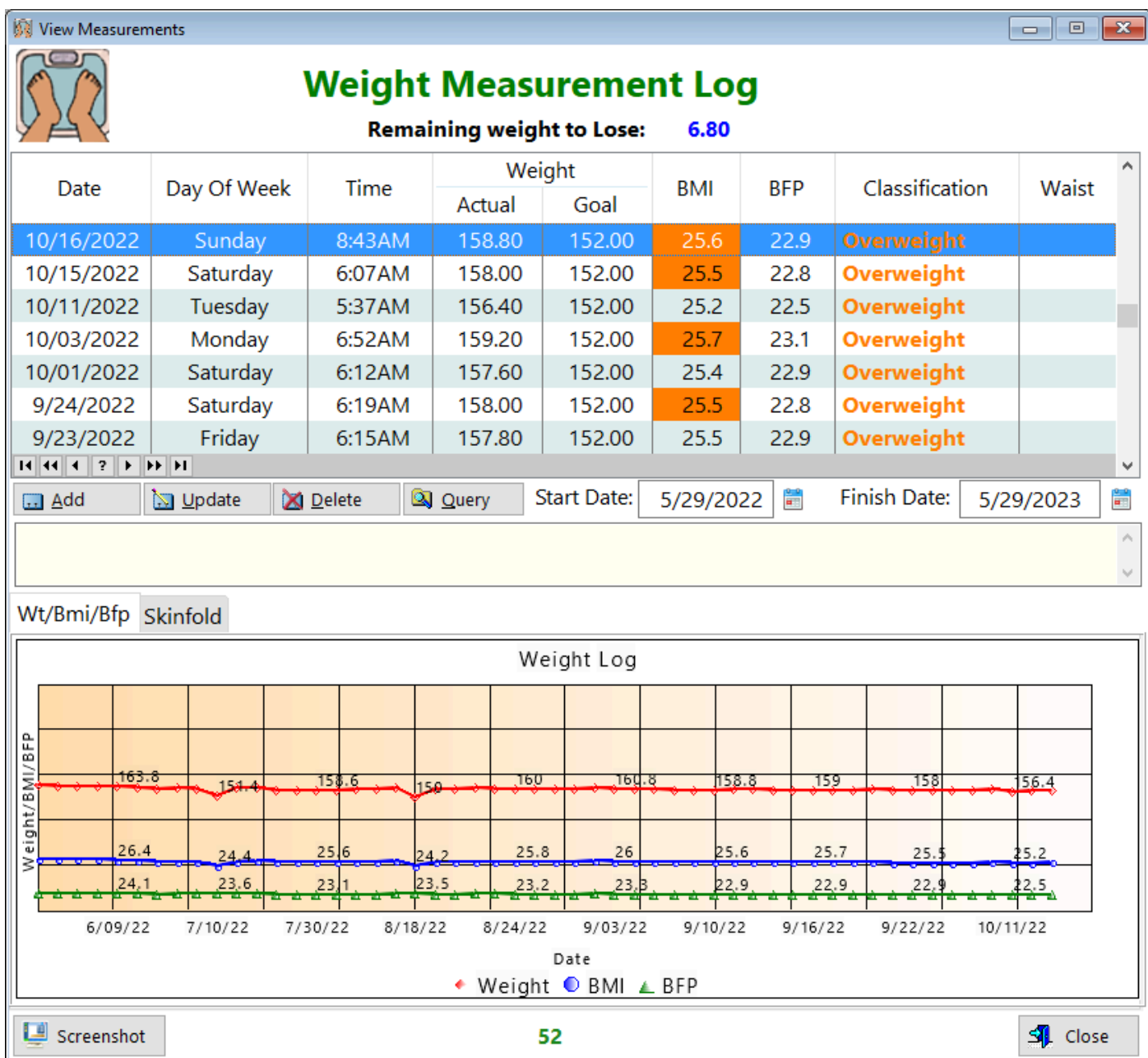
HelpID: Manufacturers

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

$200 \times 20 / 100 = 40$ lbs. This is how much body fat Stan has.

2) Then he'll multiply his body fat (40) X 31 cal/gram

$40 \times 31 = 1240$. 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

$1240 \times 7 = 8680$ 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 penalty of *losing muscle decreases*.

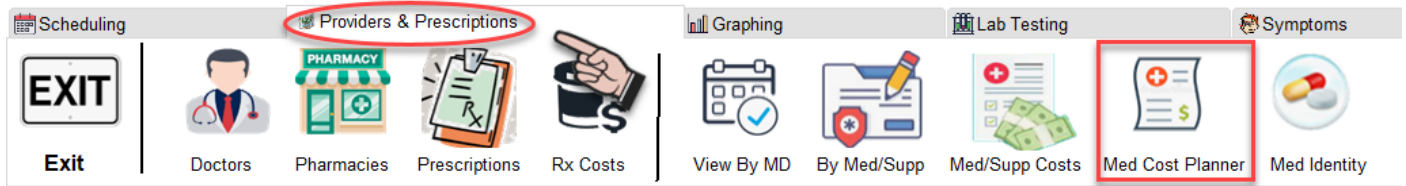
See also...

- [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?

View Medication and Supplement Costs
⌵ ⌶ ⌵

Medication and Supplement Cost Planner

Directions: **Take 1 tablet every evening at 9:00pm**

Tag	Medication	MT	Med / Supplement Cost			Dosage Cost			
			Qty	Size	Cost	Unit Cost	Units/Day	Cost/Dose	Cost/Day
<input type="checkbox"/>	ActiveNutrients	OTC	1	240	\$57.00	\$0.24	2.00	\$0.48	\$0.48
<input type="checkbox"/>	Ashwagandha 500mg	OTC	1	60	\$24.35	\$0.41	2.00	\$0.82	\$0.82
<input type="checkbox"/>	Ibuprofen 200mg	OTC-Med	1	100	\$7.27	\$0.07	2.00	\$0.14	\$0.14
<input checked="" type="checkbox"/>	Levothyroxine 125mcg	Rx	1	90	\$4.00	\$0.04	1.00	\$0.04	\$0.04
<input type="checkbox"/>	Magnesium Gly/Lysinate 100mg	OTC	1	240	\$17.27	\$0.07	4.00	\$0.28	\$0.28
<input type="checkbox"/>	Melatonin 1mg	OTC	1	200	\$12.00	\$0.06	3.00	\$0.18	\$0.18
<input type="checkbox"/>	Vitamin A 15000 IU	OTC	1	240	\$16.59	\$0.07	1.00	\$0.07	\$0.07
<input type="checkbox"/>	Vitamin C 1000mg	OTC	1	300	\$16.20	\$0.05	1.00	\$0.05	\$0.05
<input type="checkbox"/>	Vitamin D3 + K2	OTC	1	120	\$27.49	\$0.23	1.00	\$0.23	\$0.23
<input type="checkbox"/>	Zinc Plus Selenium	OTC	1	90	\$27.75	\$0.31	1.00	\$0.31	\$0.31

Daily Cost
\$2.60

Monthly Cost
\$78.00

Total Items:
10

Total Units/Day
18.00

Cost
\$209.92

Screenshot

Print Plan

Show Tagged

Tag All

Untag All

Close

⏪ ⏩ ⏴ ⏵ ⏶ ⏷ ⏸

Add
 Update
 Delete
 Query
 Delete Tagged

Manufacturer: **Alvogen**

Select Med Type
 All
 Thyroid
 Rx
 OTC
 OTC Med

- 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 $57 \div 240 = 0.2345$. 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.

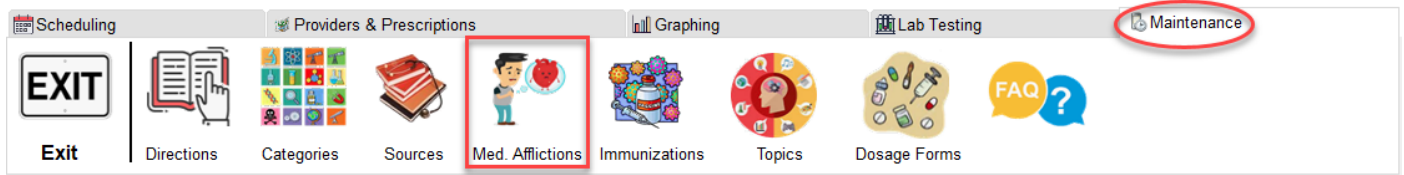
See also...

- [PrintMedCosts](#)
- [UpdateMedCosts](#)

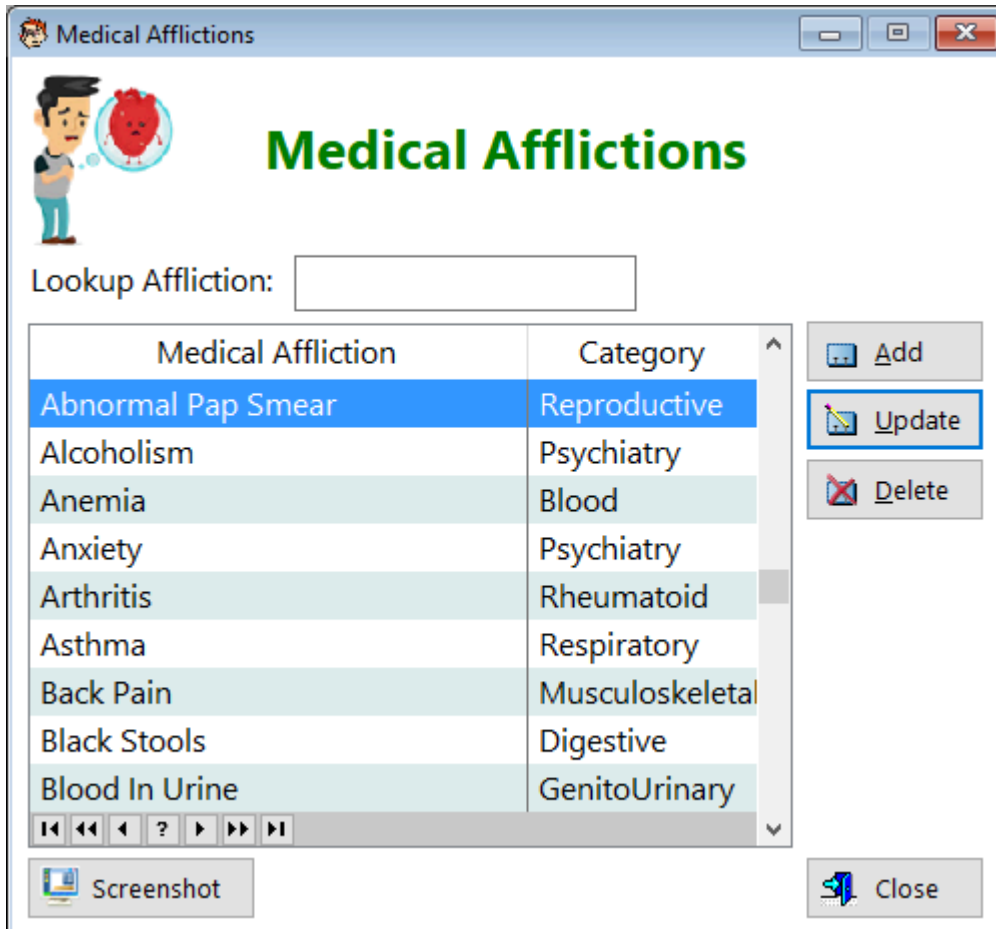
HelpID: MedCostPlanner

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)

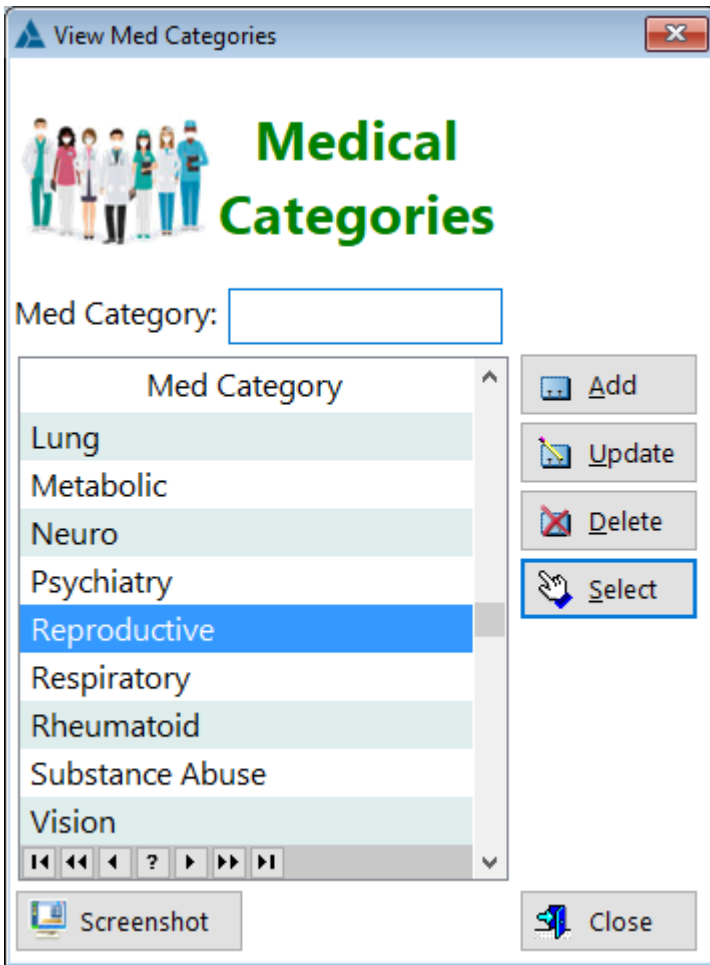
See also...

- [UpdateMedicalAfflictions](#)

HelpID: MedicalAfflictions

Medical Categories

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

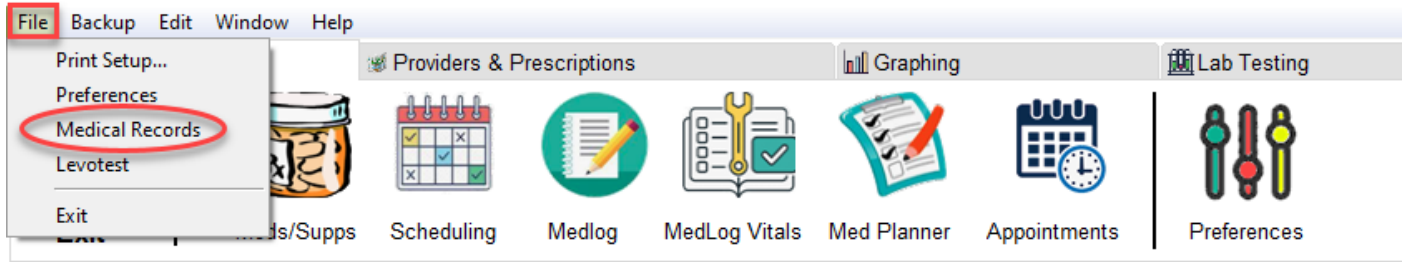


Med Category - Displays the med category field

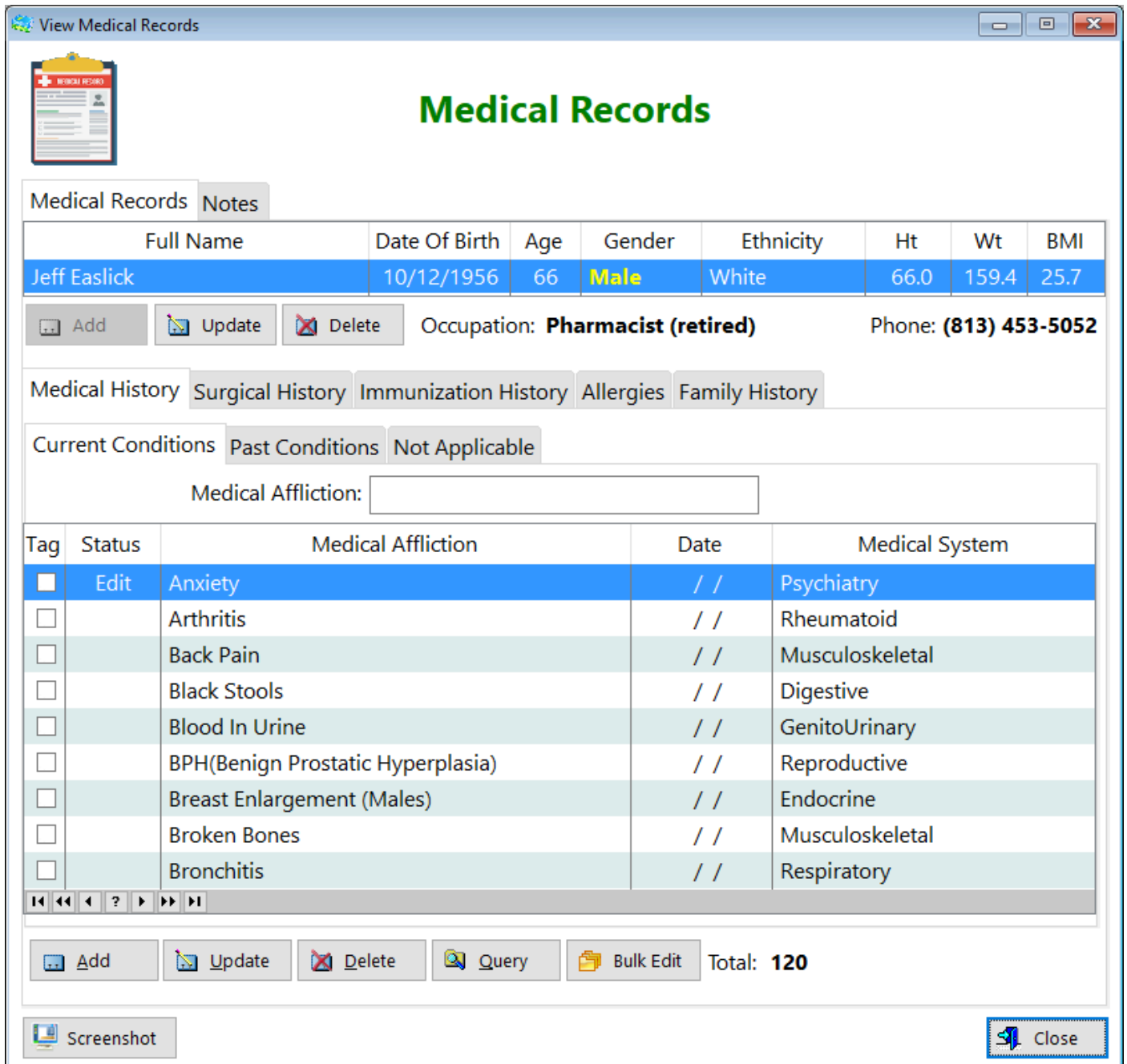
HelpID: MedicalCategories

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 surgeries 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

View Medical Records

Medical Records

Medical Records | Notes

Full Name	Date Of Birth	Age	Gender	Ethnicity	Ht	Wt	BMI
Jeff Easlick	10/12/1956	66	Male	White	66.0	159.4	25.7

Add Update Delete Occupation: **Pharmacist (retired)** Phone: **(813) 453-5052**

Medical History | Surgical History | Immunization History | Allergies | **Family History**

Family Member	Health Status	Gender	Thyroid	HD	HBP	Chol	Stroke	Bleed	Clots	Cancer	Diabetes
Brother (Roger)	Excellent	M									
Father	Deceased	M			Yes						
Grandfather	Deceased	M		Yes							
Grandfather (Lewis)	Deceased	M					Yes		Yes		
Grandmother	Deceased	F									
Grandmother (Neva)	Deceased	F									
Mother	Deceased	F	Yes					Yes			

Add Update Delete Lineage: Age of Death: **93** Cause: **Heart failure**

Notes

Screenshot Close

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

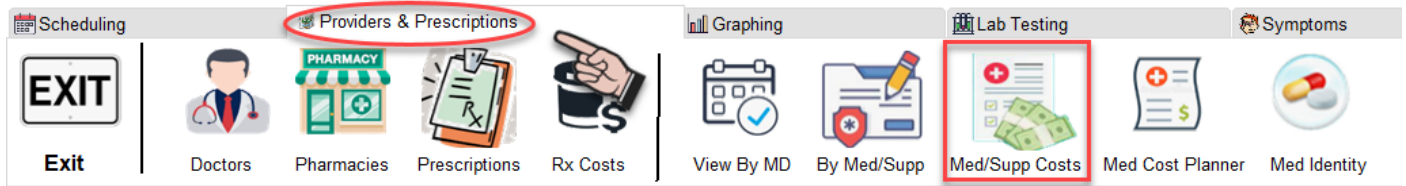
See also...

- [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.

Active Medication And Supplement Costs

Directions: **Take 1 tablet every morning**

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	Daily Cost \$2.63 Monthly Cost \$78.90 Total Items 12 Total Units/Day 23.00 Total Cost \$224.09
	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	

Manufacturer: **Alvogen**

 Medication Costs
 All
 Thyroid
 Rx
 OTC
 OTC-Med

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

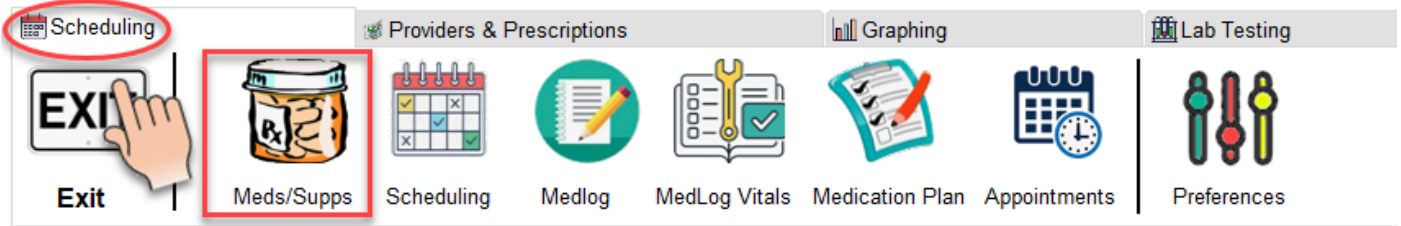
See also...

- [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.

Medication and Supplement List

Lookup:

Active Not Active Brand Name items appear in BLUE Tablet/Capsule Image

T	Medication/Supplement	Strength	Unit	Administration Days							BOH
				Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<input type="checkbox"/>	Ashwagandha 500mg	500.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	62.00
<input type="checkbox"/>	B - Complex 100	100.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	99.00
<input type="checkbox"/>	Ibuprofen 200mg	200.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	89.50
<input checked="" type="checkbox"/>	Levothyroxine 125mcg	125.00	mcg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	717.00
<input type="checkbox"/>	Magnesium Glycinate/Lysinate 100mg	100.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	51.50
<input type="checkbox"/>	Melatonin 1mg	1.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	192.00
<input type="checkbox"/>	TheraTears (Carboxymethylcellulose) 0.25%	0.25	gtt	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	0.00
<input type="checkbox"/>	Vitamin A 15000 IU	15000.00	IU	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	247.00
<input type="checkbox"/>	Vitamin C 1000mg	1,000.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	588.00
<input type="checkbox"/>	Vitamin D3 + K2	5,000.00	IU	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	106.00
<input type="checkbox"/>	Zinc Plus Selenium	1.00	mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	99.00



Click above for a bigger image

Pill ID: EM 125

Color: White

Shape: Round

Active Meds/Supps
11

Print Active Records

Tag All

Untag All

Show Tagged

Screenshot

Close Window

All
 Thyroid
 Rx
 OTC
 OTC-Med

Directions: Take 1 tablet every morning
 Dosage Form: tablet

Indication: Thyroid
 Manufacturer: Merck
Dosage Type: Rx

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.

View Rx Medications

Prescription Medications

Medication:

Active Not Active **Brand Name items appear in BLUE**

Tag	Medication Name	Strength	Unit	Indication	BOH
<input type="checkbox"/>	Levothyroxine 125mcg	125.00	mcg	Thyroid	716.00

Navigation: Add Update Delete Print **Select** Thyroid

Footer: Screenshot Tag Tag All Show Tagged **Total: 1** Close

- 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

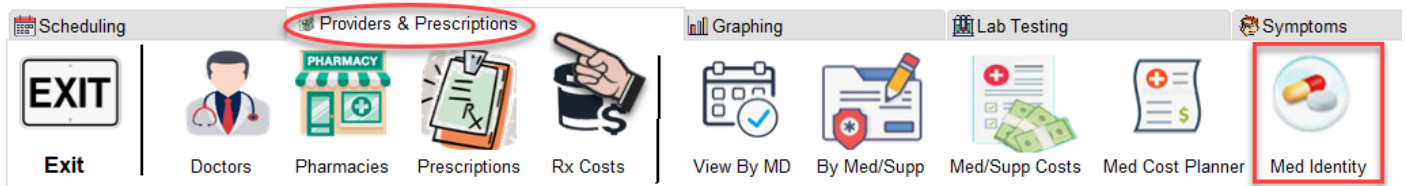
See also...

- [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.

View Med Identities
[Min] [Max] [Close]

Medication Identities

Look up thyroid hormone medications based on their Imprint, Color and Shape

Med Imprint:

D/C	Imprint	Color	Shape	Manufacturer	Medication
<input type="checkbox"/>	M L 15	Blue	Capsule-shap	Mylan	Levothyroxine Sodium 137mcg
<input type="checkbox"/>	M L 4	Orange	Capsule-shap	Mylan	Levothyroxine Sodium 25mcg
<input type="checkbox"/>	M L 5	White	Capsule-shap	Mylan	Levothyroxine Sodium 50mcg
<input type="checkbox"/>	M L 6	Purple	Capsule-shap	Mylan	Levothyroxine Sodium 75mcg
<input type="checkbox"/>	M L 7	Green	Capsule-shap	Mylan	Levothyroxine Sodium 88mcg
<input type="checkbox"/>	M L 8	Yellow	Capsule-shap	Mylan	Levothyroxine Sodium 100mcg
<input type="checkbox"/>	M L 9	Pink	Capsule-shap	Mylan	Levothyroxine Sodium 112mcg
<input checked="" type="checkbox"/>	T4 100	Yellow	Oblong	Alvogen	Levothyroxine Sodium 100mcg
<input type="checkbox"/>	T4 150	Blue	Oblong	Alvogen	Levothyroxine Sodium 150mcg

Add Update Delete Query

Total: **66** Combo NDT

Search String:

Search Reset Lead Space End Space Search Memos

Med Status

Active

Discontinued

All

Screenshot
 Close

[Click for 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 on 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

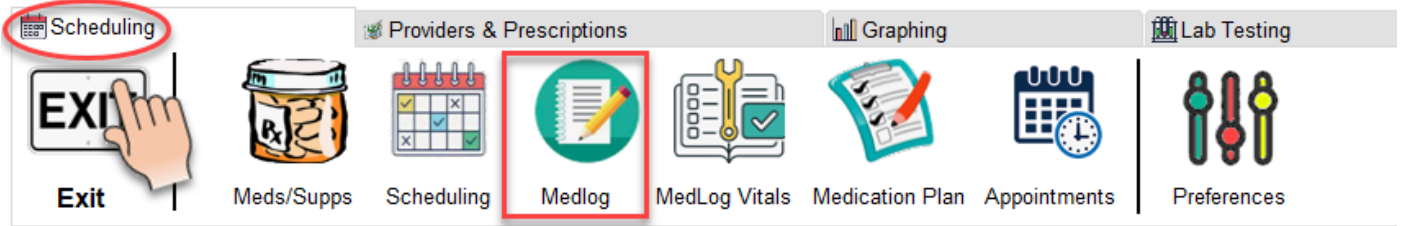
See also...

- [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.

Medication and Supplement Log

Directions: **Take 1 tablet every morning**

Today
Yesterday
3 Days Ago
4 Days Ago
5 Days Ago
6 Days Ago
7 Days Ago
Select a Range
All Days

T	Medication	N	VT	Dose Status	Qty	Date	Time
<input checked="" type="checkbox"/>	Levothyroxine 150mcg	<input type="checkbox"/>	<input type="checkbox"/>	Administered	1.00	4/17/2023	6:58AM
<input type="checkbox"/>	Ibuprofen 200mg	<input type="checkbox"/>	<input type="checkbox"/>	Administered	2.00	4/17/2023	6:58AM

Scheduled
 Total Units Qty: Items: 2

Thyroid

T4 Dose 150.00 mcg

T3 Dose 0.00 mcg

Imprint

T4 150
Color **Blue**
Shape **Oblong**
Form **tablet**

Supplements

Vitamins

Vitamin A 0.00 IU

Vitamin B12 0.00 mcg

Vitamin C 0.00 mg

Vitamin D3 0.00 IU

Biotin 0.00 mcg

Folate 0.00 mcg

Minerals

Iron 0.00 mg

Magnesium 0.00 mg

Selenium 0.00 mg

Zinc 0.00 mg

- 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

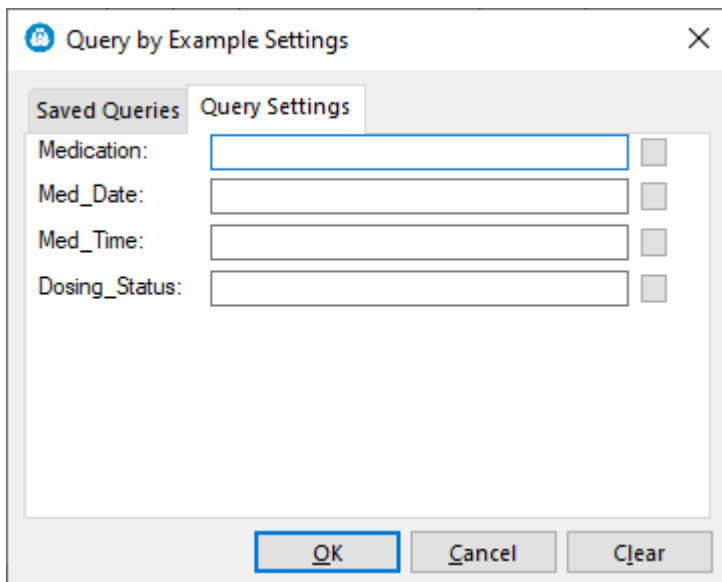
Process Scheduled Medications Button - Clicking this button changes the Dose Status from 'Scheduled' to 'Administered' and subtracts inventory, shows totals of T4 and T3.

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:

View Thyroid Medications

Most Recent Thyroid Dosing

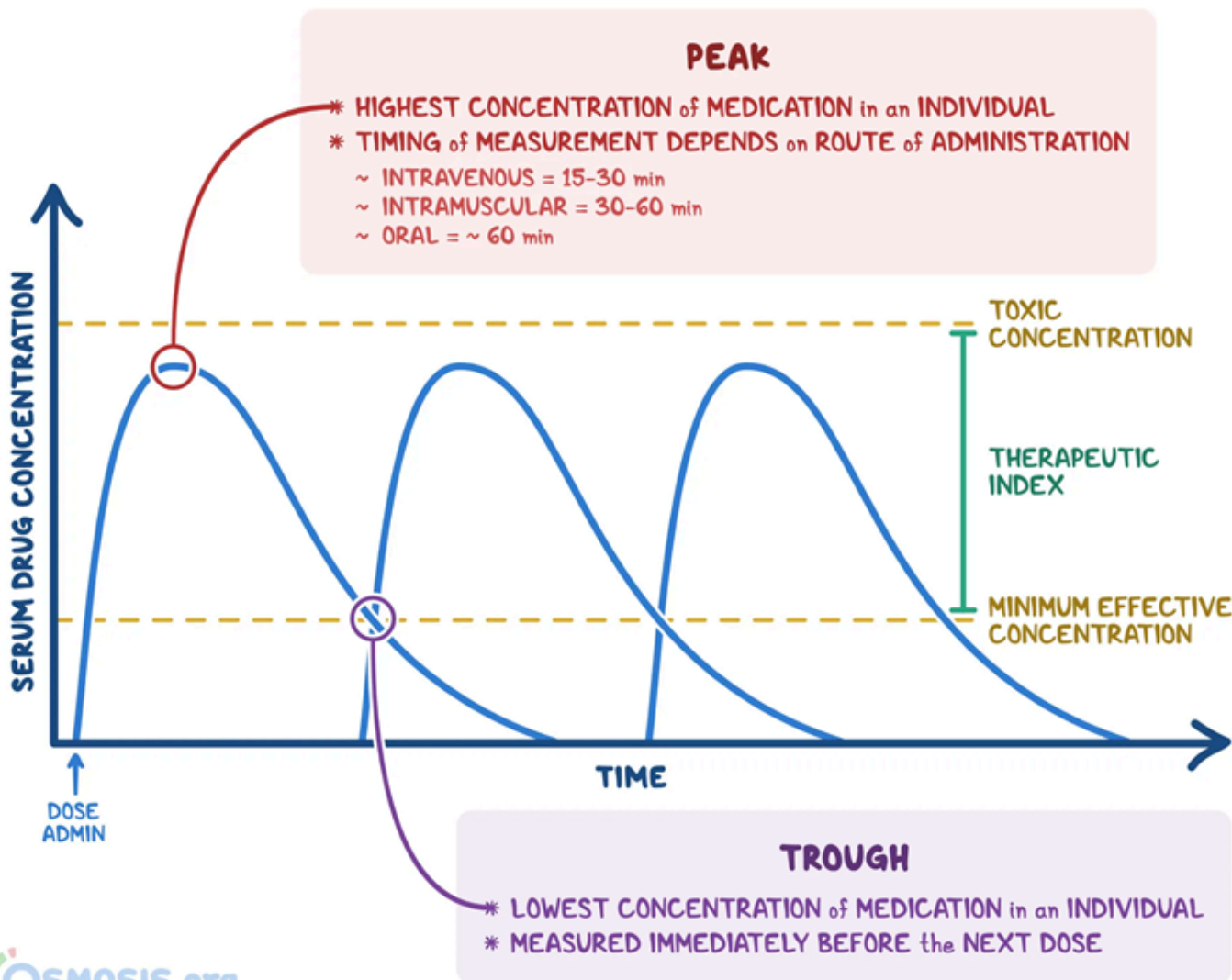
Choose the record that reflects the last thyroid dose you took before your lab test was performed

Medication	Med Date	Med Time	Dosing Status
Liothyronine 5mcg	10/03/2022	9:30PM	Administered

Select Close

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




MedLog Tablet Image

Medication / Supplement Image ✕



Ibuprofen 200mg

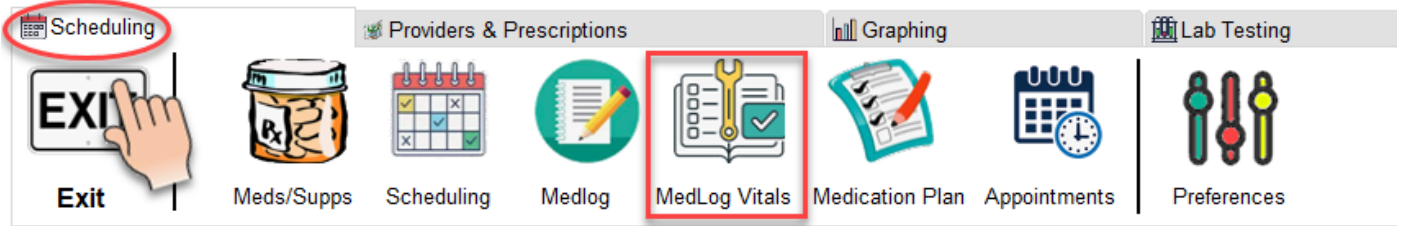
Manufacturer: **Equate**

 **Close**

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.

View Med Log Vitals

Med Log Vitals

Displays documentation after a medication is taken

Today Yesterday Past Week Select a Range

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	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				72
Levothyroxine 150mcg	1.00	3/03/2023	6:39AM			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Levothyroxine 150mcg	1.00	4/17/2023	6:58AM	7:45AM	47	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	127	70		65

Low Date: 1/01/2000 High Date: 12/31/2023

No problems, no overstimulation experienced

Query Screenshot Close

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

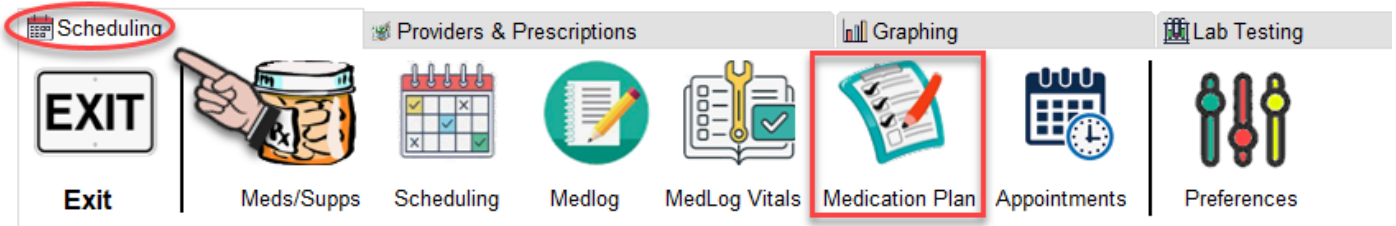
See also...

- [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.

View MedPlanner

Your Current Daily Medication and Supplement Plan

Sunday

Day	Time	Medication	Qty	T4	T3
Sunday	6:00AM	Levothyroxine 125mcg	1.00	125.00	
Sunday	8:00AM	Ashwagandha 500mg	2.00		
Sunday	8:00AM	B - Complex 100	1.00		
Sunday	8:00AM	Ibuprofen 200mg	2.00		
Sunday	8:00AM	TheraTears 0.25% Eyedrops	1.00		
Sunday	8:00AM	Vitamin A 15000 IU	1.00		
Sunday	8:00AM	Vitamin C 1000mg	1.00		
Sunday	8:00AM	Vitamin D3 + K2	1.00		
Sunday	8:00AM	Zinc Plus Selenium	1.00		
Sunday	10:00AM	Magnesium Glycinate/Lysinate 100mg	4.00		
Sunday	12:00PM	TheraTears 0.25% Eyedrops	1.00		
Sunday	4:00PM	TheraTears 0.25% Eyedrops	1.00		
Sunday	9:30PM	Melatonin 1mg	3.00		
Sunday	10:00PM	TheraTears 0.25% Eyedrops	1.00		

Daily Medication & Supplement Totals		
Medication/Supplement	Strength	Unit
Ashwagandha 500mg	1,000.00	
B - Complex 100	100.00	
Ibuprofen 200mg	400.00	mg
Levothyroxine 125mcg	125.00	mcg
Magnesium Glycinate/Lysina	400.00	mg
Melatonin 1mg	3.00	mg
TheraTears 0.25% Eyedrops	1.00	
Vitamin A 15000 IU	15,000.00	IU
Vitamin C 1000mg	1,000.00	mg
Vitamin D3 + K2	5,000.00	IU
Zinc Plus Selenium	1.00	

Thyroid **Non Thyroid** Total Qty: **21.00** [? Help](#) [Close](#)

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

Medication / Supplement Image ✕



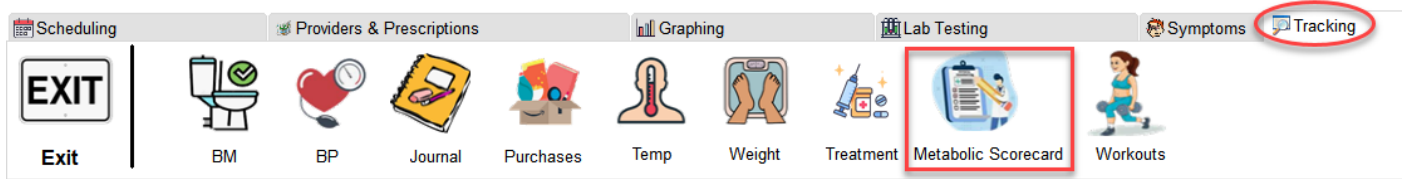
Levothyroxine 150mcg
Manufacturer: **Alvogen**

 Close

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.

Metabolic Scorecard
You have answered 46 percent

Adrenal Mixed Thyroid

++ +

It's not necessary to answer 100%. You won't likely have every symptom

(e.g. seeing the image of a flash bulb or bright light moving by longer than others)

Filter showing you which symptoms you were NOT affected by

Displays the number of symptoms

Displays the percentage pertaining to the Axis

Lookup:

Signs Symptoms

- After Image
- Anxiety
- Blood Pressure
- Blood Sugar
- Blood Type
- Body Type
- Bowel Function
- CBC: MCV
- CBC: Platelets

Add Edit Delete Total: 65

Adrenal Mixed Thyroid

Not Answered

Selector

- Generally Absent
+ Possibly Present
++ Often Present
+++ Always or almost always

17 Adrenal: 56.7 % 9 Mixed: 30.0 % 4 Thyroid: 13.3 % Close

- 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

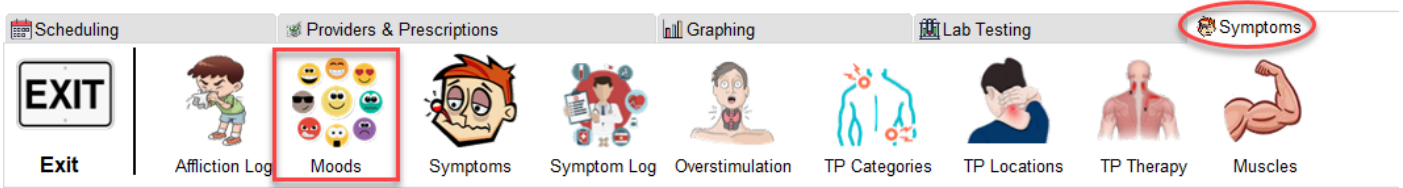
See also...

- [UpdateMetabolicScorecard](#)

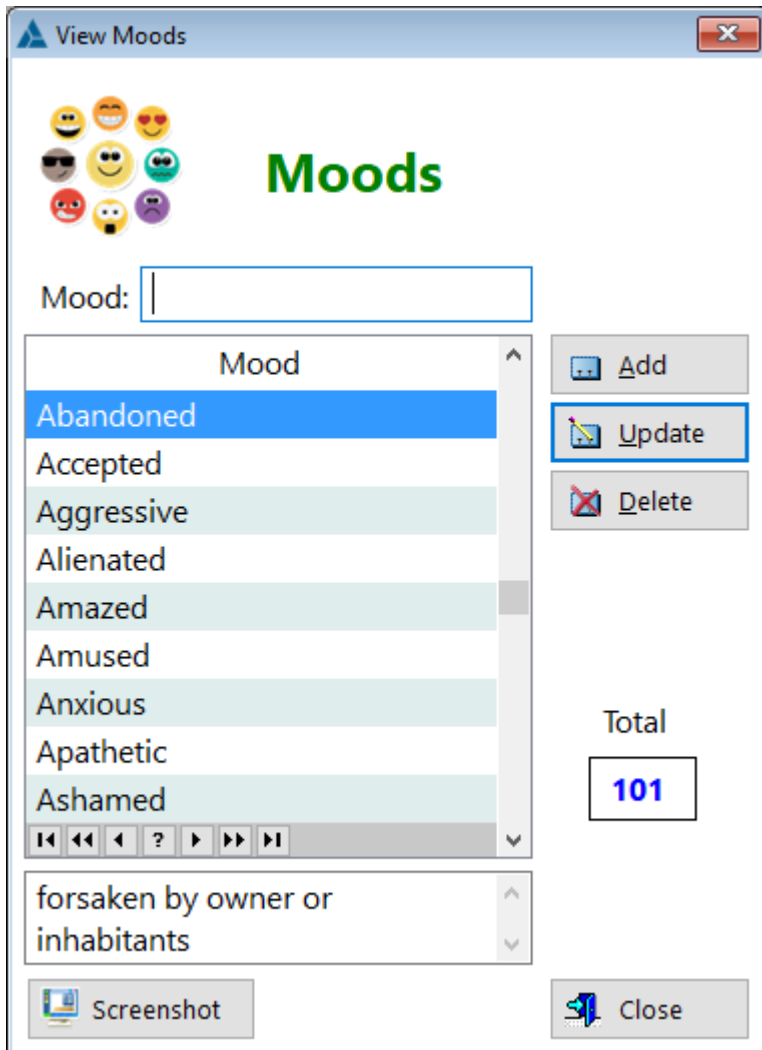
HelpID: MetabolicScorecard

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



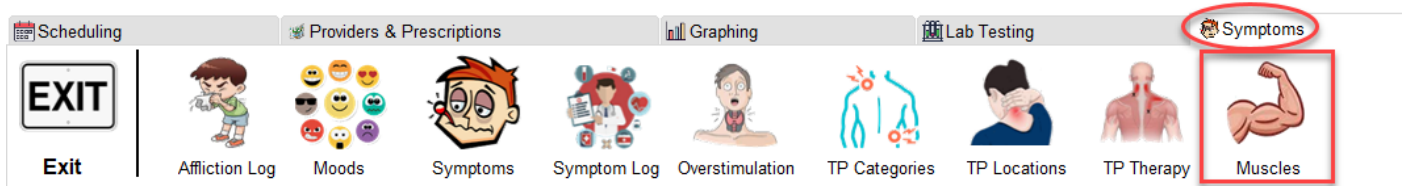
Mood - Displays the mood field

See also...

- [UpdateMoods](#)

HelpID: Moods

Muscles



The Muscles module can be found under the **Symptoms** tab

View Muscles

[-] [+] [X]

View Trigger Point Muscles

Many of the muscle and joint pain symptoms thyroid patients experience can be attributed to trigger point pain (not to be confused with accupressure). The following is a list of the muscles that have a tendency to form TPs.

Lookup:

Tag	Muscle	Location	Body Area	
<input type="checkbox"/>	abdominal obliques	Both Sides	Abdomen	
<input checked="" type="checkbox"/>	abductor digiti minimi	Both Sides	Foot	
<input type="checkbox"/>	abductor hallucis	Both Sides	Foot	
<input type="checkbox"/>	adductor hallucis	Both Sides	Foot	
<input type="checkbox"/>	adductor longis	Both Sides	Thigh	
<input type="checkbox"/>	adductor magnus	Both Sides	Thigh	
<input type="checkbox"/>	adductor pollicis	Both Sides	Hand	
<input type="checkbox"/>	anconeus	Both Sides	Elbow	
<input type="checkbox"/>	anterior deltoid	Both Sides	Chest	

Tag All
 Untag All
 Show Tagged
 Affected
 Priority

Total Muscles
117

Description

Symptoms

Causes

Treatment

Digitum minimi means "little toe". The function of the abductor digiti minimi is to move the little toe away from the other toes. This action helps control side-to-side rocking of the foot when the body is in motion. Because of its importance, the abductor digiti minimi can be a relatively large muscle. Walking or running on rough, uneven ground makes hard work for toe abductors and promotes trigger points. High-heeled shoes and shoes or sandals with stiff, inflexible soles are bad for them, too. Trigger points in the abductor digiti minimi cause pain primarily in the muscle itself along the outer edge of the foot near the heel and sometimes a short way up the outer side of the ankle. When sufficiently active, trigger points will also cause pain in the little toe and under the head of the fifth

© Dr. Joe Muscolino (www.learnmuscles.com)

.\tpimages\AbductorDigitiMinimiPedis.jpg

Screenshot

Close

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

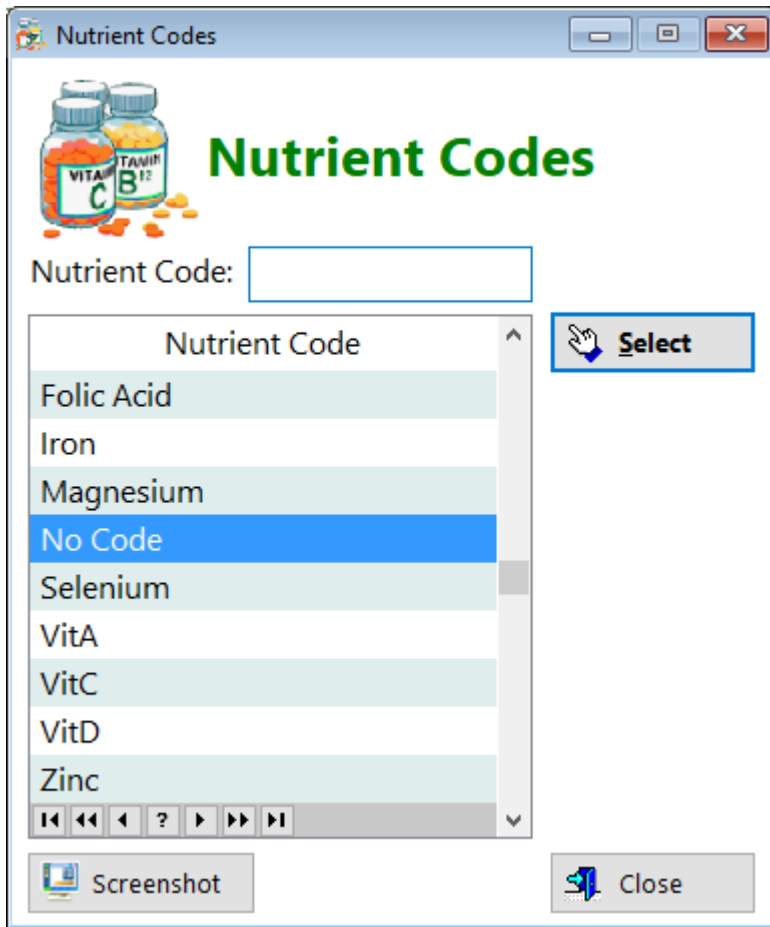
See also...

- [UpdateMuscle](#)

HelpID: Muscles

Nutrient Codes

The Nutrient Codes module is used as a pick table in the [Update Medications](#) screen



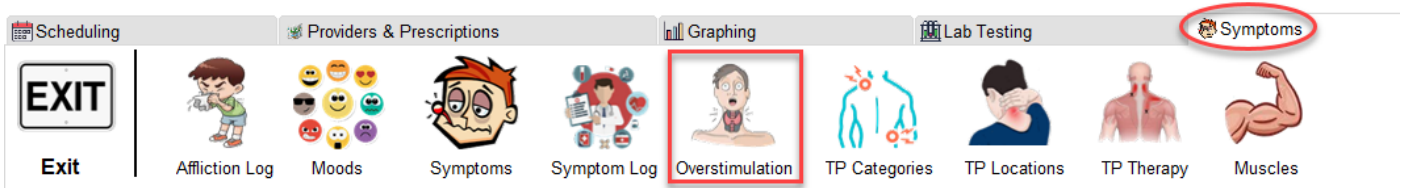
Nutrient Code - Displays the name of the code used to calculate quantities of the following:

- 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.

View Thyroid Status Records

Thyroid Stimulation Status

Is Your Thyroid Dose Too High?

Tag	Date	Time	Blood Pressure		RHR	Temp	T4 Dosing		T3 Dosing		T4:T3 Ratio
			Sys	Dia			T4	T4 Dose	T3	T3 Dose	
<input checked="" type="checkbox"/>	9/06/2022	10:17PM	120	80	65	97.90	<input checked="" type="checkbox"/>	100.00	<input checked="" type="checkbox"/>	12.50	8 : 1
<input checked="" type="checkbox"/>	5/20/2023	9:16PM	125	70	62	0.00	<input checked="" type="checkbox"/>	125.00	<input type="checkbox"/>	0.00	:

ready to go to sleep

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

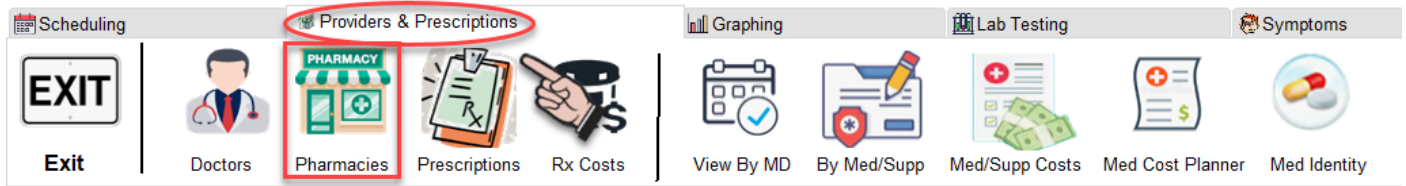
See also...

- [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.

View Pharmacies

Lookup:

Active
Inactive

Pharmacy	Address	Phone
Shaw's Drugstore	123 Bell Shoals, Austin	(764) 876-5647
Walmart	11110 Causeway Blvd, Brandon	(813) 661-4816

Add
 Update
 Delete

Confirm Pharmacy Hours

They will text when a prescription is ready

Pharmacy Hours

Day	Status	Opens	Closes	Notes
Sunday	OPEN	10:00AM	6:00PM	Closed 2:00pm to 2:30pm for lunch
Monday	OPEN	9:00AM	9:00PM	
Tuesday	OPEN	9:00AM	9:00PM	
Wednesday	OPEN	9:00AM	9:00PM	
Thursday	OPEN	9:00AM	9:00AM	
Friday	OPEN	9:00AM	9:00PM	
Saturday	OPEN	9:00AM	7:00PM	Closed 2:00pm to 2:30pm for lunch

Update
 Screenshot

Close

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

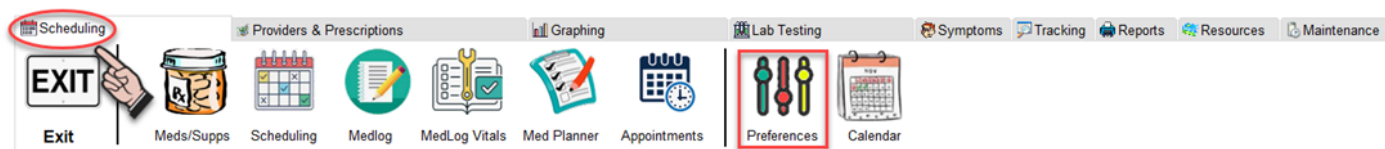
Notes - Displays any comments you've made regarding each day. For example, you might want to place the time the pharmacist goes to lunch here.

See also...

- [UpdatePharmacy](#)
- [UpdatePharmacyHours](#)

HelpID: Pharmacies

Preferences



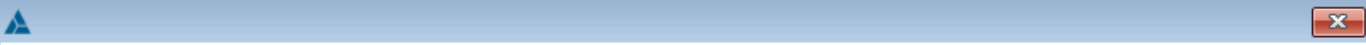
View Preferences

Personal | General | Weight & Height | Questionnaire | Reminders

First Name:

Last Name:

Gender
 F M



View Preferences

Personal General **Weight & Height** Questionnaire Reminders


Email:

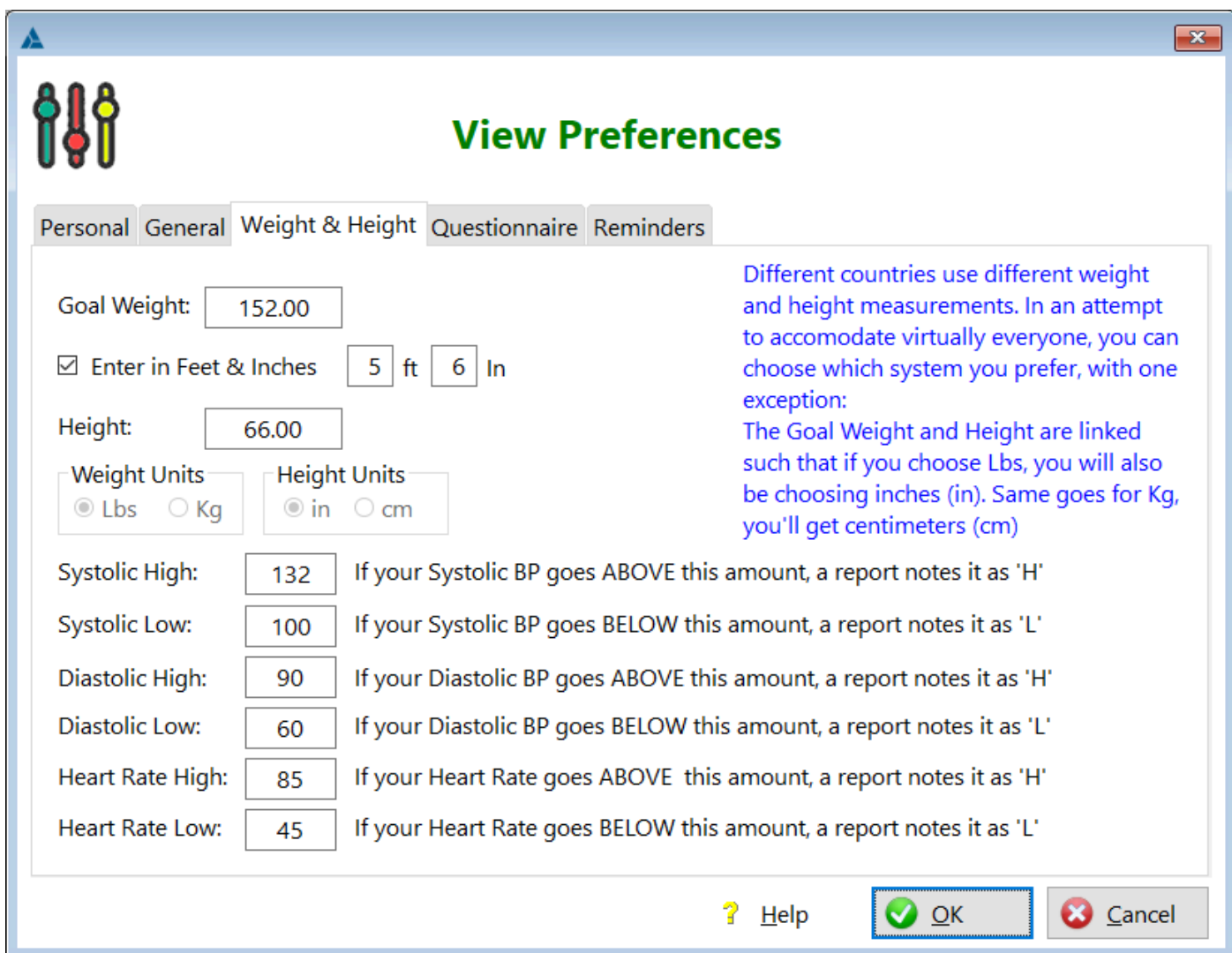
Current Symptoms Date:

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



View Preferences

Personal General **Weight & Height** Questionnaire Reminders

Goal Weight:

Enter in Feet & Inches ft In

Height:

Weight Units: Lbs Kg

Height Units: in cm

Systolic High: If your Systolic BP goes ABOVE this amount, a report notes it as 'H'

Systolic Low: If your Systolic BP goes BELOW this amount, a report notes it as 'L'

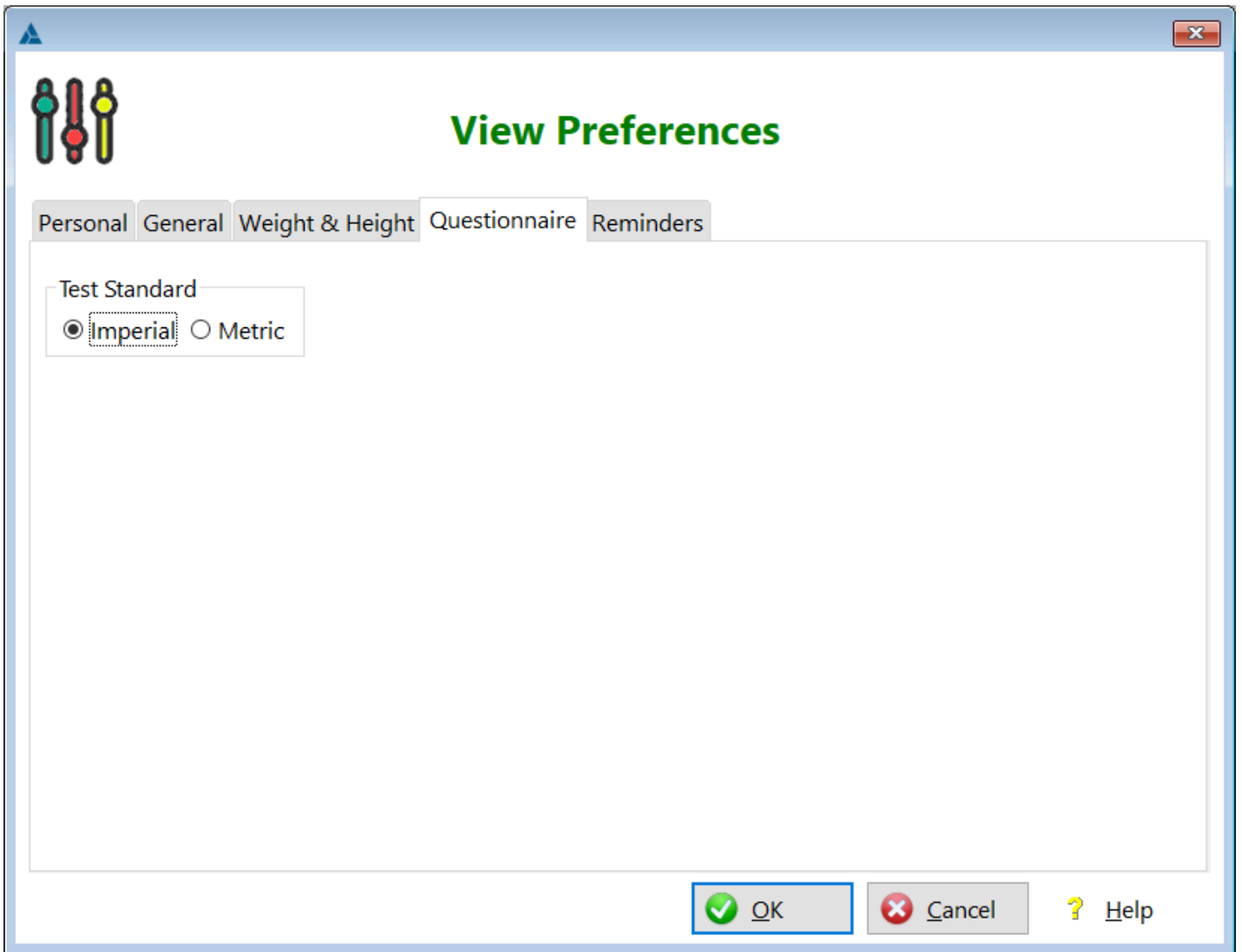
Diastolic High: If your Diastolic BP goes ABOVE this amount, a report notes it as 'H'

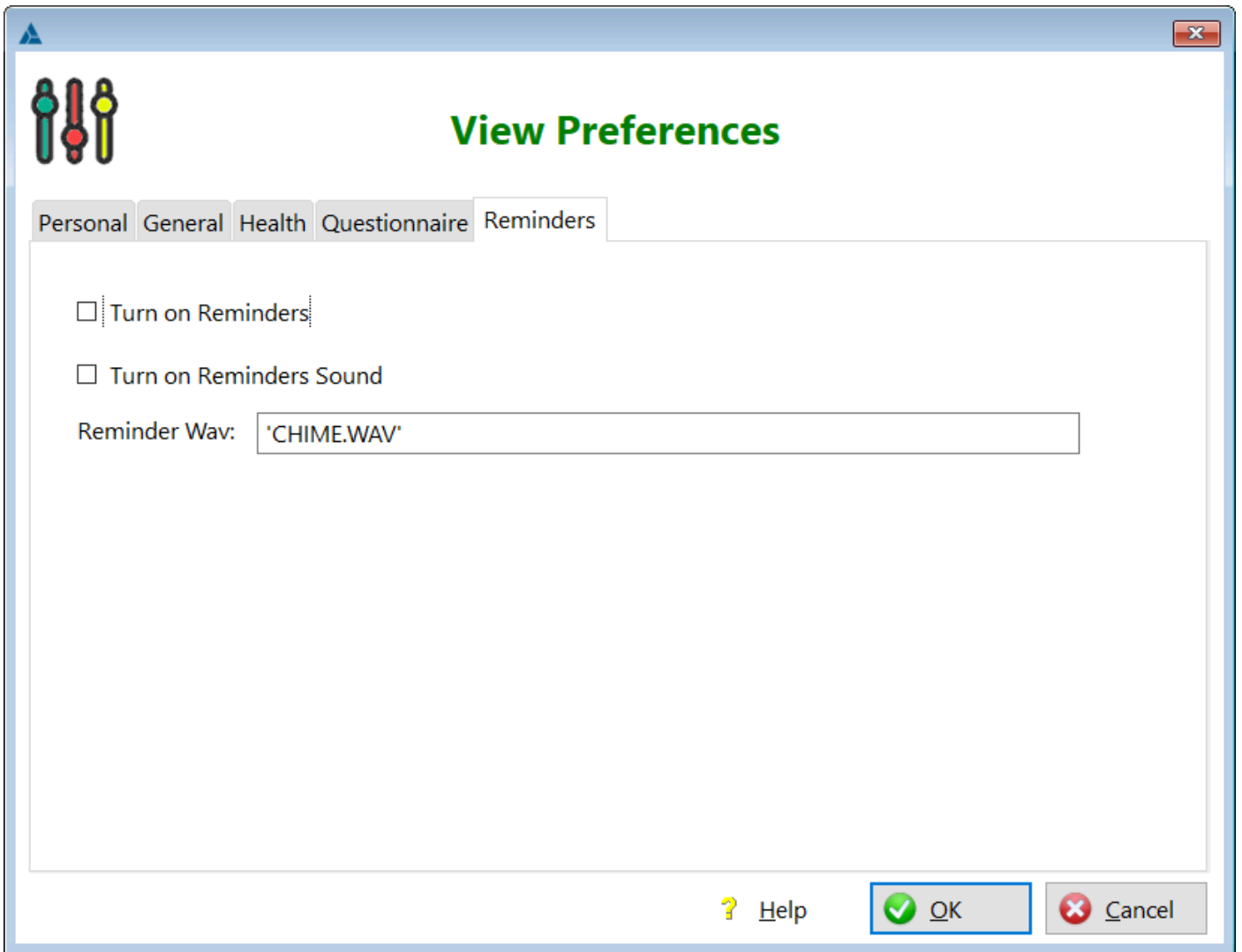
Diastolic Low: If your Diastolic BP goes BELOW this amount, a report notes it as 'L'

Heart Rate High: If your Heart Rate goes ABOVE this amount, a report notes it as 'H'

Heart Rate Low: If your Heart Rate goes BELOW this amount, a report notes it as 'L'

Different countries use different weight and height measurements. In an attempt to accommodate 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)

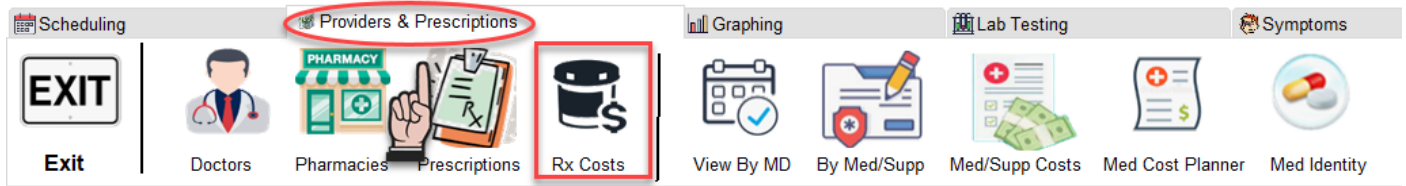




HelpID: Preferences

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.

Prescription Costs

Past 30 Days
Past 60 Days
Past 90 Days
Past 180 Days
Past Year
Select a Range
All Records

Tag	Fill Date	Medication	Pharmacy	Rx Number	Qty	Rx Cost	Provider
	1/30/2023	Liothyronine 5mcg	Walmart	7732049	90	\$5.00	Sherin George
	1/22/2023	Liothyronine 5mcg	Walmart	7732049	90	\$22.82	Sherin George
	1/21/2023	Levothyroxine 150mcg	Walmart	7732062	90	\$10.00	Sherin George
	10/19/2022	Levothyroxine 150mcg	Walmart	7732062	90	\$10.00	Sherin George
	10/19/2022	Liothyronine 5mcg	Walmart	7732049	90	\$22.52	Sherin George
	8/09/2022	Liothyronine 5mcg	Walmart	7711634	90	\$26.17	Sherin George
	7/29/2022	Levothyroxine 150mcg	Walmart	7721237	90	\$10.00	Sherin George
	7/01/2022	Levothyroxine 150mcg	Walmart	7706666	90	\$4.00	Sherin George
	5/17/2022	Liothyronine 5mcg	Walmart	7711634	90	\$45.32	Sherin George
	4/07/2022	Levothyroxine 150mcg	Walmart	7706666	90	\$10.00	Sherin George
	4/02/2022	Nature-Throid 65mg	Walmart	7551340	30	\$11.57	Sherin George

Thyroid Meds This tab displays all the prescriptions filled over the past year

Query
Tag All
Untag All
Flip All
Show Tagged
Print

Prescription Costs: \$177.40
Total Fills: 11
Close

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.

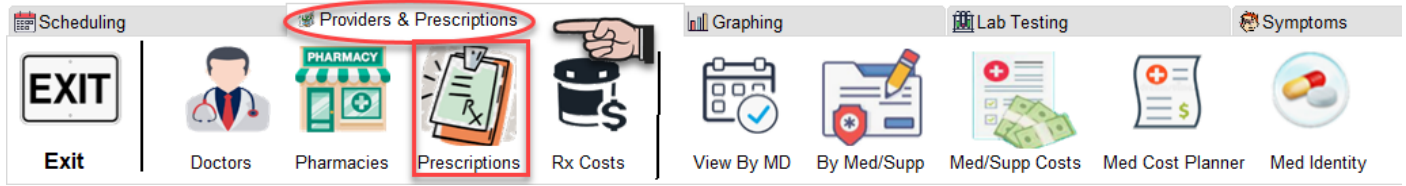
See also...

- [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.

Prescription List

Directions: **Take 1 tablet(s) every morning**

Active Prescriptions

Active
Inactive

Tag	Rx Number	Rx Date	R	Medication	Fills	Qty	Doctor	Exp Date
	7759566	4/18/2023	<input checked="" type="checkbox"/>	Levothyroxine 100mcg	1	90	Sherin George	4/17/2024
	7759571	4/18/2023	<input type="checkbox"/>	Liothyronine 25mcg	2	45	Sherin George	4/17/2024

Add
Update
Delete
Move Rxs

Active Rxs: **2**
Fills Left: **0**
 Thyroid Rxs

You have a total of 79 tablets remaining

Pharmacy: **Walmart**

Prescription Fills

Fill Date	Start Date	Comp Date	Qty	Days Supply	Rx Cost	Manufacturer	Rx Note
4/18/2023	4/20/2023	7/19/2023	90	90	\$0.00	Alveda	

Fills Used: **1**
Total Cost: **\$0.00**

Update
Delete
Screenshot

Close

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

Print Blood Pressure

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

Nts	Date	Time	Blood Pressure		Arm	Heart Rate	B	Temp
			Systolic	Diastolic				
N	4/25/2017	10:23AM	120	80	L	80		98.40
	4/25/2017	5:00PM	120	80	L	80		98.60
	5/14/2017	4:34PM	146 H	95 H	L	95 H		
	5/14/2017	11:12AM	145 H	82	L	70		
	5/19/2017	12:14PM	120	80	L	80		
N	5/27/2017	9:12AM	149 H	90	L	82		98.90
N	5/27/2017	11:23AM	133 H	86	L	72		
	6/05/2017	9:16AM	120	80	L	80		98.60

Average Systolic: **127.03**
 Average Diastolic: **70.83**
 Average Pulse: **68.85**
 Total Records: **66**

Start: 1/01/2000 End: 6/01/2023
 Notes Basal


This is my note. There are many like it but this one is mine...

Screen Shot | Graph | Query | Close

HelpID: PrintBloodPressure

Print Med Costs

Medication and Supplement Costs
⌵ ⌵ ⌵



Active Medication And Supplement Costs

Tag	Medication	Type	Med/Supplement Cost			Dosage Unit Cost		
			Qty	Size	Cost	Doses/Day	Cost/Dose	Cost/Day
	Ashwagandha 500mg	OTC	1.00	60	\$24.35	1.00	0.41	\$0.41
	B-Complex 50	OTC	1.00	100	\$21.37	1.00	0.21	\$0.21
	Ibuprofen 200mg	OTC-Med	1.00	100	\$2.95	2.00	0.03	\$0.06
	L-Theanine 200mg	OTC	1.00	60	\$21.50	1.00	0.36	\$0.36
	Levothyroxine 150mcg	Rx	1.00	90	\$10.00	1.00	0.11	\$0.11
	Liothyronine 5mcg	Rx	1.00	90	\$22.52	1.00	0.25	\$0.25
	Magnesium Glycinate/Lysinate 100m	OTC	1.00	240	\$17.27	4.00	0.07	\$0.29
	Minoxidil 5% Foam	OTC-Med	0.00	0	\$0.00	1.00	0.00	\$0.00
	Phosphatidylserine 200mg	OTC	1.00	150	\$17.95	3.00	0.12	\$0.36
	Triamcinolone Cream 0.1%	Rx	0.00	0	\$0.00	1.00	0.00	\$0.00
	Vitamin A 15000 IU	OTC	1.00	240	\$16.50	1.00	0.07	\$0.07
	Vitamin C 1000mg	OTC	1.00	240	\$16.50	1.00	0.05	\$0.11
	Vitamin D3 + K2	OTC	1.00	240	\$16.50	1.00	0.23	\$0.23
	Vitamin D3 5000IU	OTC	1.00	240	\$16.50	1.00	0.05	\$0.05
	Zinc Picolinate 50mg	OTC	1.00	240	\$16.50	1.00	0.08	\$0.08

⏪ ⏩ ⏴ ⏵ ? ⏴ ⏵

Query
Print

Medication Costs
 All
 Thyroid
 Rx
 OTC
 OTC-Med

Directions: **Take 1 capsule every morning**
Manufacturer: **Nutricost**

Screenshot
Close Window

Daily Cost
\$3.06

Monthly Cost
\$92.10

Total Items
16

Doses/Day
24.00

Total Cost
\$287.04

You can print out all of the records on this screen as a report

Tag All
Untag All
Flip All
Show Tagged

Medication and Supplement Costs Report

Jeff Eastick

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	Avogen	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 (Carboxymethylcellulir)	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.

Tag	Medication	Type	Med/Supplement Cost			Dosage Unit Cost		
			Qty	Size	Cost	Doses/Day	Cost/Dose	Cost/Day
	ActiveNutrients	OTC	1.00	240	\$57.00	1.00	\$0.48	\$0.48
	Ashwagandha 500mg	OTC	1.00	60	\$24.35	1.00	\$0.82	\$0.82
	B - Complex 100	OTC	1.00	100	\$17.44	1.00	\$0.17	\$0.17
	Ibuprofen 200mg	OTC-Med	1.00	100	\$5.00	1.00	\$0.10	\$0.10
	Levothyroxine 150mcg	Rx	1.00	90	\$10.00	1.00	\$0.11	\$0.11
	Liothyronine 5mcg	Rx	1.00	90	\$22.52	1.00	\$0.25	\$0.25
	Magnesium Glycinate/Lysinate 100m	OTC	1.00	240	\$17.27	1.00	\$0.28	\$0.28
	Melatonin 1mg	OTC	0.00	0	\$0.00	1.00	\$0.28	\$0.28
	TheraTears (Carboxymethylcellulose)	OTC	1.00	30	\$15.00	4.00	\$0.03	\$0.12
	Vitamin A 15000 IU	OTC	1.00	240	\$16.59	1.00	\$0.07	\$0.07
	Vitamin C 1000mg	OTC	1.00	300	\$16.20	1.00	\$0.05	\$0.05
	Vitamin D3 + K2	OTC	1.00	120	\$27.49	1.00	\$0.23	\$0.23
	Vitamin D3 5000IU	OTC	1.00	240	\$11.86	1.00	\$0.05	\$0.05
	Zinc Plus Selenium	OTC	1.00	90	\$27.75	1.00	\$0.31	\$0.31

Daily Cost
\$3.32
Monthly Cost
\$99.60
Total Items
14
Doses/Day
17.00
Total Cost
\$268.47

Medication Costs
 All Thyroid Rx OTC OTC-Med

Manufacturer: **Xymogen**
 Directions: **Take 2 capsules every morning**
 This is a multivitamin

Buttons: Screenshot, Query, Print Costs, Tag, Untag All, Flip All, Show Tagged, Close Window

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

HelpID: PrintMedicationCosts

Print Rx Costs

View Prescription Costs

Prescription Costs

Past 30 Days Past 60 Days Past 90 Days Past 180 Days Past Year Select a Range All Records

Tag	Fill Date	Medication	Pharmacy	Rx Number	Qty	Rx Cost	Provider
	1/21/2023	Levothyroxine 150mcg	Walmart	7732062	90	\$10.00	Sherin George
	1/22/2023	Liothyronine 5mcg	Walmart	7732049	90	\$22.82	Sherin George
	1/30/2023	Liothyronine 5mcg	Walmart	7732049	90	\$5.00	Sherin George

Thyroid Meds This tab displays all the prescriptions filled over the past 180 days

Query Tag All Untag All Flip All Show Tagged Print Tagged Records Close

Prescription Costs: **\$37.82** Total Fills: **3**

HelpID: PrintRxCosts

Print Symptoms

The Symptoms module displays the symptoms you've experienced

The screenshot shows a web application window titled "View Symptoms". At the top left is a cartoon character icon. The main heading is "Symptoms List". Below it is a "Lookup:" text box. There are two tabs: "Monitored" (selected) and "Not Monitored".

	Symptom	Category	Nts	Thy	Adr	P	Severity		Occurrence
							Level	Description	
<input checked="" type="checkbox"/>	Abdominal Distension	Digestion	N	Thy	Adr	P	7	Moderate	Constant
<input type="checkbox"/>	Blurred vision	Eyes	N	Thy		P	2	Mild	Intermittent
<input type="checkbox"/>	Chronic Fatigue	Energy Level and Sleep		Thy		P	5	Moderate	Constant
<input type="checkbox"/>	Cold feet	Body Temperature					5	Moderate	Constant
<input type="checkbox"/>	Cold hands	Body Temperature		Thy			7	Moderate	Constant
<input type="checkbox"/>	Deafness	Ears		Thy			3	Mild	Intermittent
<input type="checkbox"/>	Dry eyes	Eyes	N				8	Severe	Constant
<input type="checkbox"/>	Insomnia	Energy Level and Sleep	N	Thy	Adr	P	5	Moderate	Intermittent
<input type="checkbox"/>	Muscles and joint pain	Pain					7	Moderate	Constant
<input type="checkbox"/>	Tinnitus	Ears		Thy			8	Severe	Constant

Below the table is a navigation bar with buttons: Add, Update, Delete, Query. To the right are checkboxes for "Show All", "Priority", "Thyroid", "Adrenal", "Notes" and a "Total: 10" indicator. A second row of buttons includes "Stop Monitoring", "Priority", "Copy to Symptom Log", "Print", "Tag All", "Untag All", and "Show Tagged".

Below the buttons is a "Source:" link: <http://hypothyroidmom.com/300-hypothyroidism-symptoms-yes-really/>

A text box contains the note: "It doesn't matter what I eat, I always feel bloated afterwards".

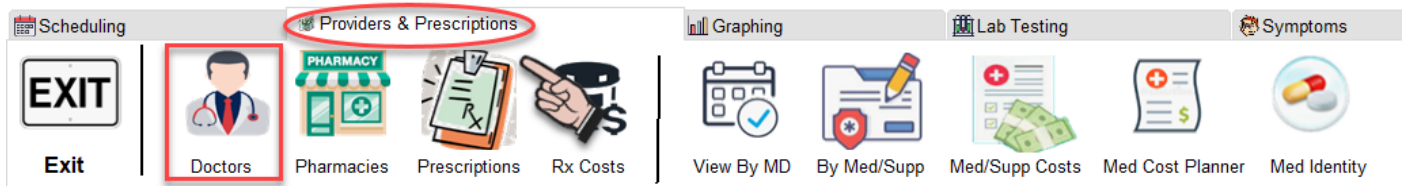
At the bottom left is a "Screenshot" button and at the bottom right is a "Close" button.

Click on the 'Print' button to create a report

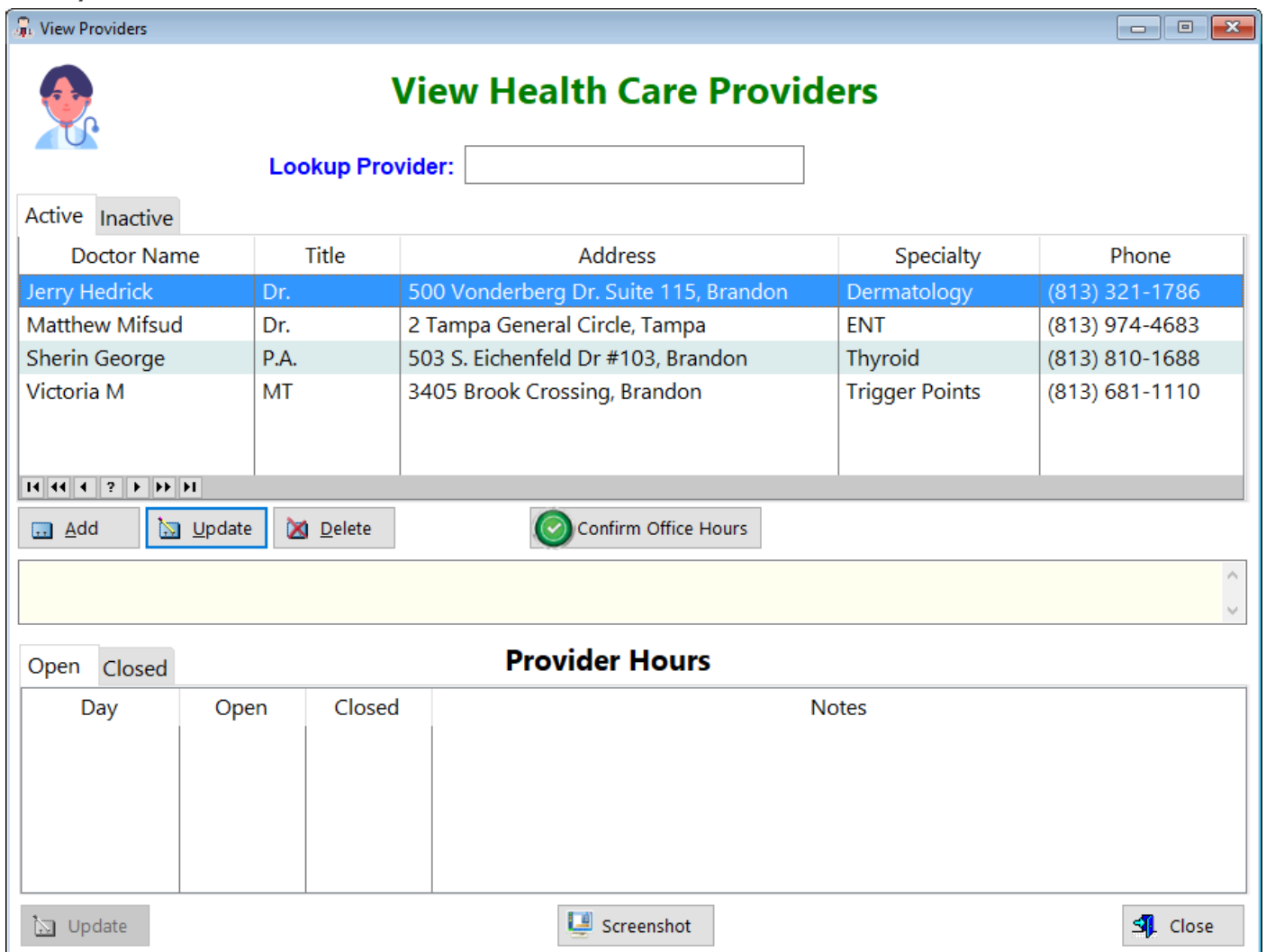
HelpID: PrintSymptoms

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

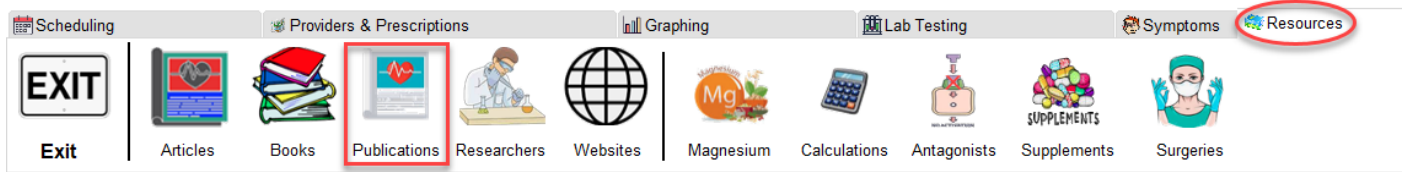
See also...

- [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.



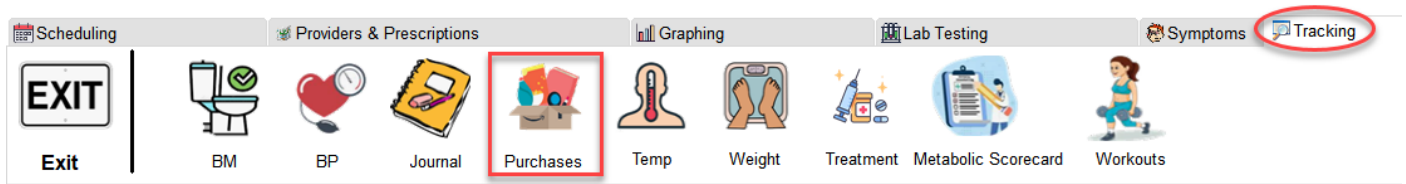
Publication - Displays the name of the publication

[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.

Company Name	Date	Order Num	Order Total
Amazon	2/22/2022	111-0317771-3557806	\$14.52
Amazon	3/13/2022	111-8967881-1745016	\$59.18

Total Spent: \$73.70

Search String:

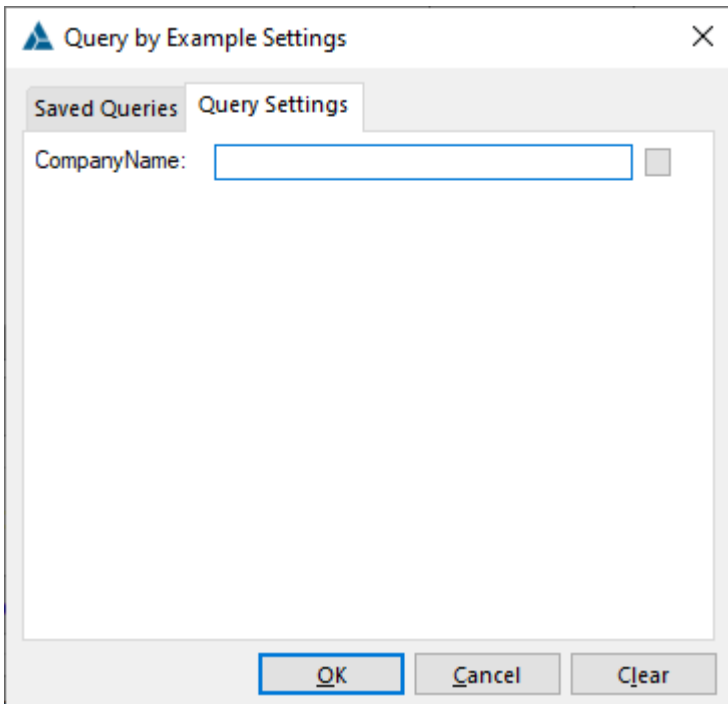
Lead Space End Space Search Memos

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...

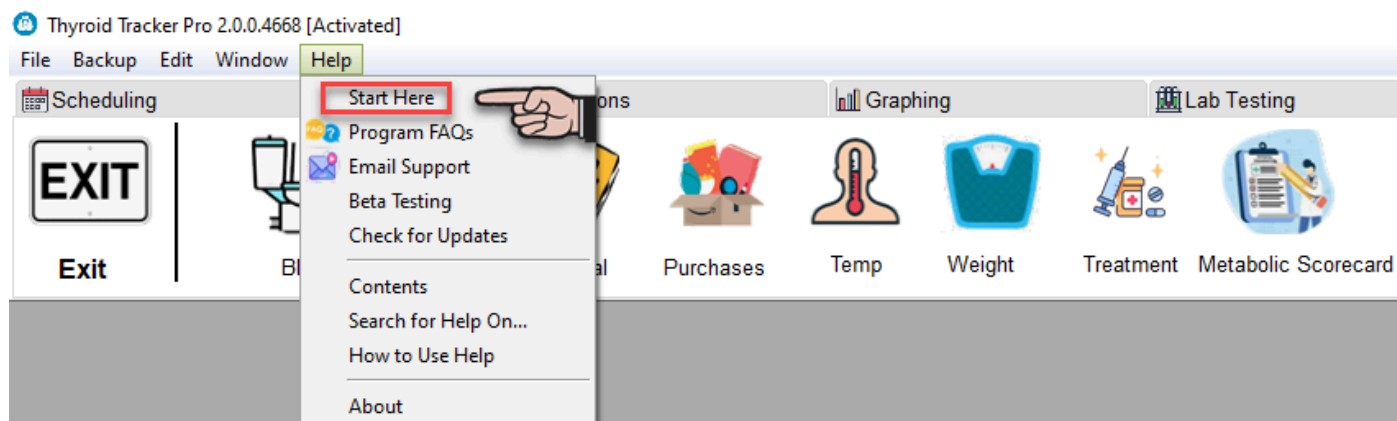
- [UpdatePurchases](#)

HelpID: Purchases

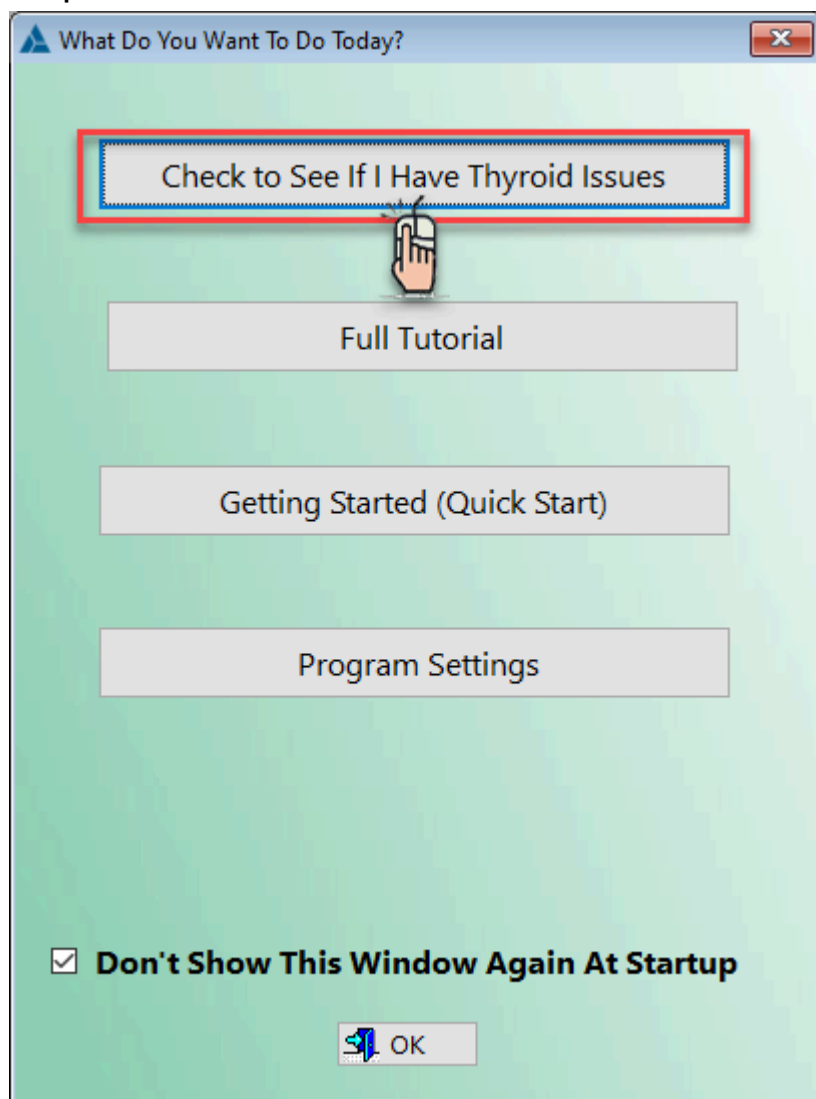
Questionnaire Blood Tests

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

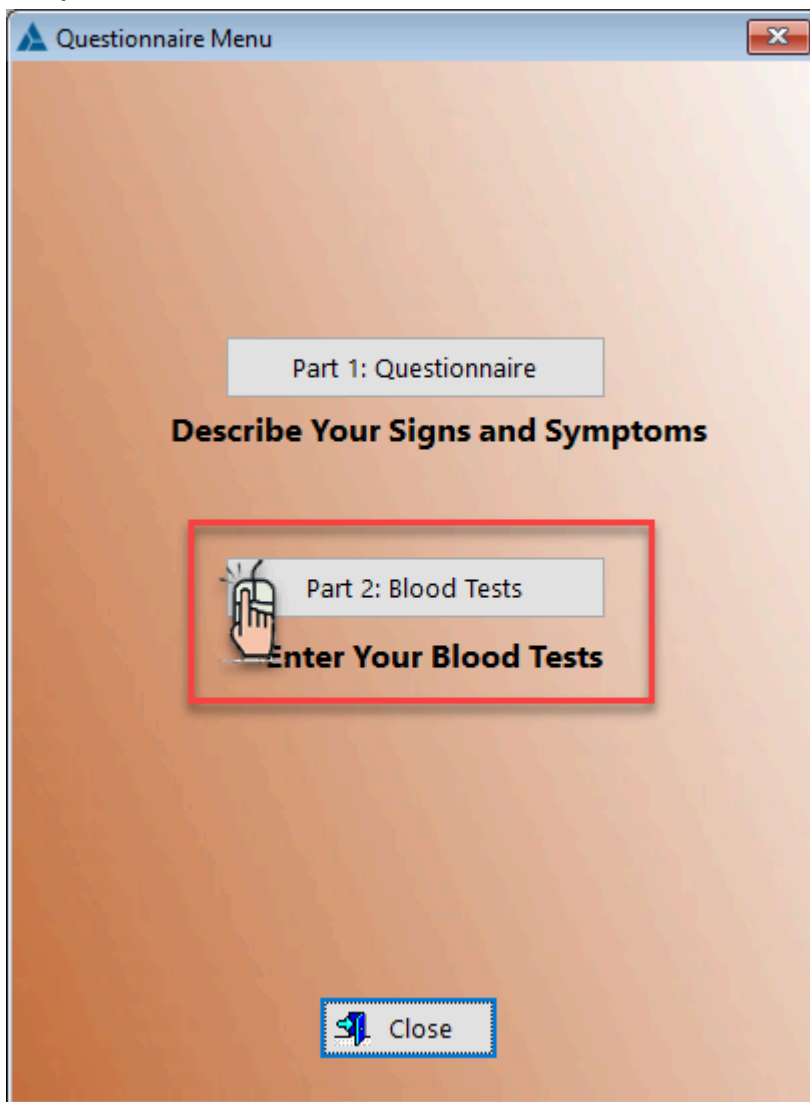
Step 1:



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.

View Questionnaire Blood Tests

Questionnaire - Blood Tests

Date Taken	Ferritin		Vitamin D		Vitamin B12		Folic Acid		TSH		Free T4		Free T3		Reverse T3		TPO	TGA	Cortisol		
	C	%IR	C	%IR	C	%IR	FA	%IR	C	%IR	C	%IR	C	%IR	C	%IR			C	%IR	
8/25/2022	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8/27/2022	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8/28/2022	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8/29/2022	<input checked="" type="checkbox"/>	40	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9/29/2022	<input checked="" type="checkbox"/>	110	<input checked="" type="checkbox"/>	47	<input checked="" type="checkbox"/>	43	<input checked="" type="checkbox"/>	16	<input checked="" type="checkbox"/>	18	<input checked="" type="checkbox"/>	100	<input checked="" type="checkbox"/>	79	<input checked="" type="checkbox"/>	35	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	50

Enter Data

	Level	Low	High	Conc.	Summary
Ferritin	273.00	25.00	250.00	ng/mL	It is high buddy
Vitamin D	63.00	30.00	100.00	ng/mL	Your level is normal
Vit B12	500.00	160.00	950.00	pg/mL	You are in the normal range
Folate	5.00	2.70	17.00	ng/mL	You are normal dude
TSH	0.01	0.40	2.50	mIU/L	Your TSH level is below the range. Check Free T4 and Free T3 levels
Free T4	1.80	0.80	1.80	ng/dL	Your Free T4 levels are normal
Free T3	3.90	2.00	4.40	pg/dL	Your Free T3 level is within the normal range. If you still have symp
Reverse T3	15.00	10.00	24.00	ng/dL	Your Reverse T3 is within the normal range
TPO Ab	1.00		8.00	IU/mL	Your Thyroid Peroxidase level is within normal limits
TGAb	1.00			IU/mL	Your Thyroid Globulin levels are elevated, which suggests that you
Cortisol AM	15.00	10.00	20.00	mcg/dL	Your cortisol level is within the normal range

Close

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.

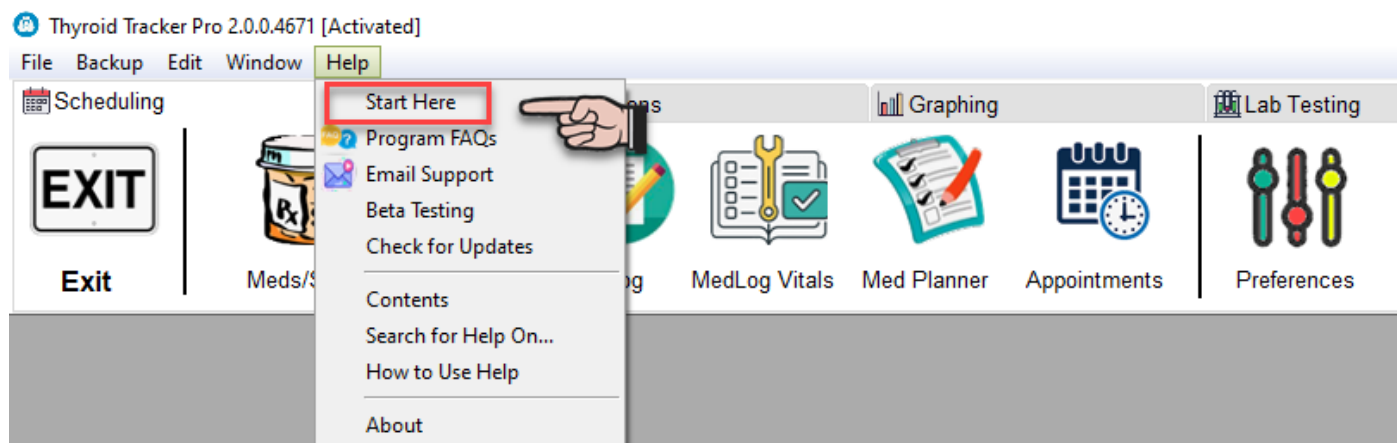
See also...

- [UpdateQBloodTests](#)

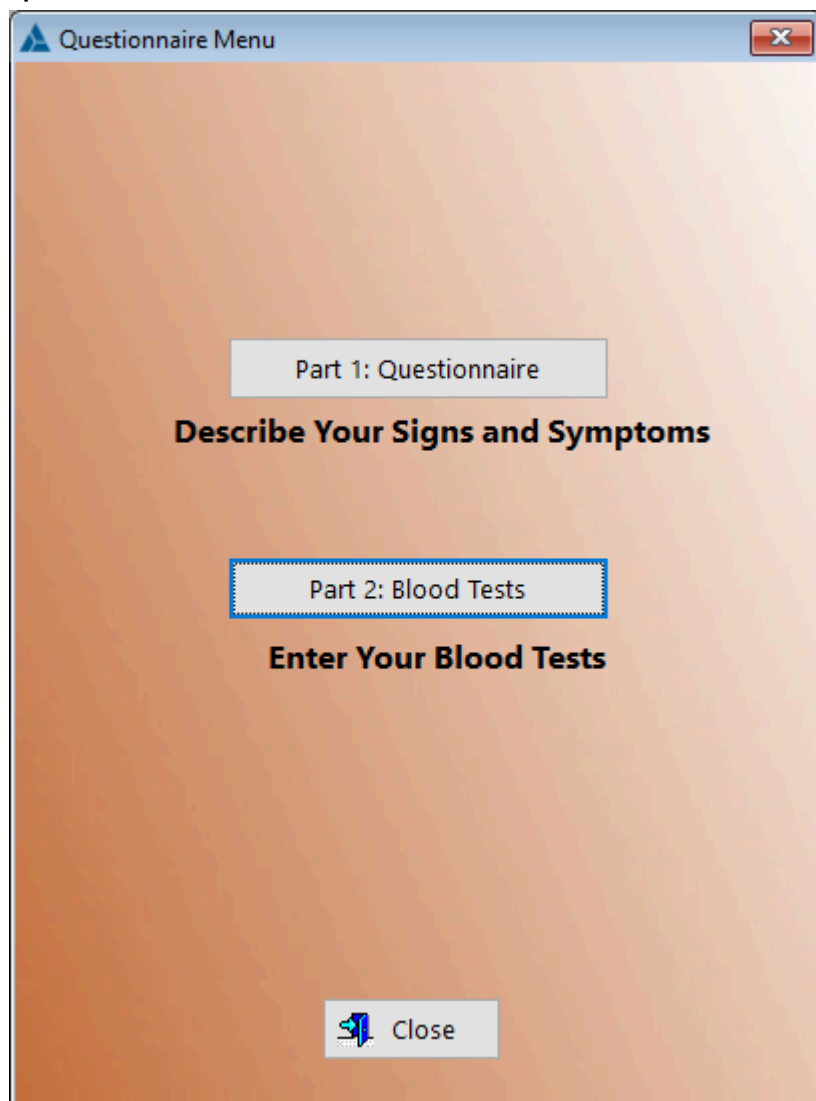
HelpID: QBloodTests

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.

Date Taken	Total	Chol
8/25/2022	66	176
8/27/2022	58	176
8/28/2022	24	H 250
8/29/2022	👍 10	L 0
9/29/2022	⚠️ 120	H 900

You have a noticeable metabolism problem. Thyroid hormone function in your body is struggling. Steps need to be taken to prevent health issues from magnifying.

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.

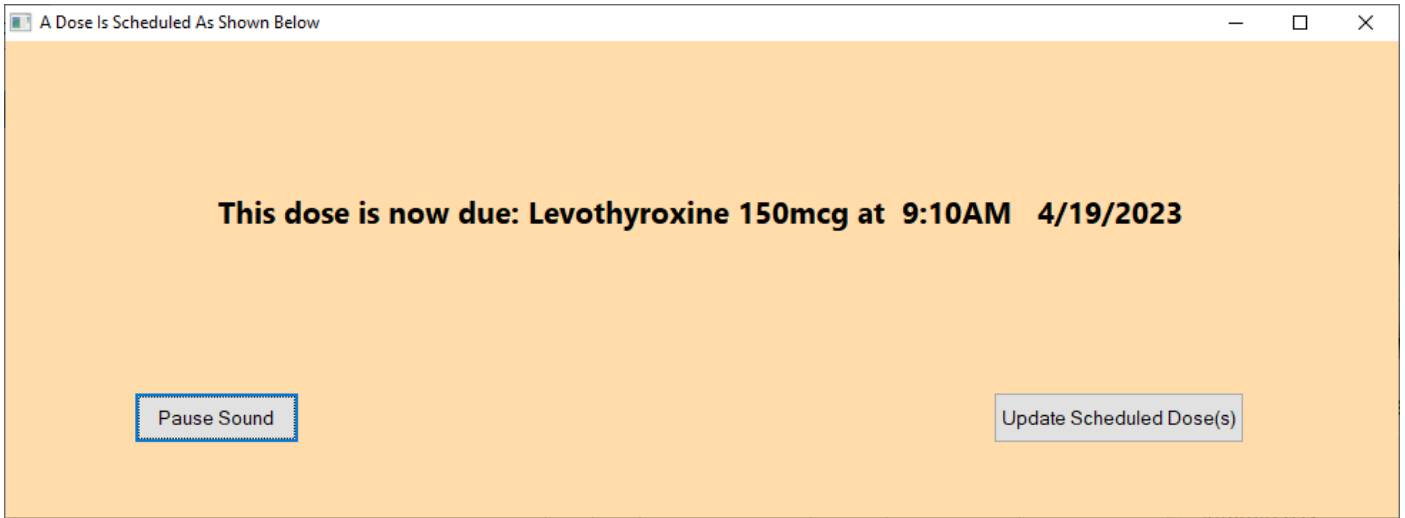
See also...

- [UpdateQuestionnaire](#)

HelpID: Questionnaire

ReminderControl

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



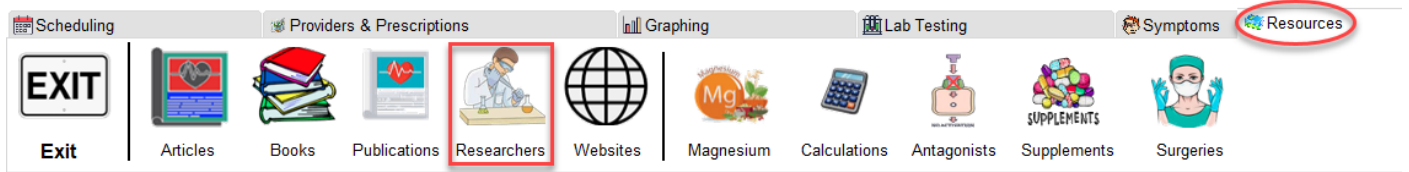
Click on 'Pause Sound' to stop the dinging

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

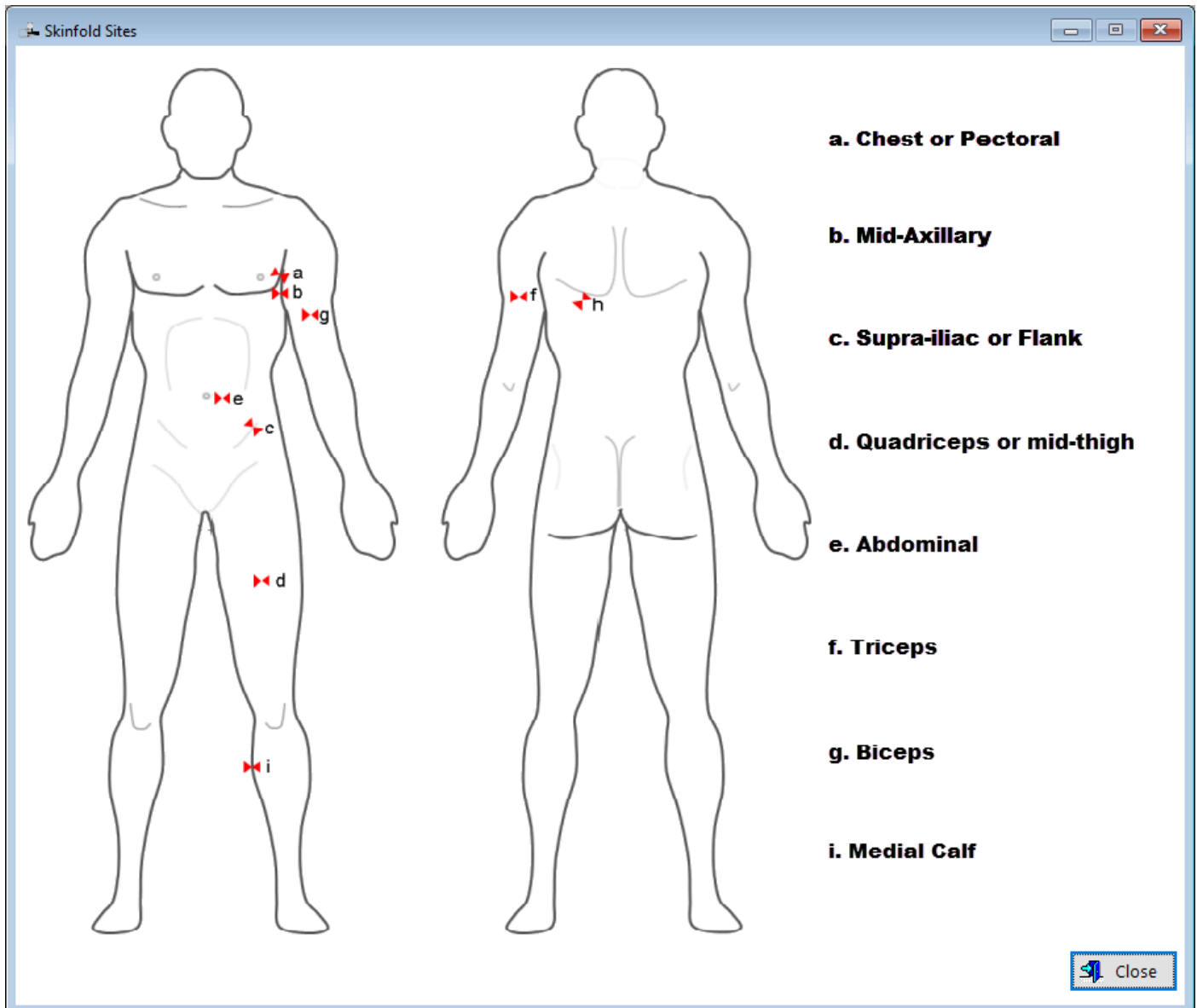


Researcher - Displays the name of the researcher

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

Update Measurement...



Update Measurements

Weight Goal: **152.00**

Current Height: **66.00 in** (5 ft 6 in)

Weight SkinFold

Abdominal Site:	<input type="text" value="0"/>	(mm)
Supra Iliac Site:	<input type="text" value="0"/>	(mm)
Chest Site:	<input type="text" value="0"/>	(mm)
Mid Axillary Site:	<input type="text" value="0"/>	(mm)
Quadriceps Site:	<input type="text" value="0"/>	(mm)
Triceps Site:	<input type="text" value="0"/>	(mm)
Biceps Site:	<input type="text" value="0"/>	(mm)
Medial Calf Site:	<input type="text" value="0"/>	(mm)

Go to Preferences to set Side of Body

View Skinfold Sites

Side Of Body
 Left Right

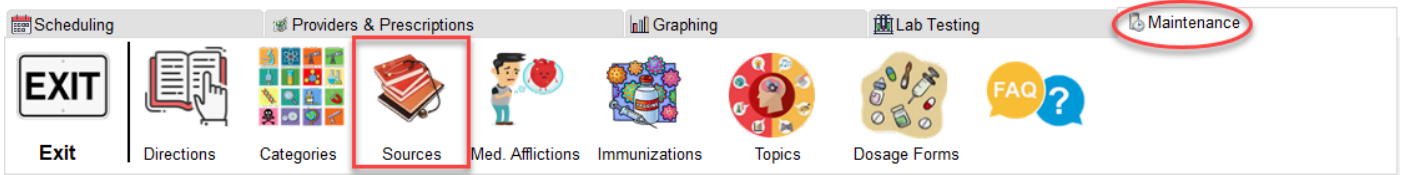
There are a number of skinfold systems for determining bodyfat percentage. None of them are as accurate as a digital scale. Instead, use any (or all) of these measurements to gauge how much fat you're losing over a period of time.

Mark This Record

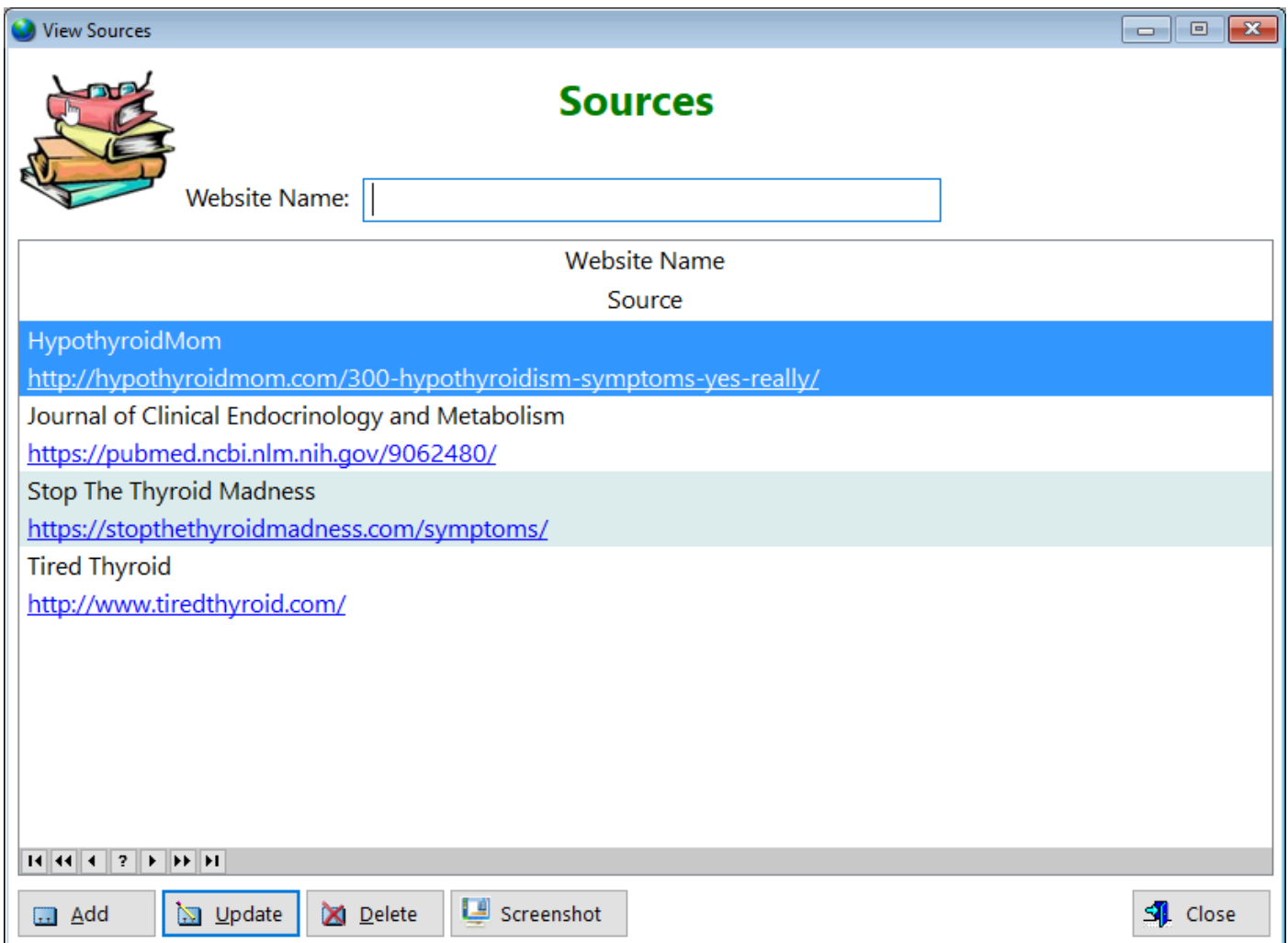
HelpID: SkinfoldChart

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

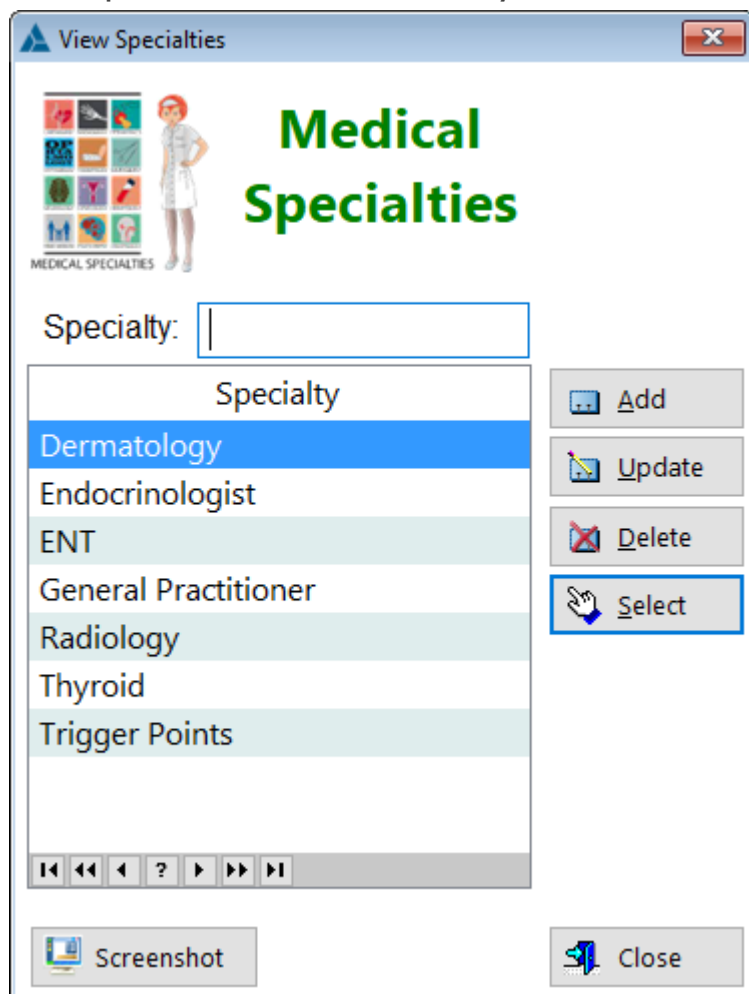
See also...

- [UpdateSources](#)

HelpID: Sources

Specialties

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

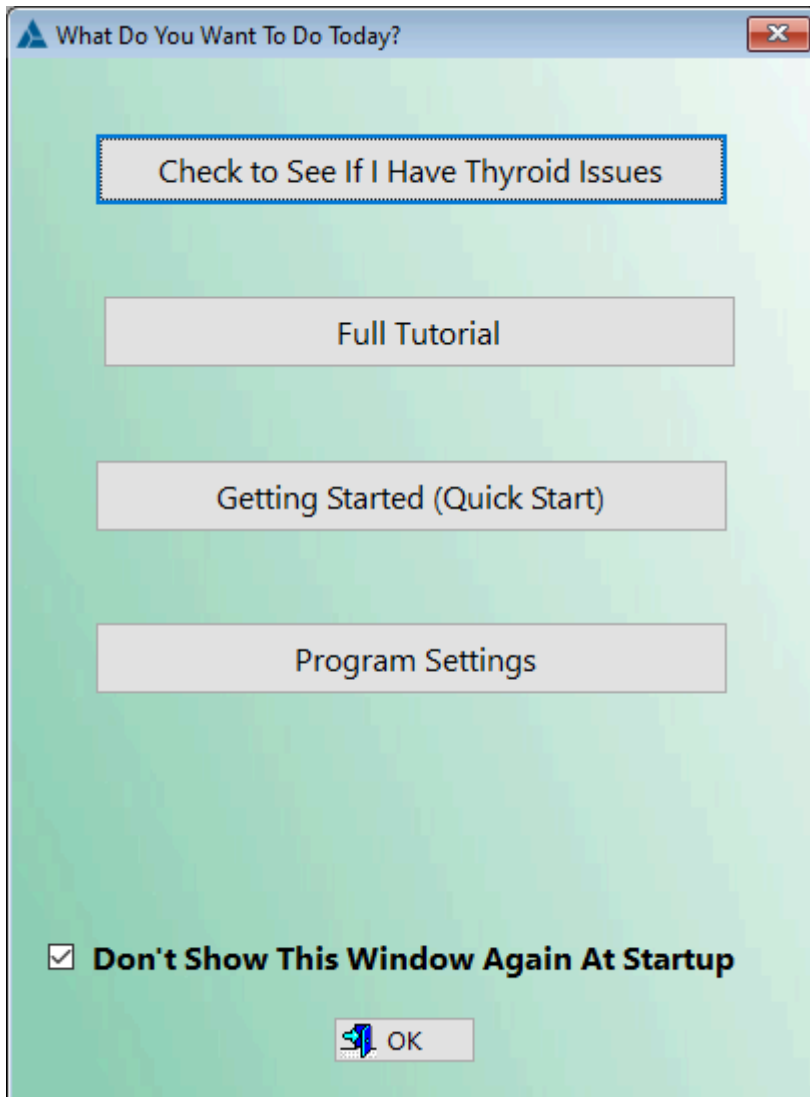
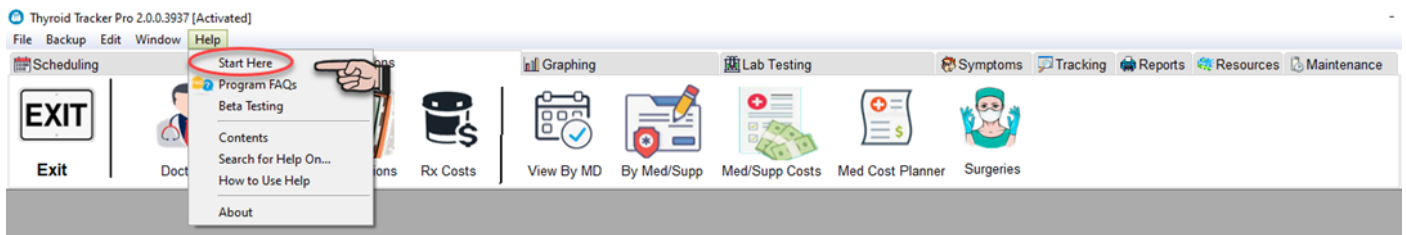


Specialty - Displays the unique area of health care service

[UpdateSpecialty](#)

HelpID: Specialties

Start Here

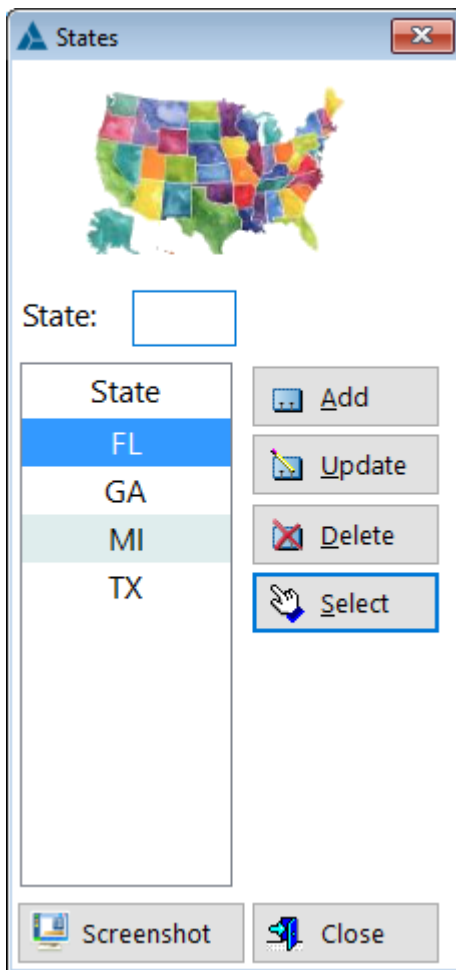


See also...

- [AddData](#)
- [Preferences](#)
- [QMenu](#)

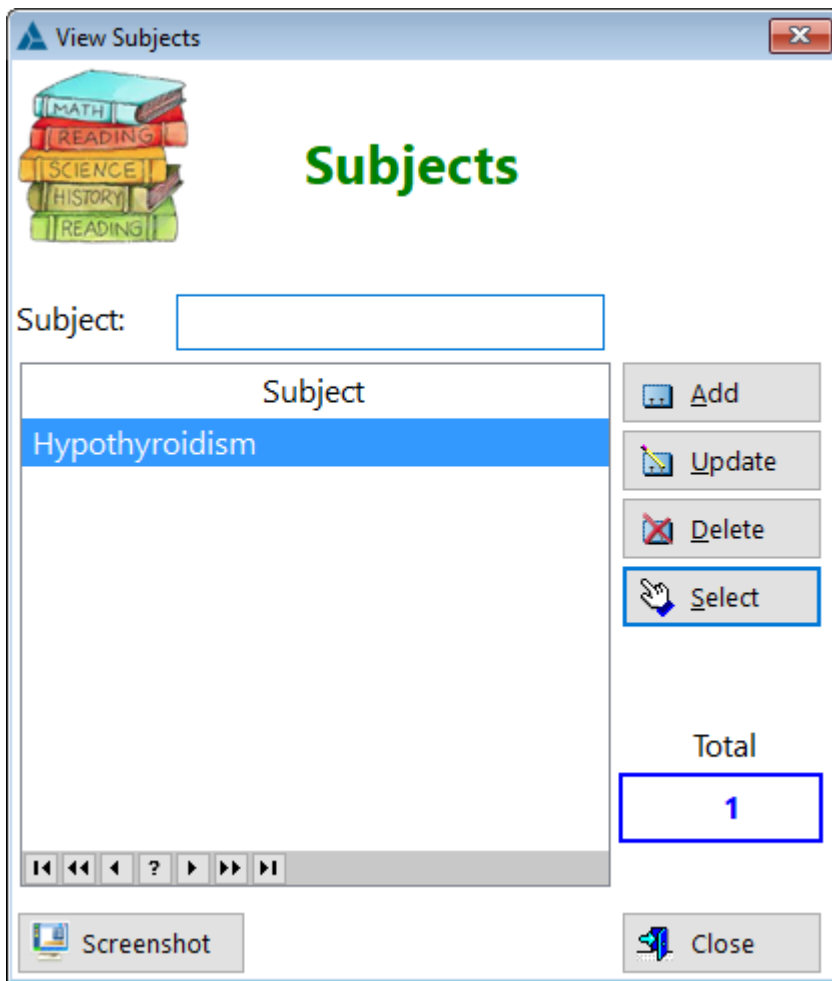
HelpID: StartHere

States



HelpID: States

Subjects



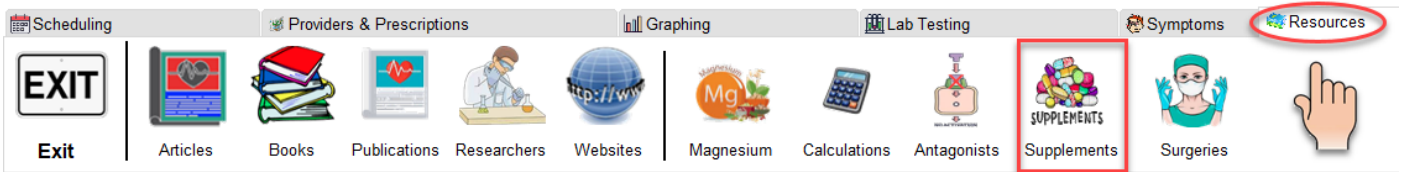
See also...

- [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.

The Right Way To Take Supplements

Supplements List

Supplement:

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

Large doses of minerals can compete with each other to be absorbed. Don't use calcium, zinc, or magnesium supplements at the same time. Also, these three minerals are easier on your tummy when you take them with food, so if your doctor recommends them, have them at different meals or snacks. Don't take any individual mineral at the same time as an MVM or an antioxidant vitamin formula, like one with beta-carotene and lycopene

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

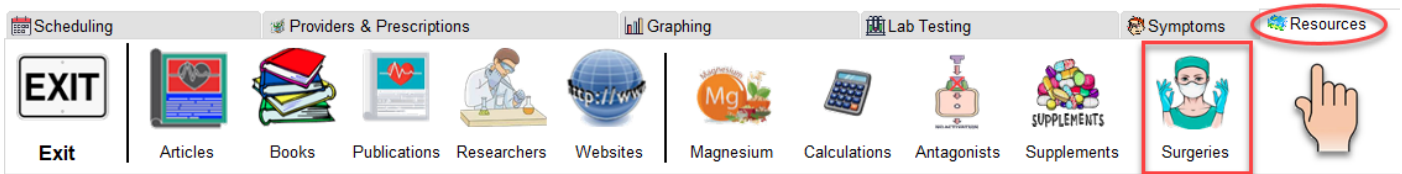
See also...

- [UPdateSupplements](#)

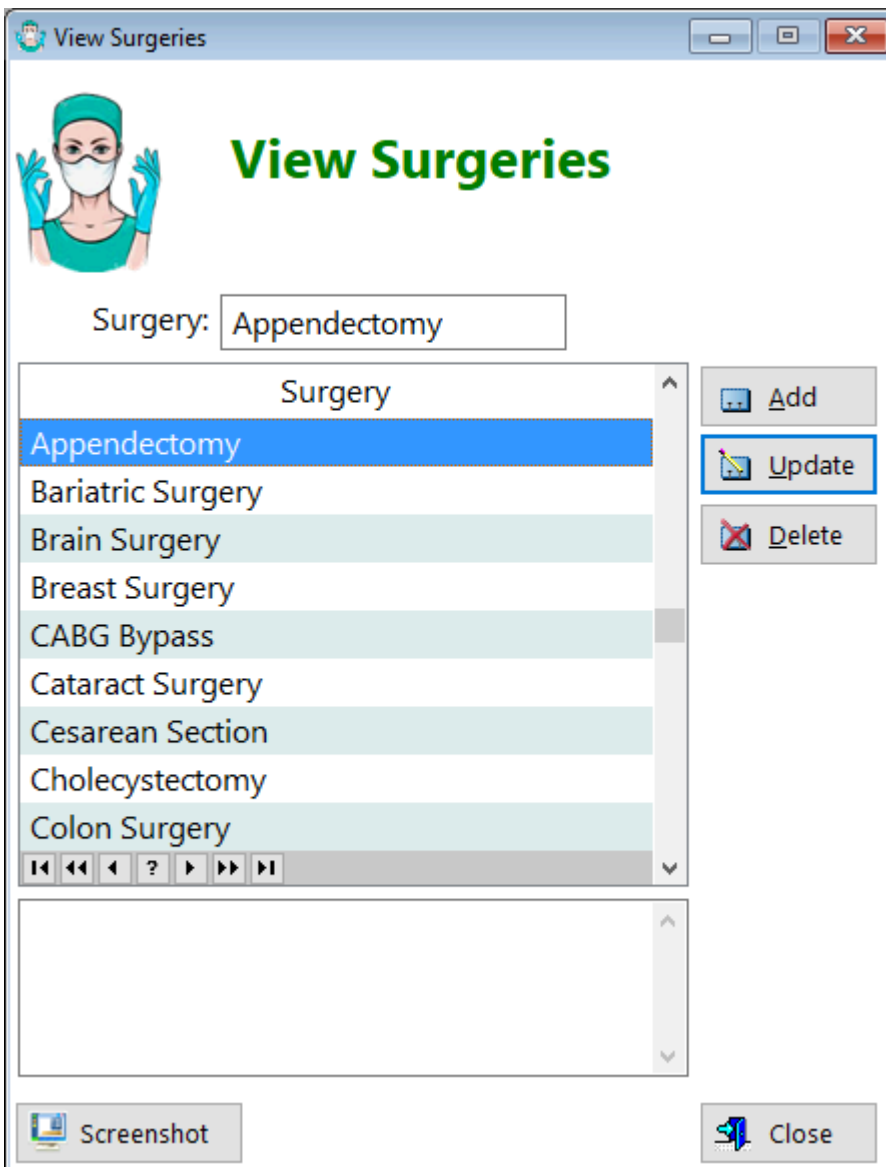
HelpID: Supplements

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.



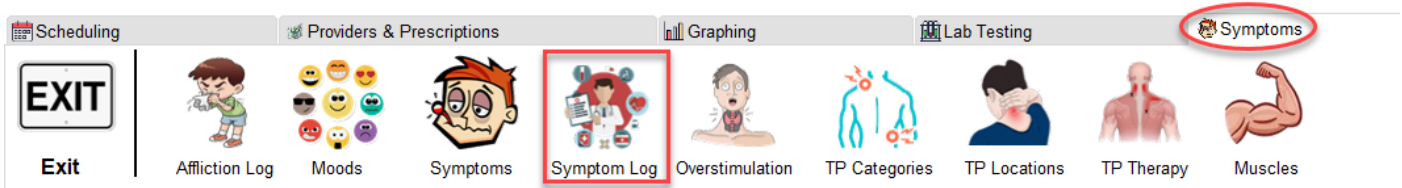
Surgery - Displays the name of the surgery

[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.

View Symptom Log

Symptom Log

Current Weekly Log Records All Records

	Gr	Date	Symptom (Click to Sort)	P	Severity		Occurrence	Improvement
					Level	Description		
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Abdominal Distension	<input checked="" type="checkbox"/>	1	Mild	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Blurred vision	<input checked="" type="checkbox"/>	7	Moderate	Intermittent	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Chronic Fatigue	<input checked="" type="checkbox"/>	4	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Cold feet	<input type="checkbox"/>	5	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Cold hands	<input checked="" type="checkbox"/>	7	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Deafness	<input type="checkbox"/>	3	Mild	Intermittent	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Dry eyes	<input type="checkbox"/>	8	Severe	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Insomnia	<input checked="" type="checkbox"/>	7	Moderate	Intermittent	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Muscles and joint pain	<input checked="" type="checkbox"/>	6	Moderate	Constant	No Change
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	4/20/2023	Tinnitus	<input checked="" type="checkbox"/>	8	Severe	Constant	No Change

Setup Graphing Monitoring Delete Records

Display Priority Symptoms

Setup Graph Set as Priority Tag All Untag All Show Tagged

Total: 10

It doesn't matter what I eat, I always feel bloated afterwards

Screenshot
Close

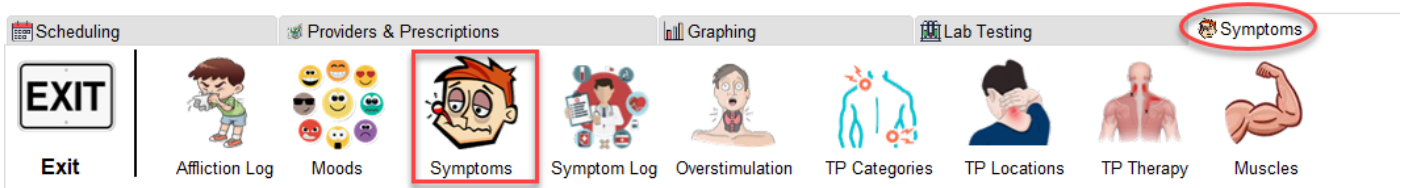
See also...

- [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.

View Symptoms
[-] [max] [x]

Symptoms List

Lookup:

Monitored Not Monitored

	Symptom	Category	Nts	Thy	Adr	P	Severity		Occurrence
							Level	Description	
<input checked="" type="checkbox"/>	Abdominal Distension	Digestion	N	🍷	🔴	P	7	Moderate	Constant
<input type="checkbox"/>	Blurred vision	Eyes	N	🍷		P	2	Mild	Intermittent
<input type="checkbox"/>	Chronic Fatigue	Energy Level and Sleep		🍷		P	5	Moderate	Constant
<input type="checkbox"/>	Cold feet	Body Temperature					5	Moderate	Constant
<input type="checkbox"/>	Cold hands	Body Temperature		🍷			7	Moderate	Constant
<input type="checkbox"/>	Deafness	Ears		🍷			3	Mild	Intermittent
<input type="checkbox"/>	Dry eyes	Eyes	N				8	Severe	Constant
<input type="checkbox"/>	Insomnia	Energy Level and Sleep	N	🍷	🔴	P	5	Moderate	Intermittent
<input type="checkbox"/>	Muscles and joint pain	Pain					7	Moderate	Constant
<input type="checkbox"/>	Tinnitus	Ears		🍷			8	Severe	Constant

⏪ ⏩ ⏴ ⏵ ?

 Show All
 Priority
 Thyroid
 Adrenal
 Notes
 Total: 10

Stop Monitoring
Priority
Copy to Symptom Log
Print
Tag All
Untag All
Show Tagged

Source: <http://hypothyroidmom.com/300-hypothyroidism-symptoms-yes-really/>

It doesn't matter what I eat, I always feel bloated afterwards

Screenshot
Close

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.

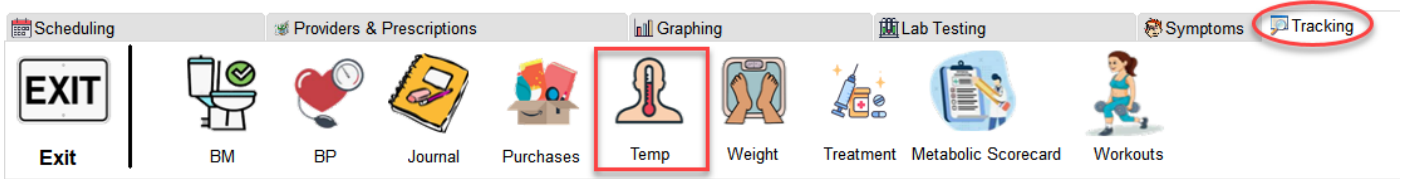
See also...

- [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.

View Temperature Readings

Body Temperature Readings

Today Yesterday Past 5 Days Select a Range All Readings

Excluded readings are present but not counted or averaged

Tag	Date	Time	Exc	Bas	Nts	Temp
<input checked="" type="checkbox"/>	4/21/2017	9:00AM	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	96.80
<input type="checkbox"/>	4/21/2017	12:00PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	96.40
<input type="checkbox"/>	4/21/2017	3:00PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97.20
<input type="checkbox"/>	4/22/2017	9:00AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97.60
<input type="checkbox"/>	4/22/2017	12:00PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97.50
<input type="checkbox"/>	4/22/2017	3:00PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97.70
<input type="checkbox"/>	4/23/2017	9:00AM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97.20
<input type="checkbox"/>	4/23/2017	12:00PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	97.30

Basal

Basal readings are present but not counted or averaged

Readings:

46

Avg Temp

98.00

really low

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

⚠ **Overdue** Thyroid Tests Total Records: 25 ? Help ⏻ Close

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

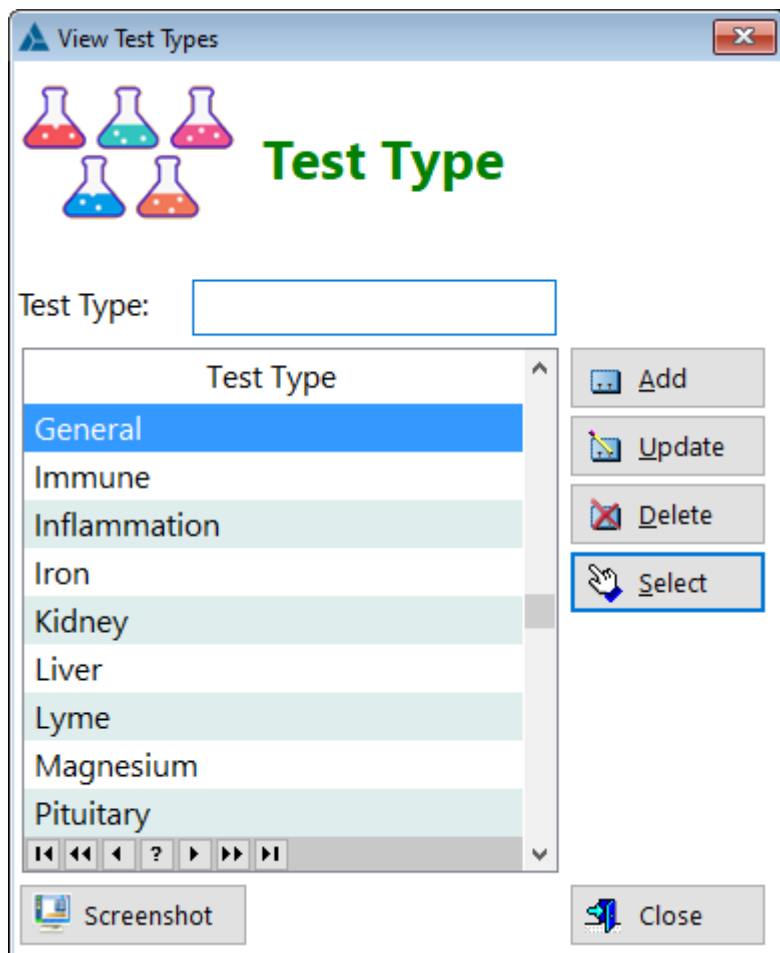
High - Displays the upper normal range of this test

Thyroid Tests(checkbox) - Checking this box will display only thyroid-related blood tests

Total Records - Displays how many tests you intend to have performed

Test Type

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



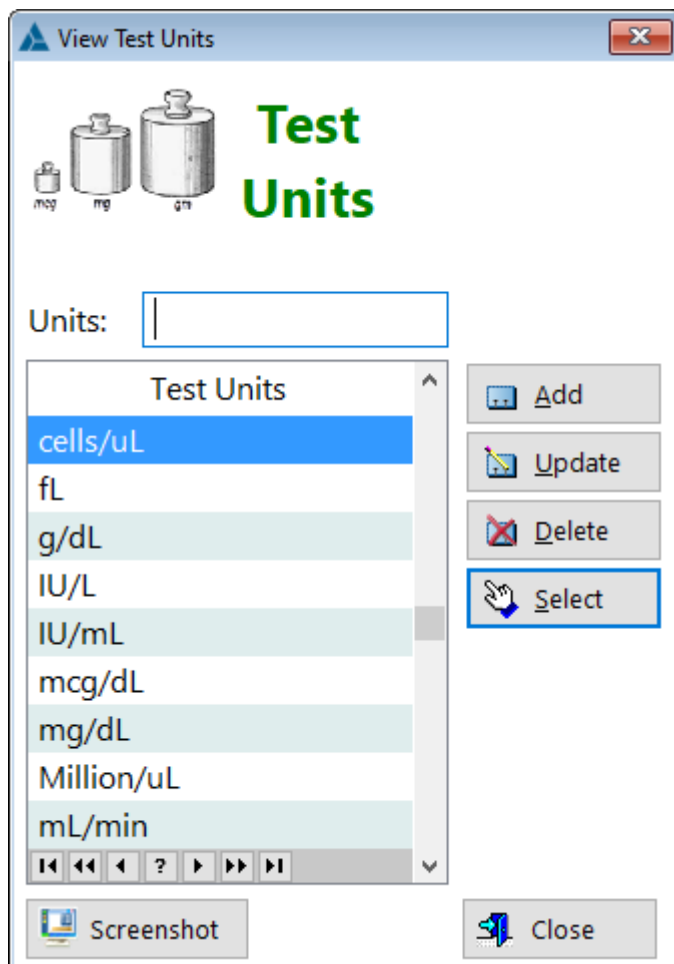
See also...

- [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	↓					<input type="checkbox"/>	↓	
Amiodarone	↕	↕	↓			<input checked="" type="checkbox"/>	↕	
Anabolic Steroids				↓		<input type="checkbox"/>	↓	↔
Androgens				↓		<input type="checkbox"/>	↔	↔
Beta Blockers	↓a	↓a	↓a	↓b		<input checked="" type="checkbox"/>		
Calcium Carbonate/Citrate	↓					<input type="checkbox"/>	↓	
Carbamazepine			↑	↓		<input checked="" type="checkbox"/>	↓	↕
Cholestyramine	↓					<input type="checkbox"/>	↓	
Cimetidine	↓					<input type="checkbox"/>	↓	
Colsevelam	↓					<input type="checkbox"/>	↓	
Dopamine					↓	<input type="checkbox"/>	↓	
Ethinyl Estradiol				↑		<input type="checkbox"/>	↑	
Ferrous Sulfate	↓					<input type="checkbox"/>	↓	
Flurouracil				↑		<input type="checkbox"/>	↑	
Furosemide (high dose)				↓		<input type="checkbox"/>	↓	↑
Glucocorticoids			↓	↓	↓	<input type="checkbox"/>	↓	
Heparin				↓		<input type="checkbox"/>	↓	

Monitor Thyroid Function

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

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

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

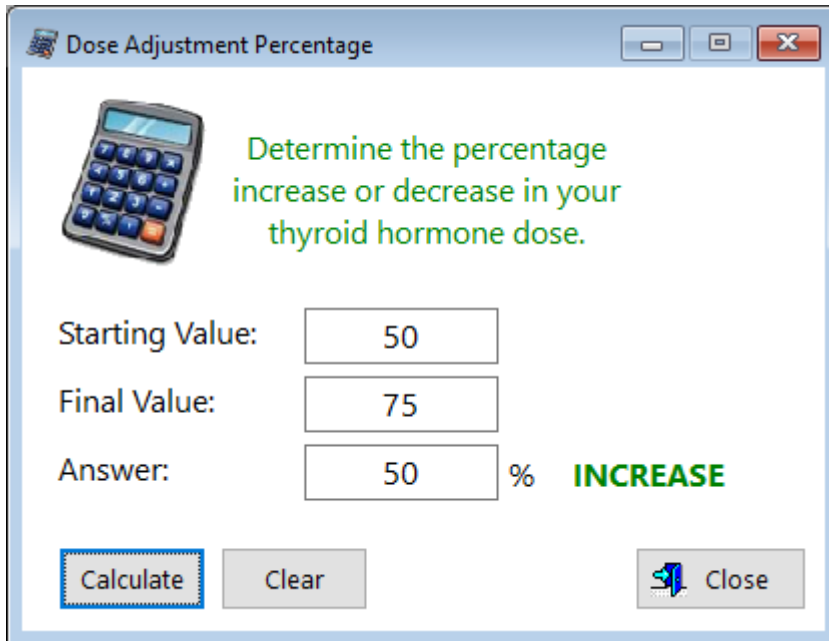
See also...

- [UpdateThyroidAntagonist](#)

HelpID: ThyroidAntagonists

Thyroid Calc

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



Dose Adjustment Percentage

Determine the percentage increase or decrease in your thyroid hormone dose.

Starting Value: 50

Final Value: 75

Answer: 50 % **INCREASE**

Calculate Clear Close

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.

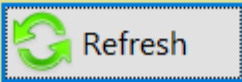
Thyroid Test Result Calculator

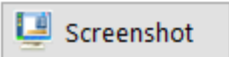
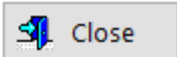
This calculator allows you to check how far through the reference range your test results are.

-Percentages displayed in red indicate that the result lies outside of the reference range

	Reference Range			Units
TSH	<input type="text" value="0.010"/>	<input type="text" value="0.300"/>	<input type="text" value="3.000"/>	mIU/L
	Percentage through reference range: -10.74 %			
FT4	<input type="text" value="1.80"/>	<input type="text" value="0.80"/>	<input type="text" value="1.80"/>	ng/dL <input type="button" value="v"/>
	Percentage through reference range: 100.00 %			
FT3	<input type="text" value="3.90"/>	<input type="text" value="2.30"/>	<input type="text" value="4.20"/>	pg/mL <input type="button" value="v"/>
	Percentage through reference range: 84.21 %			

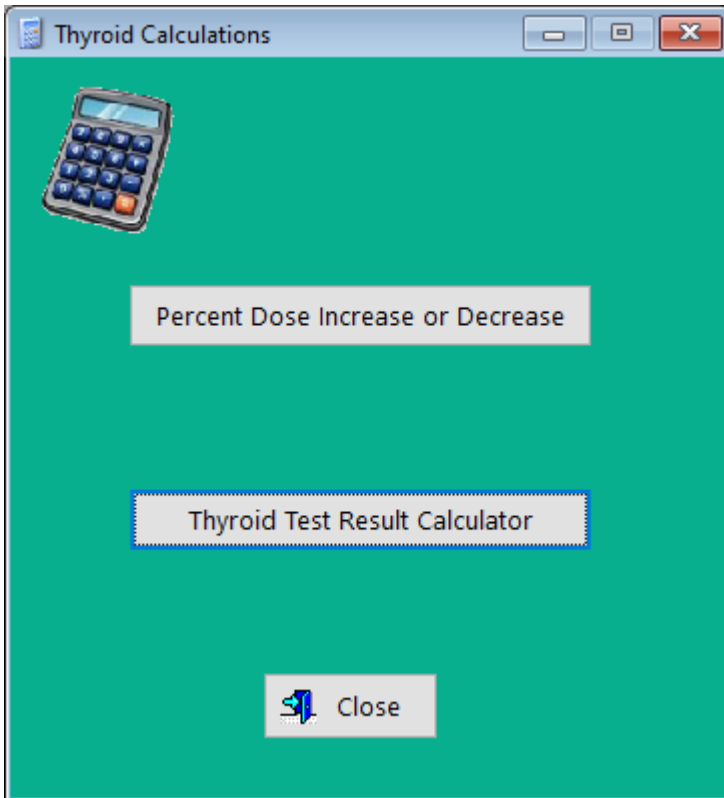
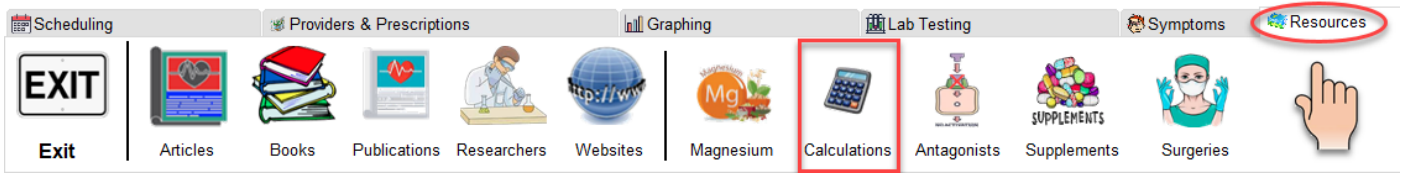
You must Refresh the window each time you change the values

 Refresh

 Screenshot  Close

HelpID: ThyroidCalc2

Thyroid Calculations



See also...

- [ThyroidCalc](#)
- [ThyroidCalc2](#)

HelpID: ThyroidCalculations

Thyroid Meds TSH Test

HelpID: ThyroidMedsTSHTest

Thyroid Meds BT Wt

Scheduling Providers & Prescriptions **Graphing** Lab Testing Symptoms Tracking Reports Resources Maintenance

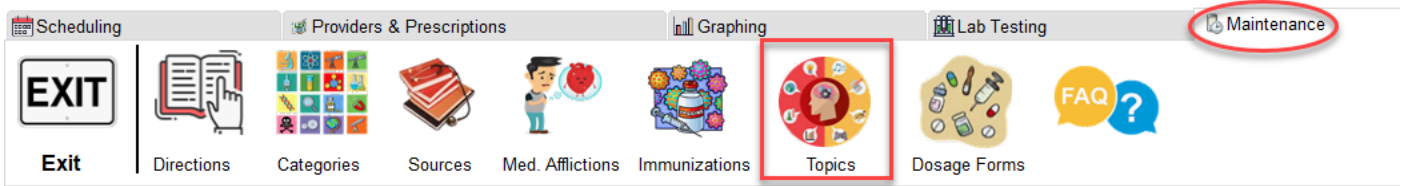
EXIT TSH,FT4,FT3 TSH Only All T Tests **Med,Wt,BT** B.P. Iron Factors B12,Ferritin, Folate,Vit D



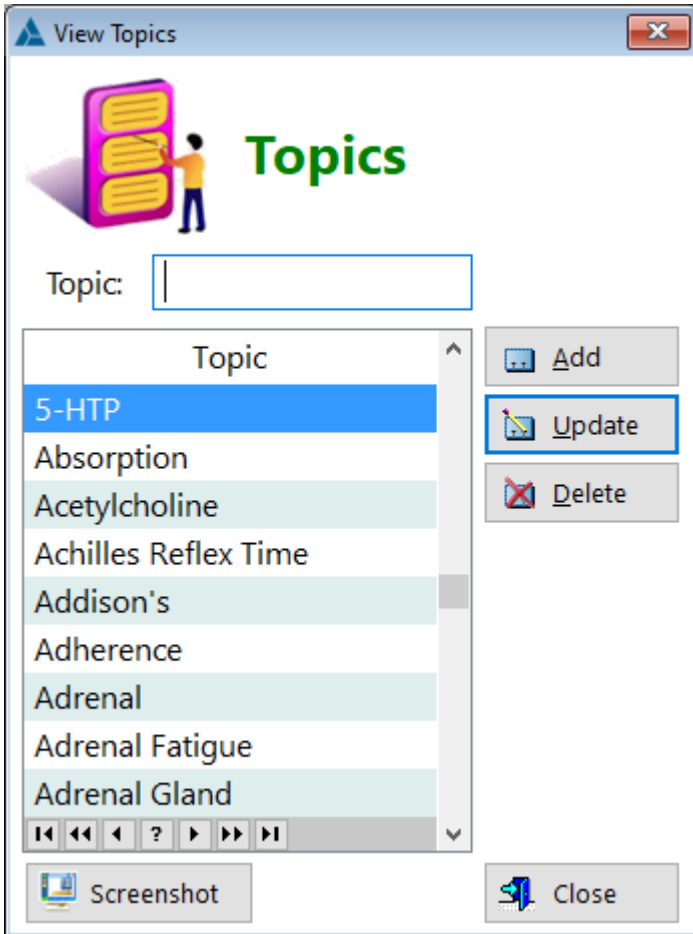
HelpID: TMedSBTWt

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



Update Articles

NOTE: The Article Field is sometimes a brief description of the Full Title

Article **Notes**

Article: Same as Full Title

Full Title:

Author No: **Tom Brimeyer**

Filename:

URL:

Keywords:

Publication: **ForeFront Health**

Issue: Year Published:

Topic: **Hypothyroidism**

Recommended Flag PDF **Completed**

Topic - Displays the name of the topic

[UpdateTopic](#)

HelpID: Topics

Trigger Point Categories

Scheduling Providers & Prescriptions Graphing Lab Testing **Symptoms**

EXIT Affliction Log Moods Symptoms Symptom Log Overstimulation **TP Categories** TP Locations TP Therapy Muscles

View Trigger Point Categories

(1)View Trigger Point Categories

Category:

Category

- Chest, Abdominal, And Genital Pain
- Elbow, Forearm, And Hand Pain
- Foot Pain
- Head And Neck Pain**
- Hip, Thigh, And Knee Pain
- Lower Leg, Ankle, And Foot Pain
- Mid Back, Low Back, And Buttock Pain
- Shoulder, Upper Back, And Upper Arm

Trigger Point Location

- Crown Headache**
- Frontal Headache
- Temple Headache
- Eye Pain
- Sinus Pain
- Ear And Jaw Pain
- Tongue Pain
- Toothache
- Throat Pain
- Side Of Neck Pain

Select a Trigger Point Location Loc: 12

Close

1

HelpID: TPCategories

Trigger Point Locations

Scheduling Providers & Prescriptions Graphing Lab Testing **Symptoms**

EXIT Affliction Log Moods Symptoms Symptom Log Overstimulation TP Categories **TP Locations** TP Therapy Muscles

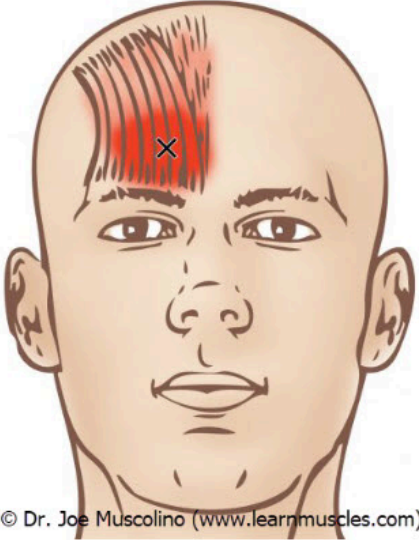
View Trigger Point Locations

View Trigger Point Locations

Frontal Headache

Tag	Muscle	Body Area
<input checked="" type="checkbox"/>	frontalis	Head
<input type="checkbox"/>	levator labii	Face
<input type="checkbox"/>	semispinalis capitis	Neck
<input type="checkbox"/>	sternocleidomastoid	Neck
<input type="checkbox"/>	zygomaticus	Face

5



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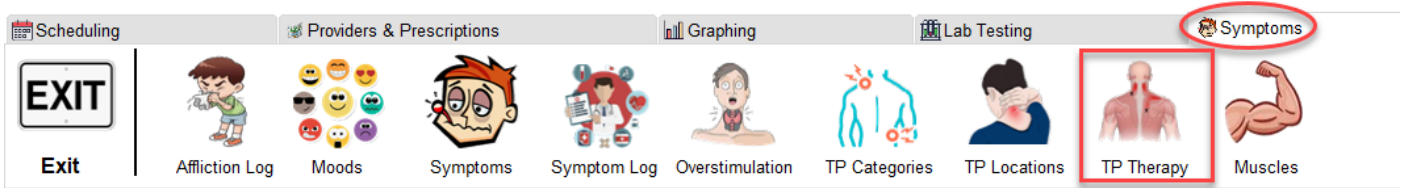
Back Next Tag All Untag All Show Tagged Cancel

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



Muscle:

Trigger Point Therapy

Active trigger points (ATrPs) usually produce referred pain and tenderness. In contrast, latent trigger points (LTrPs) are foci of hyperirritability in a taut band of muscle, which are clinically associated with a local twitch response, tenderness and/or referred pain upon manual examination.

Active/Latent Inactive

T	Muscle	Side	Pri	Body Area
<input type="checkbox"/>	masseter	Both Sides	<input type="checkbox"/>	Jaw
<input type="checkbox"/>	rectus abdominis	Left Side	<input type="checkbox"/>	Abdominal
<input type="checkbox"/>	scalenes	Both Sides	<input checked="" type="checkbox"/>	Neck
<input type="checkbox"/>	splenius cervicis	Both Sides	<input type="checkbox"/>	Neck
<input type="checkbox"/>	sternocleidomastoid	Both Sides	<input checked="" type="checkbox"/>	Neck
<input type="checkbox"/>	suboccipitals	Both Sides	<input type="checkbox"/>	Neck

Update | Make Inactive | Not Priority | Print | Active: 9 | Priority

Query | Tag All | Untag All | Show Tagged

O	Date	Time	Dur	Side	Method
<input checked="" type="checkbox"/>	9/05/2022	11:41AM	1	Left	Hands/Fingers
<input checked="" type="checkbox"/>	9/05/2022	12:00PM	1	Right	Hands/Fingers

Add | Update | Delete

Only actually did the left side

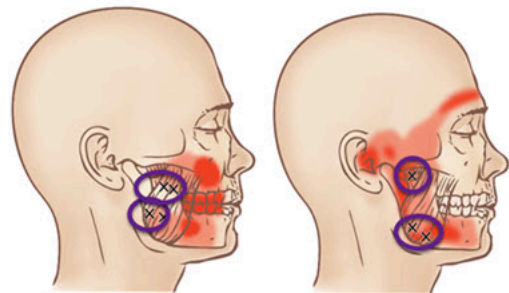
TP Location

Ear And Jaw Pain

Eye Pain

Sinus Pain

Toothache



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\tpimages\Masseter.jpg

4 Pain Locations

Screenshot

Close

3

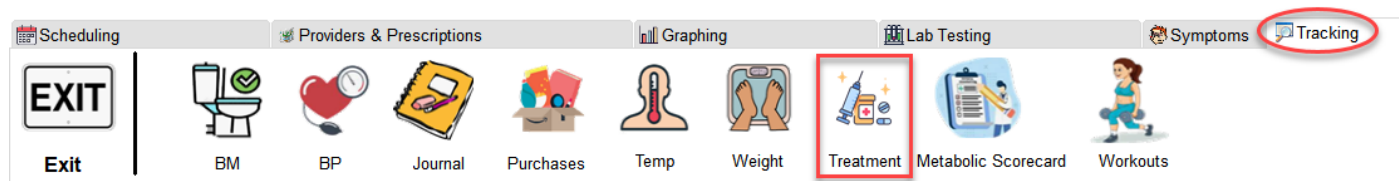
See also...

- [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

View Treatment Plans
[-] [x]

Treatment Log

Current Treatment Plan

Previous Treatment Plans

TxNo	Start Date	Tx Plan Description	T4 Amt	Ratio	A	Planned	T4-	Adjust	NewT4 Amt
	End Date	Plan Description	T3 Amt			Actual	T3-	Adjust	NewT3 Amt
66	9/30/2020	NP Thyroid 90mg daily	57.00	4.22		98			57.00
	10/15/2020		13.50			16	↑	12.50	26.00
67	10/16/2020	NP Thyroid 90mg + Liothyronine 12.5mcg	57.00	2.19		98	↓	-7.00	50.00
	5/21/2021		26.00			218	↓	-1.00	25.00
68	5/22/2021	Levothyroxine 50mcg qd + Liothyronine 12.5mcg bid	88.00	6.29		84	↑	25.00	113.00
	6/29/2021	Raise T4, see if I can get good conversion	14.00			39			14.00
69	6/30/2021	Levothyroxine 75mcg / Liothyronine 12.5mcg bid	75.00	3.00		49	↑	25.00	100.00
	8/16/2021	Increase Levo, check for sufficient conversion	25.00			48	↓	-15.00	10.00
70	8/17/2021	Levothyroxine 100mcg/ Liothyronine 10mcg	63.00	4.50		56	↑	25.00	88.00
	9/26/2021	Increase Levo	14.00			41			14.00
71	9/27/2021	Levothyroxine 125mcg/ Liothyronine 10mcg	125.00	12.50	👉	84	↑	25.00	150.00
	4/03/2022	Increase Levo	10.00			189			10.00
72	4/04/2022	Levothyroxine 150mcg / Liothyronine 10mcg	150.00	15.00	👉	56			150.00
	5/16/2022	Continue raising Levothyroxine to raise both FT4 and FT3	10.00			43	↓	-5.00	5.00

⏪ ⏩ ? ⏴ ⏵

I picked up my latest prescription and saw that the Liothyronine was reduced to 5mcg daily. I'm okay with that.

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

Treatment Log

TxNo	Start Date	Tx Plan Description	T4 Amt	Ratio	A	Planned	T4- Adjust	NewT4 Amt
	End Date	Plan Description	T3 Amt			Actual	T3- Adjust	NewT3 Amt
73	5/17/2022	Levothyroxine 150mcg and Liothyronine 5mcg	150.00	30.00		336		
	/ /	T3 lowered to 5mcg daily. Observe symptoms	5.00			294		

Sleep has improved slightly, trigger points continue to occur in different areas, currently there is moderate pain in my left wrist. No anxiety caused by sounds. I can perform mild exercise (pushups, squats). Moderate weight loss due to nutritional changes.

See also...

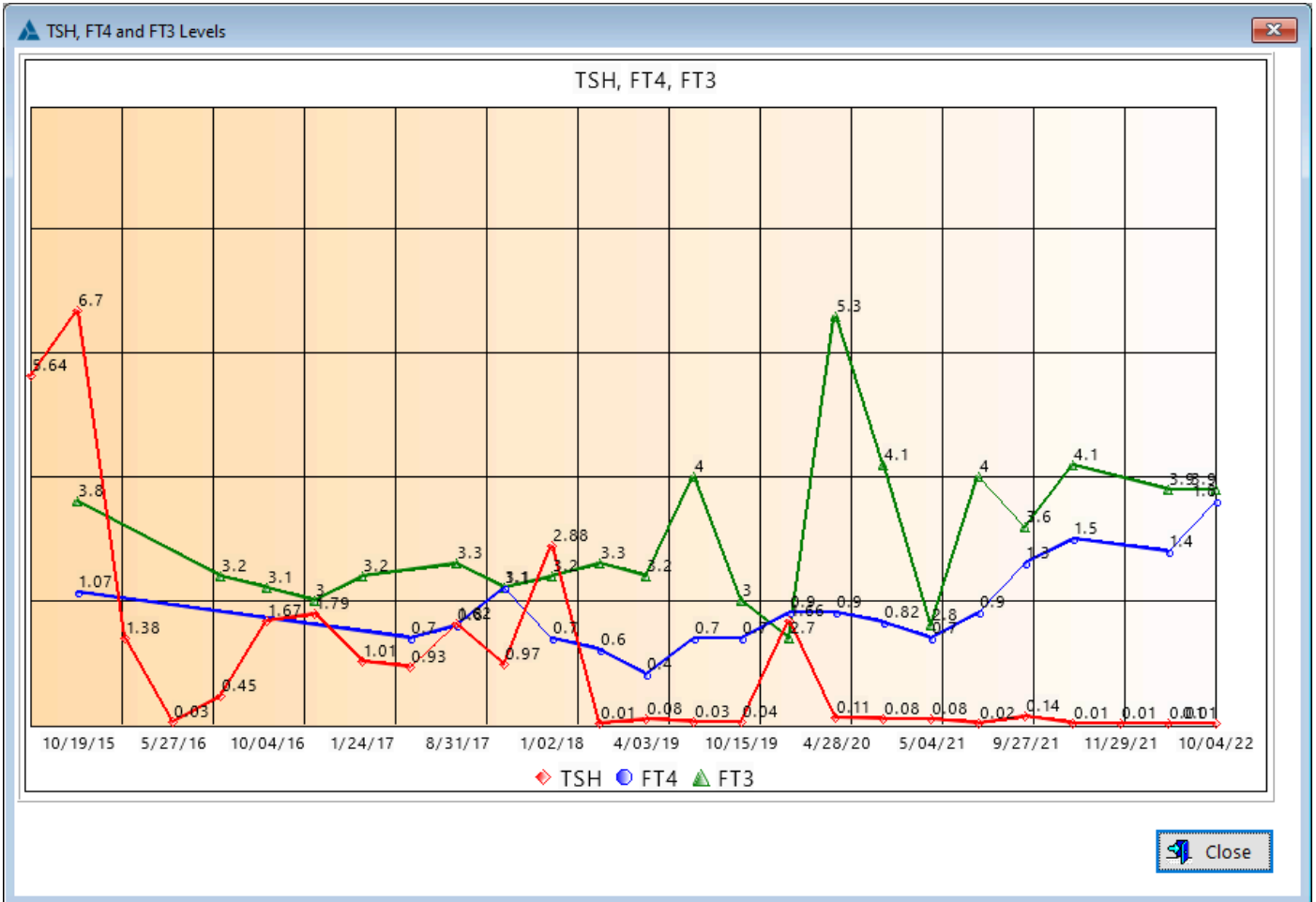
- [UpdateTxLog](#)

HelpID: TreatmentLog

TSH Ft4 Ft3 Graph

Scheduling Providers & Prescriptions **Graphing** Lab Testing Symptoms Tracking Reports Resources Maintenance

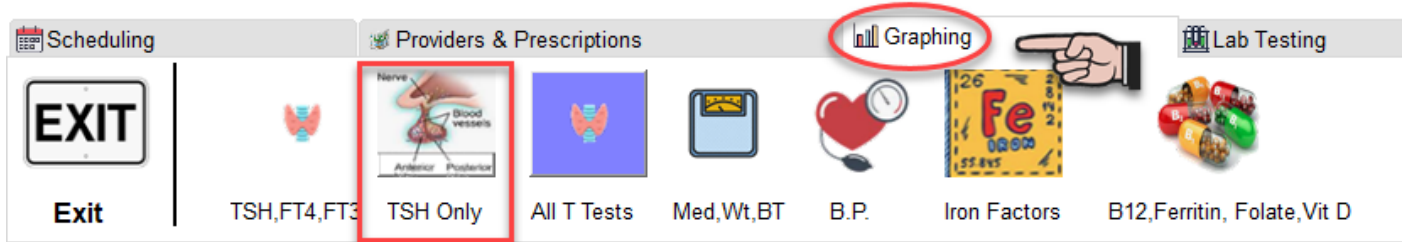
EXIT **TSH,FT4,FT3** TSH Only All T Tests Med,Wt,BT B.P. Iron Factors B12,Ferritin, Folate, Vit D



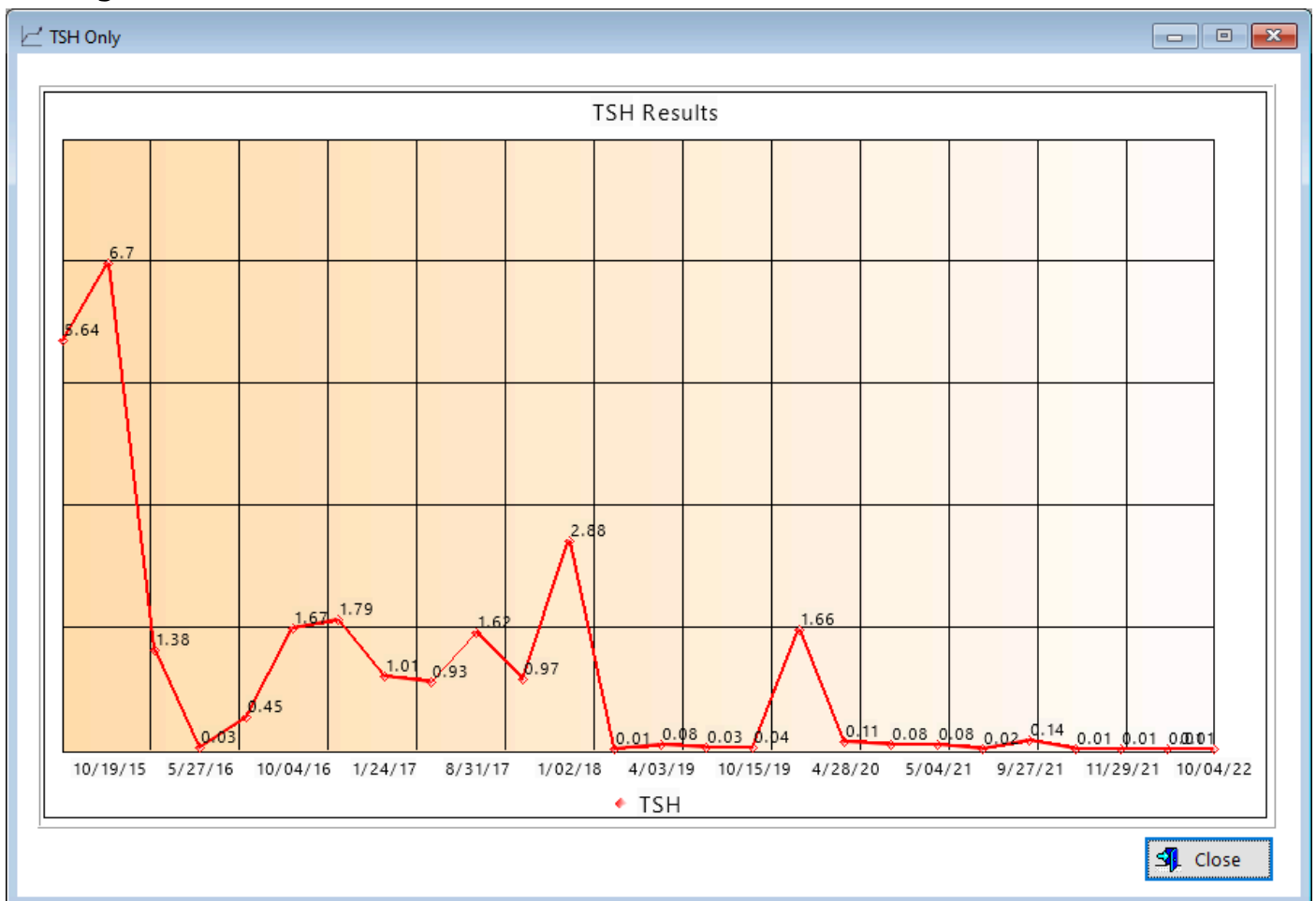
HelpID: TSHft4ft3

TSHOnly

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



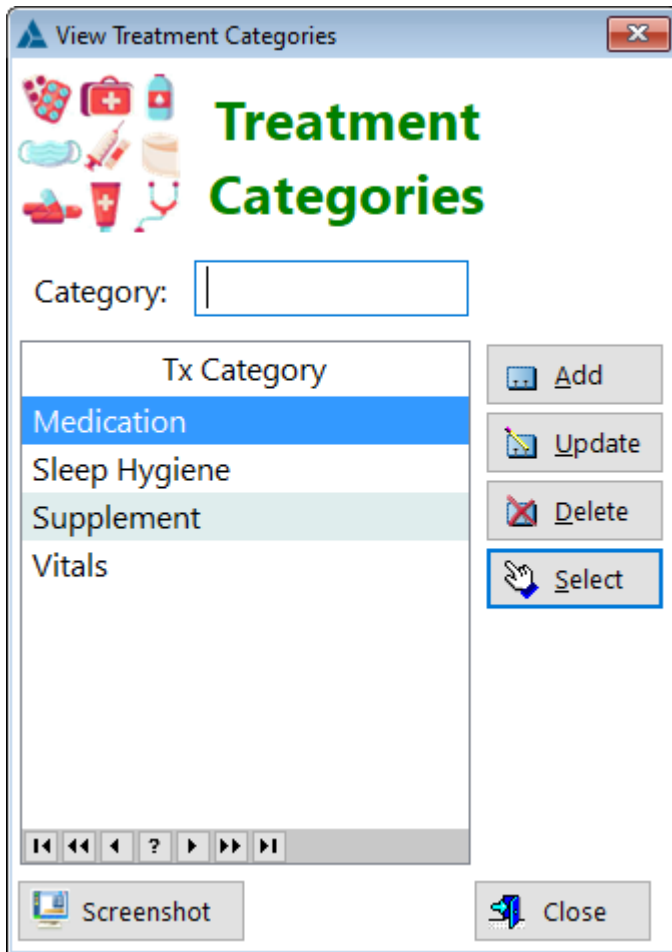
The TSH graph depicts your TSH levels over time. The data is pulled from the Lab Testing modules.



HelpID: TSHOnly

Tx Categories

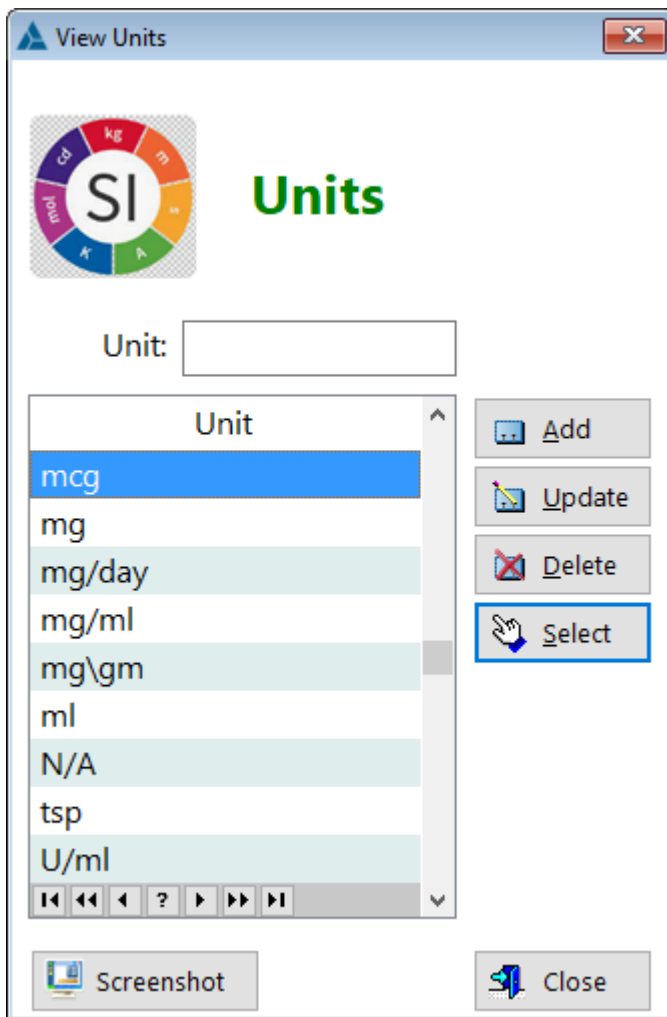
The Treatment Categories table displays



[UpdateTxCategories](#)

HelpID: TxCategories

Units



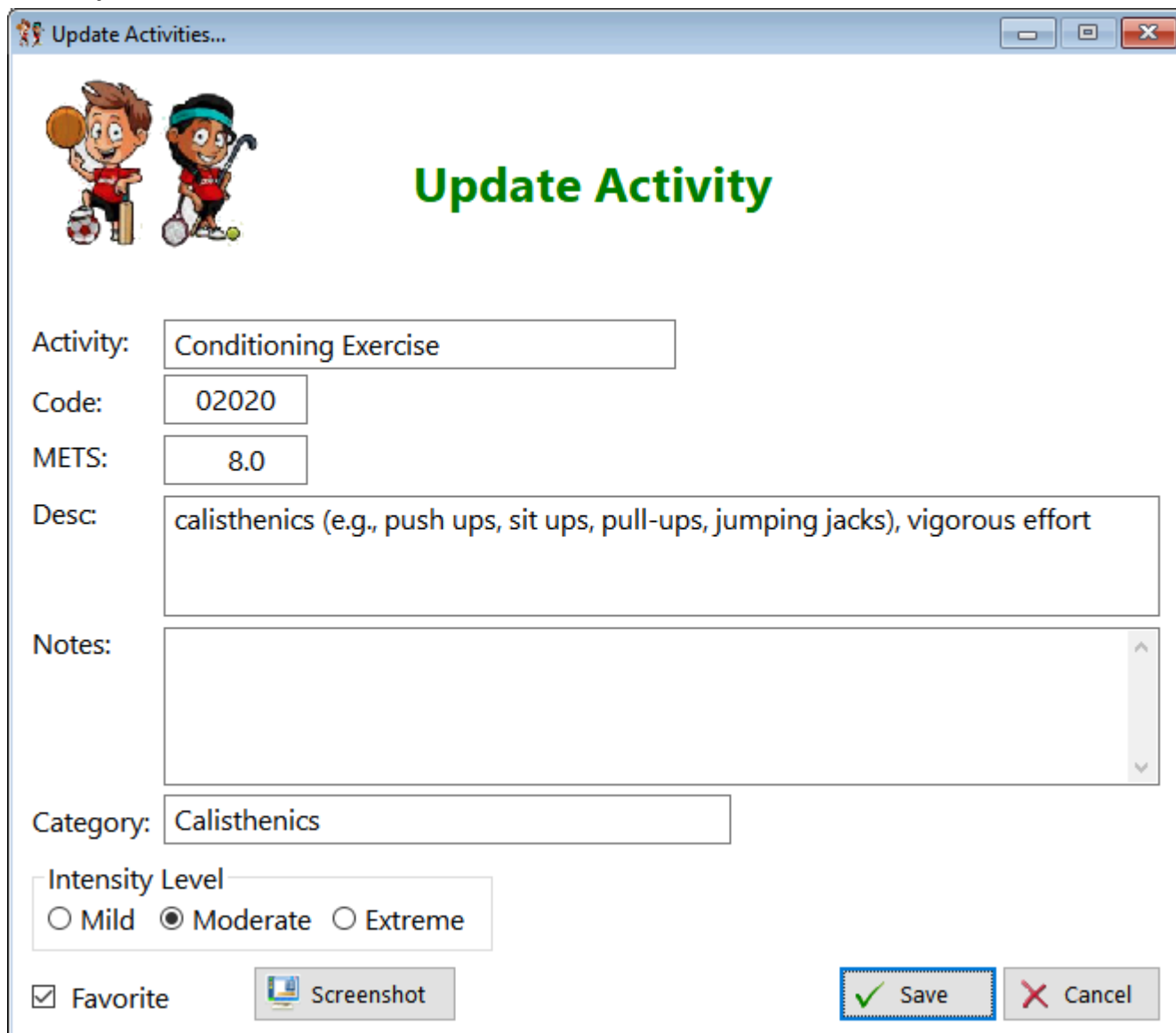
See also...

- [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.



Update Activity

Activity: Conditioning Exercise

Code: 02020


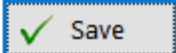
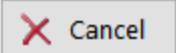
METS: 8.0

Desc: calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort

Notes:

Category: Calisthenics

Intensity Level
 Mild Moderate Extreme

Favorite  Screenshot  Save  Cancel

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

Update Adrenal Saliva

Update Saliva Tests...

Update Adrenal Saliva Record

Test Kit Purchase **Cortisol**

Ordering

Purchased: 4/13/2020

Company **ZRT Laboratory**

Order No: 2020 04 28 256 S

Price: \$135.00

Shipping

Received:

Mailed:

Processing

Received: 4/28/2020

Report Date: 5/05/2020

Change URL

URL: https://www.mymedlab.com/

Notes

Screenshot Save Cancel

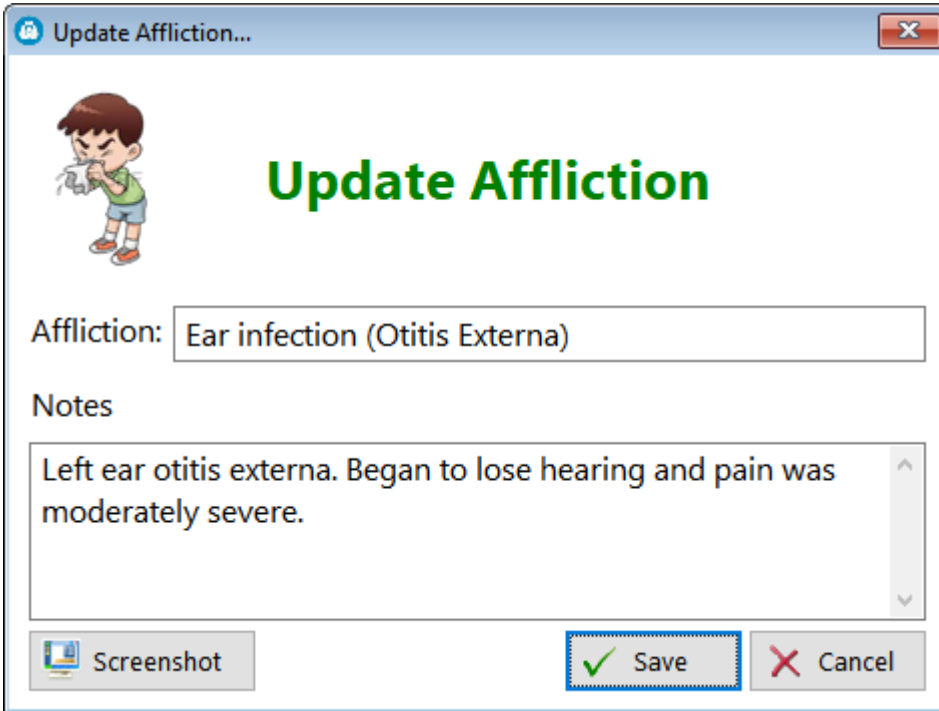
See also...

- [TestUnits](#)


HelpID: UpdateAdrenalSaliva

Update Affliction

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



Update Affliction...



Update Affliction

Affliction: Ear infection (Otitis Externa)

Notes

Left ear otitis externa. Began to lose hearing and pain was moderately severe.

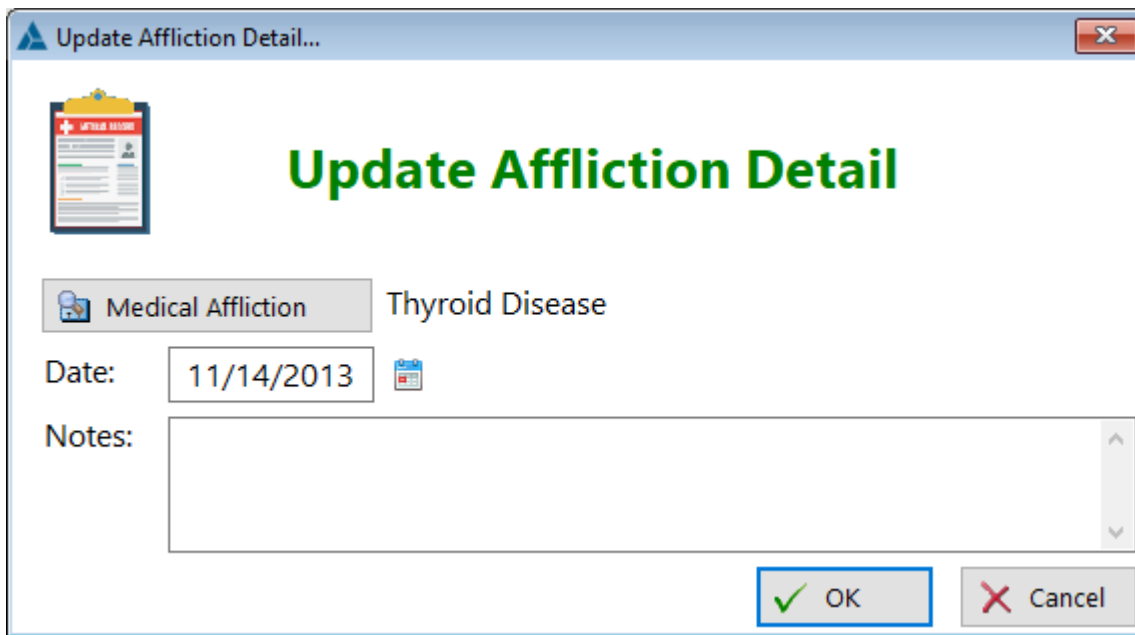
Screenshot Save Cancel

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



Update Affliction Detail...

Update Affliction Detail

Medical Affliction: Thyroid Disease

Date: 11/14/2013

Notes:

OK Cancel


See also...

- [MedicalAfflictions](#)

HelpID: UpdateAfflictionDetl

Update Affliction Log

Update Afflictions...



Update Affliction Log

Affliction Definition: Something which causes pain, suffering, distress or agony


Affliction Notes


Select the affliction

Type Of Affliction
 Illness Infection Injury Other

Cause of Affliction:

Severity Level:

Date Started: 

Date Ended: 

Medications Required

Med Assistance Required

Type Of Med Assistance
 Physician Urgent Care Clinic Other

Resolved

See also...

- [Affliction](#)

HelpID: UpdateAfflictionLog

Update Affliction Log Detail

Update Affliction Details...

Update Afflictions Detail

Date: 12/21/2022 Time: 6:40AM

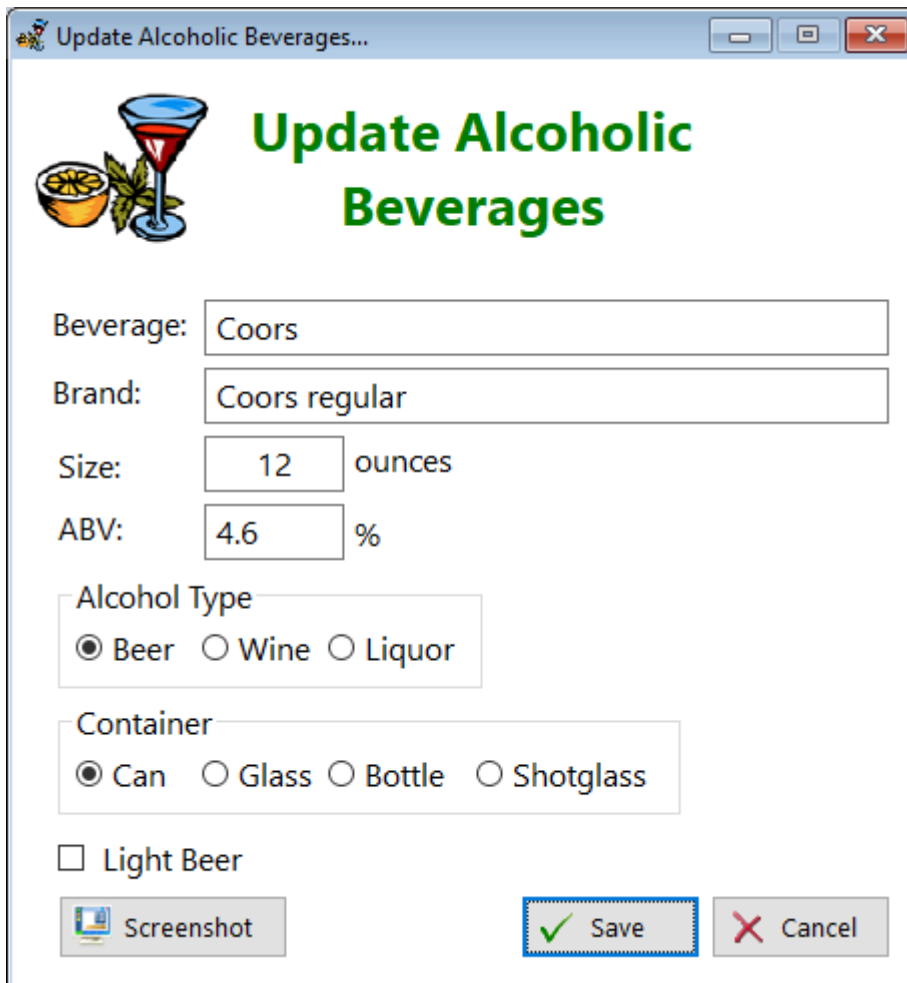
Another low sleep night.
My sinuses are still affected, as my voice still sounds like I have a cold
More saline lavages, every 4 hours

OK Cancel


HelpID: UpdateAffLogDetail

Update Alcoholic Beverages

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



Update Alcoholic Beverages...

 **Update Alcoholic Beverages**

Beverage:

Brand:




Size: ounces

ABV: %

Alcohol Type
 Beer Wine Liquor

Container
 Can Glass Bottle Shotglass

Light Beer

 Screenshot  Save  Cancel

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

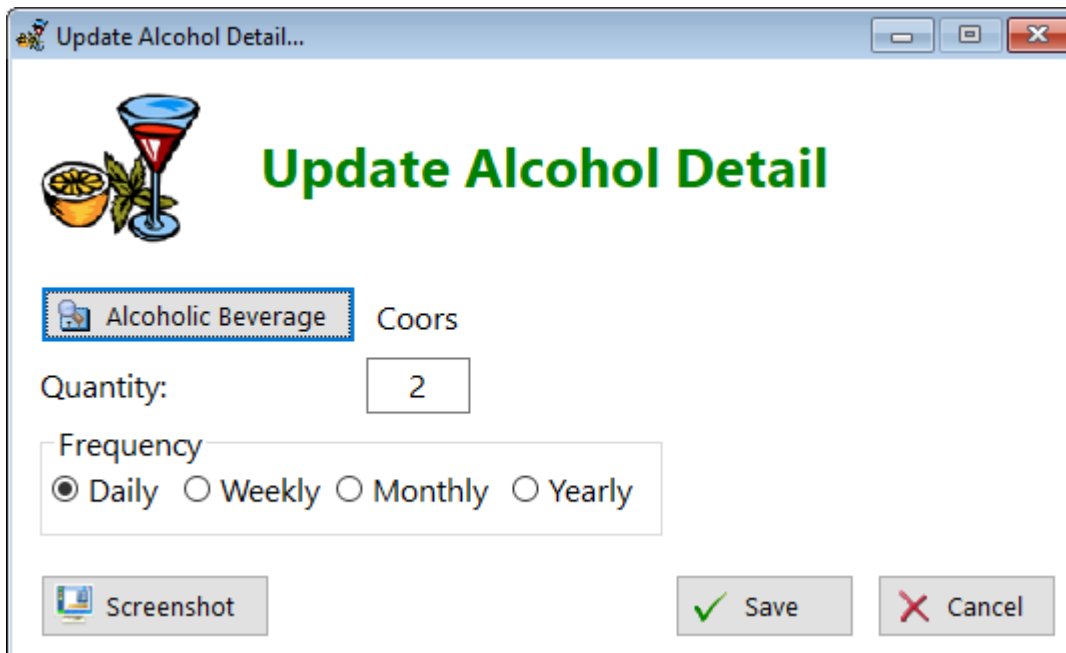
Container - Select the type of container you purchase

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



Update Alcohol Detail...




 **Update Alcohol Detail**

 Alcoholic Beverage Coors

Quantity:

Frequency

Daily Weekly Monthly Yearly

 Screenshot  Save  Cancel

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

Update Allergy

Allergy:

Reaction Type

- Skin This can include a rash, hives, or swelling of the skin.
- Respiratory This can include coughing, wheezing, shortness of breath, or difficulty breathing.
- Gastrointestinal This can include nausea, vomiting, diarrhea, or abdominal pain.
- Cardiovascular This can include a drop in blood pressure, dizziness, or fainting.
- Anaphylaxis This can cause multiple symptoms at once, including difficulty breathing, swelling of the throat or tongue, rapid pulse, and loss of consciousness.
- Other

Reaction:

Severity

- Mild Grade 1 - Symptoms that usually go away on their own, such as a rash or hives.
- Moderate Grade 2 - Symptoms such as swelling of the face, lips or tongue, or breathing difficulties.
- Severe Grade 3 - Symptoms that are life-threatening, such as anaphylaxis or shock.

Notes

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

Update Appointment...

Update Appointment List

Appointment

Appt Date: 7/28/2022

Appt Time: 11:30AM

Doctor: Doctor

Reason: Ultrasound

Condition: Condition **Cancer Treatment**

Notes

Status

Scheduled

Completed

Cancelled

Billing Information

Description	Category	Qty	Cost	Extension
-------------	----------	-----	------	-----------

Total: \$0.00

Buttons: Add, Update, Delete, Screenshot, OK, Cancel

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.



The screenshot shows a window titled "Update Articles..." with a blue header bar. Below the header, there is a small icon of a book and the title "Update Articles" in green. A note below the title reads: "NOTE: The Article Field is sometimes a brief description of the Full Title". The form is divided into two tabs: "Article" (selected) and "Notes". The "Article" tab contains the following fields:

- Article:** A text box containing "10 Biggest Thyroid Mistakes Hypothyroidism Sufferers Make" with a checkbox "Same as Full Title" checked to its right.
- Full Title:** A text box containing the same text as the Article field.
- Author:** A button "Enter Author" followed by the text "Tom Brimeyer".
- Filename:** A text box containing "10 Biggest Thyroid Mistakes Hypothyroidism Sufferers Make.pdf" with a file icon to its right.
- URL:** An empty text box.
- Keywords:** An empty text box with a scroll bar.
- Publication:** A button "Publication" followed by the text "ForeFront Health".
- Issue:** An empty text box.
- Year Published:** A text box containing "2016".
- Topic:** A button "Topic" followed by the text "Hypothyroidism".

At the bottom of the form, there is a row of checkboxes: "Screenshot" (checked), "Recommended", "Flag", "PDF" (checked), and "Completed". To the right of these checkboxes are two buttons: "Save" (with a green checkmark) and "Cancel" (with a red X).

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

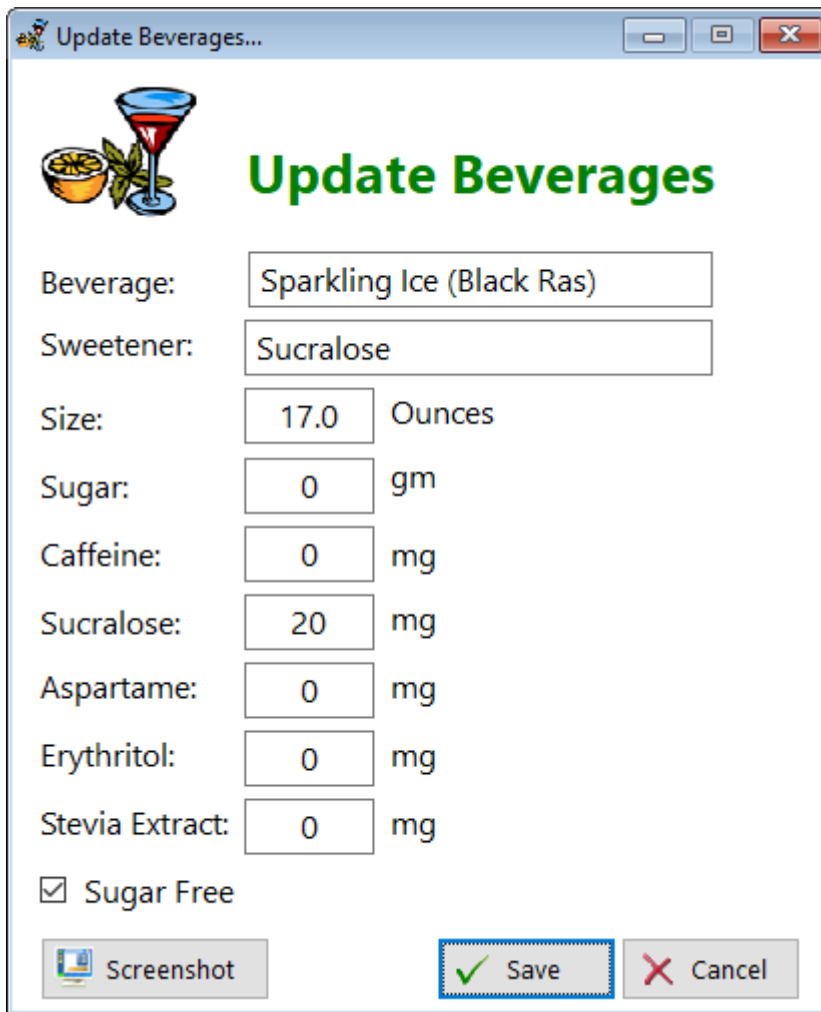
Update Authors



HelpID: UpdateAuthors

Update Beverages

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



Update Beverages

Beverage: Sparkling Ice (Black Ras)

Sweetener: Sucralose

Size: 17.0 Ounces

Sugar: 0 gm

Caffeine: 0 mg

Sucralose: 20 mg

Aspartame: 0 mg

Erythritol: 0 mg

Stevia Extract: 0 mg

Sugar Free

Buttons: Screenshot, Save, Cancel

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)

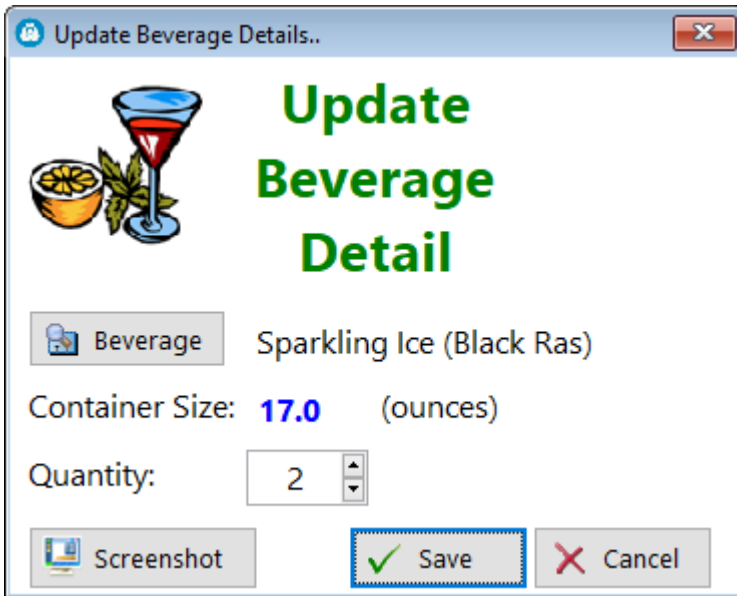
Stevia Extract - Enter the amount of Stevia found on the label.

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.



Update Beverage Details..

Update Beverage Detail

Beverage Sparkling Ice (Black Ras)

Container Size: 17.0 (ounces)

Quantity: 2

Screenshot Save Cancel

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.

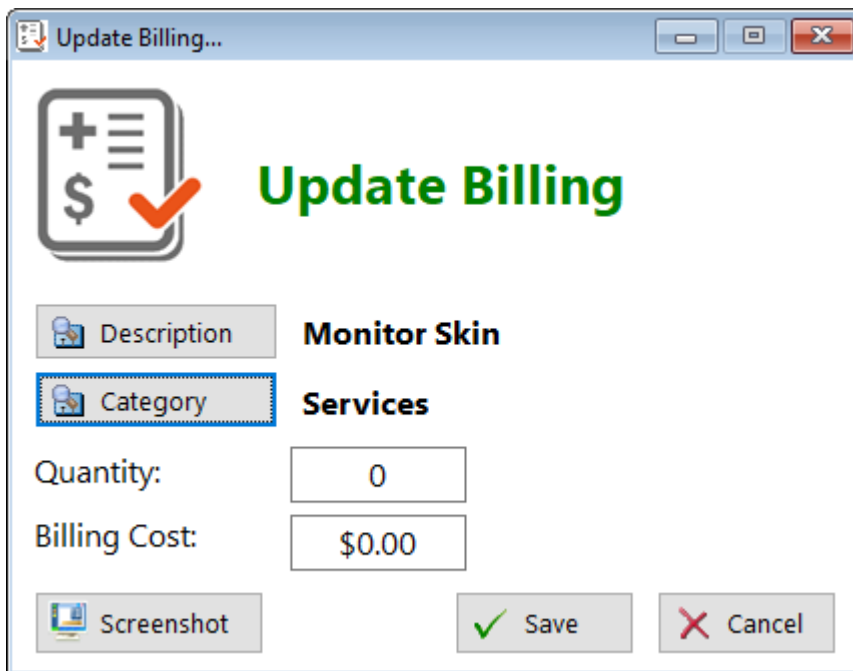
Click on **Save** to keep your data

See also...


- [Beverages](#)

HelpID: UpdateBeverageDetail

Update Billing



Update Billing...

 **Update Billing**

Description **Monitor Skin**

Category **Services**

Quantity:

Billing Cost:

Screenshot

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.

Update Blood Pressure

Date: 4/18/2023

Time: 6:58AM

Blood Pressure

Systolic: 130 Diastolic: 71

Heart Rate/Temperature

HR: 64 Temp: 0.00 Basal To Really Do Basal Temps

Arm

R L

Normal Basal Range

97.8 - 98.2° Fahrenheit

36.56 - 36.78° Centigrade

Note

Symptoms	
Symptom	Severity

Navigation: Add Change Delete Screenshot Save Cancel

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 -

View Symptoms

Symptoms List

Lookup:

Monitored Not Monitored

Symptom	Category	Nts	Thy	Adr	P	Severity		Occurrence
						Level	Description	
<input checked="" type="checkbox"/> Abdominal Distension	Digestion	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	7	Moderate	Constant
<input type="checkbox"/> Blurred vision	Eyes	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	2	Mild	Intermittent
<input type="checkbox"/> Chronic Fatigue	Energy Level and Sleep	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5	Moderate	Constant
<input type="checkbox"/> Cold feet	Body Temperature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	Moderate	Constant
<input type="checkbox"/> Cold hands	Body Temperature	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	Moderate	Constant
<input type="checkbox"/> Deafness	Ears	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	Mild	Intermittent
<input type="checkbox"/> Dry eyes	Eyes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	Severe	Constant
<input type="checkbox"/> Insomnia	Energy Level and Sleep	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	5	Moderate	Intermittent
<input type="checkbox"/> Muscles and joint pain	Pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	Moderate	Constant
<input type="checkbox"/> Tinnitus	Ears	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	Severe	Constant

Stop Monitoring Priority Copy to Symptom Log Show All Total: 10 Priority Thyroid Adrenal Notes

Desc:

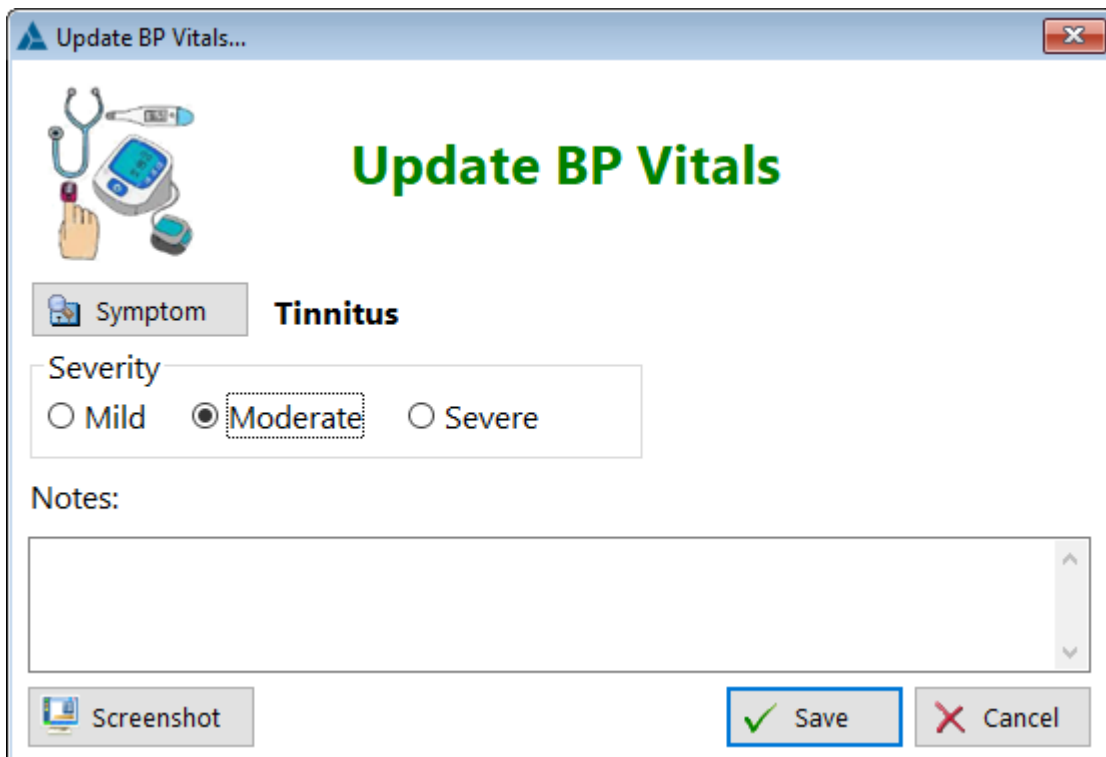
Source: <http://hypothyroidmom.com/300-hypothyroidism-symptoms-yes-really/>

It doesn't matter what I eat, I always feel bloated afterwards

Print

Add Update Delete Query **Select** Tag All Untag All Show Tagged Screenshot Close

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



Update BP Vitals...

Update BP Vitals

Symptom **Tinnitus**

Severity

Mild Moderate Severe

Notes:

Screenshot Save Cancel

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

Update Blood Tests...

Update Blood Tests

Test Name:

Pituitary Abbrev:

uIU/L

Normal Ranges
From:
To:

Testing Interval
Every **Months**

Recommended

Check the recommended box for any tests that you determine are essential to be run and evaluated for you

Adrenal Saliva Tests are also a MUST HAVE (Click here)

Thyroid (Although the TSH test is technically a pituitary test, check the thyroid box)

Iron **There are 4 distinct IRON tests you must order to rule out an iron deficiency.**

Check the Iron checkbox when entering any of these four

For more information: <http://www.tiredthyroid.com/what-labs.html>

Notes: (Thyroid Stimulating Hormone)
Ultra code: #899

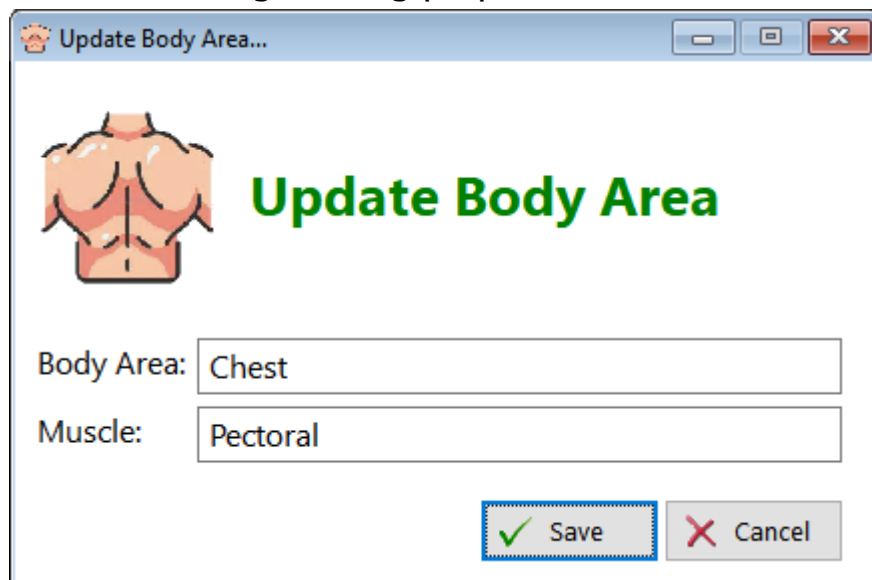
See also...

- [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.



Update Body Area...

 **Update Body Area**

Body Area:

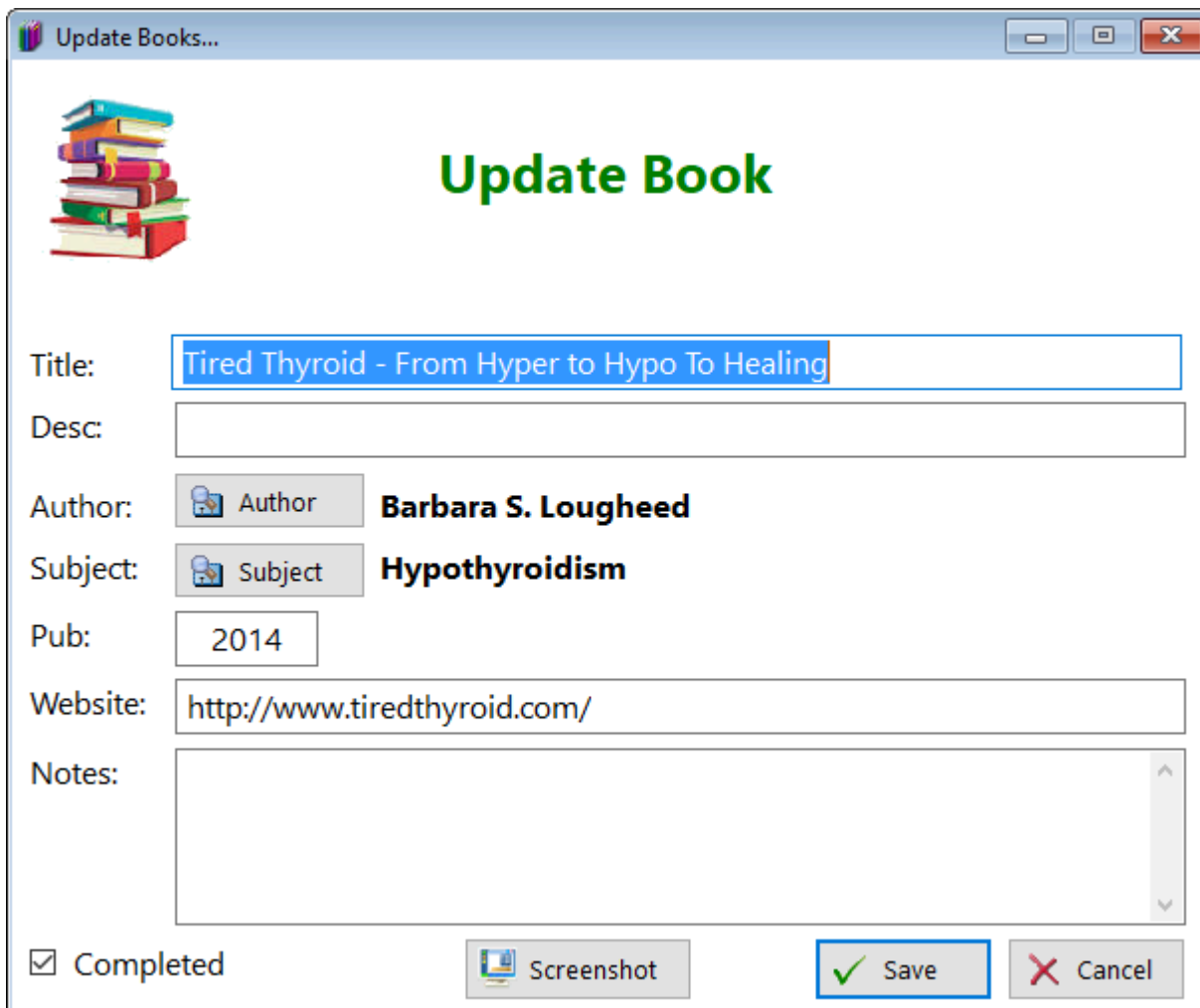
Muscle:

Body Area - Enter the area of the body

Muscle - Enter the Muscle

HelpID: UpdateBodyArea

Update Books



Update Book

Title:

Desc:

Author: **Barbara S. Lougheed**

Subject: **Hypothyroidism**

Pub:

Website:

Notes:

Completed

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

Update Bowel Movement...







Update Bowel Movements


 BM Date: 

BM Time:

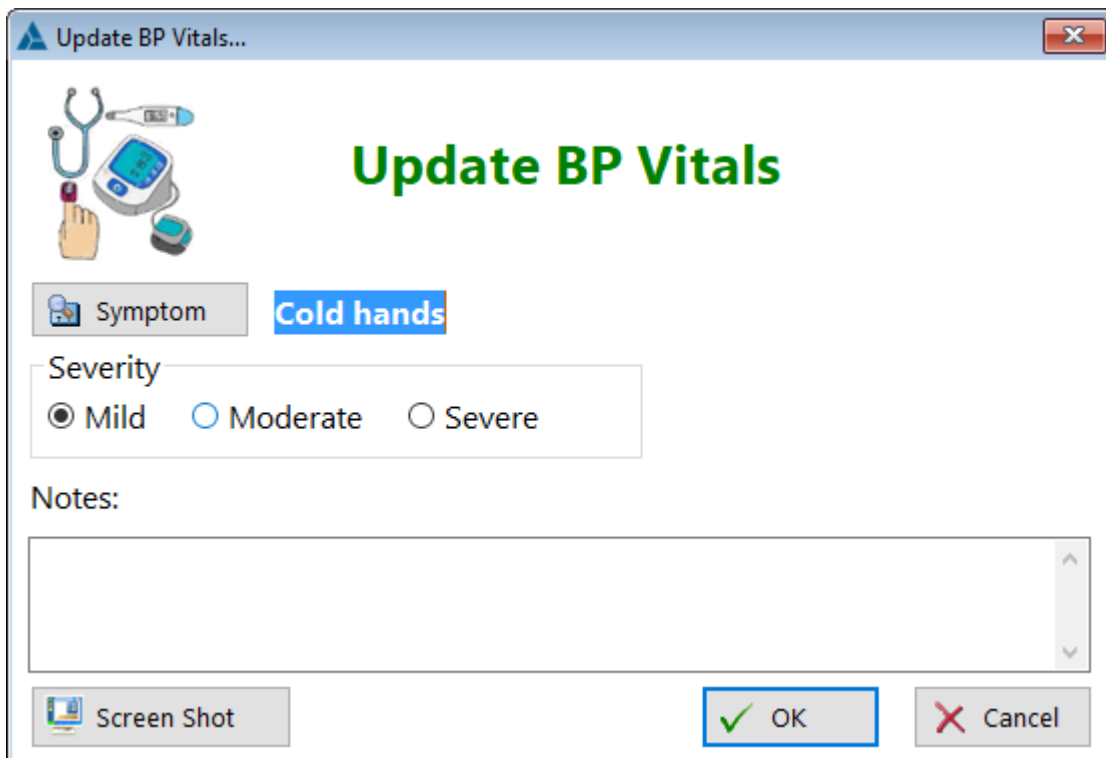
Bowel movements should be looked at in terms of both the frequency as well as the type. Health risks increase if your type is consistently Type 1, even if you have daily bowel movements

BM Type

-  **Type 1 - Separate hard lumps, like nuts (hard to pass)**
-  **Type 2 - Sausage-shaped, but lumpy**
-  **Type 3 - Sausage-shaped, but with cracks on surface**
-  **Type 4 - Sausage or snake-like, smooth and soft**
-  **Type 5 - Soft blobs with clear-cut edges (easy to pass)**
-  **Type 6 - Fluffy pieces with ragged edges, mushy**
-  **Type 7 - Watery, no solid pieces (entirely liquid)**

 Screenshot

Update BP Vitals



Update BP Vitals...

Update BP Vitals

Symptom **Cold hands**

Severity
 Mild Moderate Severe

Notes:

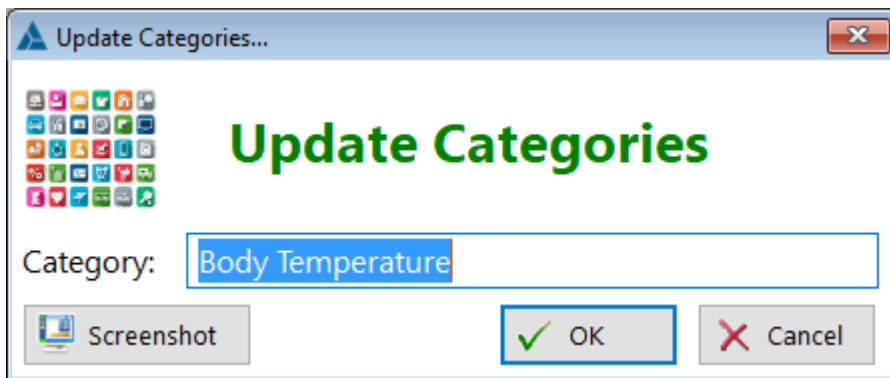
Screen Shot OK Cancel

See also...

- [Symptoms](#)

HelpID: UpdateBPVitals

Update Categories



HelpID: UpdateCategories

Update Clinical Notes

Update Clinical Notes...

Update Clinical Notes

Date: 10/13/2022

Mood: Hopeful

Assessment

Improved No Change Worsened

Detail:

Quality Of Life

Very Good Good Tolerable Not Very Good Poor

Vitals

Heart Rate: 0 Sys: 0 Dia: 0 Temp: 0.00

Notes:

Sleep has improved slightly, trigger points continue to occur in different areas, currently there is moderate pain in my left wrist. No anxiety caused by sounds.

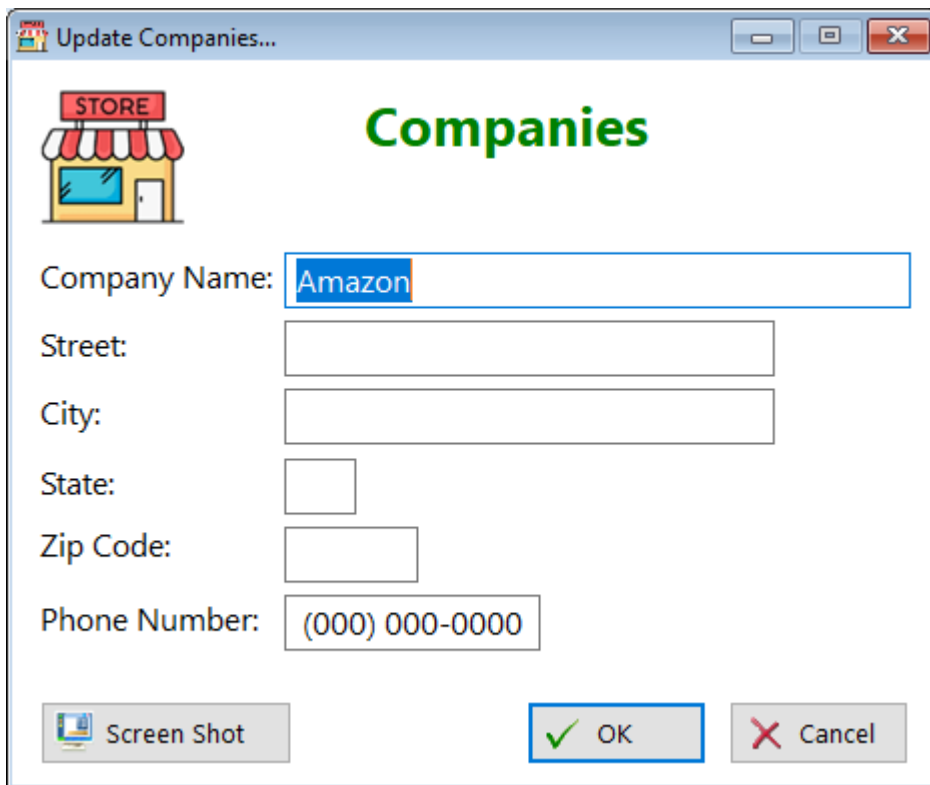
Screenshot OK Cancel

See also...

- [Moods](#)

HelpID: UpdateClinicalNotes

Update Companies



Update Companies...

STORE

Companies

Company Name:


Street:


City:


State:

Zip Code:

Phone Number:

 Screen Shot

 OK

 Cancel


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'


Update Directions...

 **Update Directions**

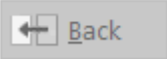

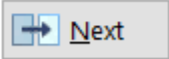
Quick Code: **68**

Step 1: Enter the Action event.

Examples: Take, Apply, Insert, Inject, etc.



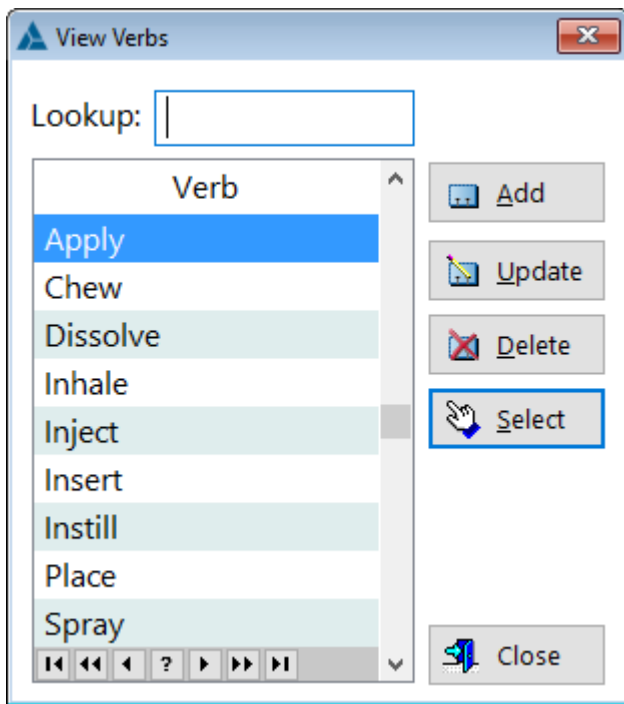
The first part of the directions could be called the action taken.
Take, apply, inject..these are all verbs

Directions:


Most Used

Select a Verb



Step 2: Click Next. Enter the quantity

Update Directions...



Update Directions

Quick Code: **68**

Step 2: Enter a quantity

If you'd like to use standard fractions, like $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ then use these ALT Codes:

For $\frac{1}{4}$: Press ALT + 0188
For $\frac{1}{2}$: Press ALT + 0189
For $\frac{3}{4}$: Press ALT + 0190

Quantity:

The second part of the directions focuses on the quantity being taken, injected, etc.
1 tablet, 1 capsule, 1 teaspoon, 1, 40 units, etc

Directions being built, step-by-step

Directions: **Take 2**

Most Used

Click **Next**

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

View Dosage Forms

Dosage Forms

Lookup:

Code	Dosage Form
6	capful
1	capsule
1	capsules
2	Cream
3	drop
2	fingerful
6	Foam
1	GelCap
8	Injectable

Buttons: Add, Update, Delete, Select, Screenshot, Close

Click on **Select**

Update Directions...



Update Directions

Quick Code: **68**

Step 3: Add the Dosage Form

 Dosage Form **capsules**

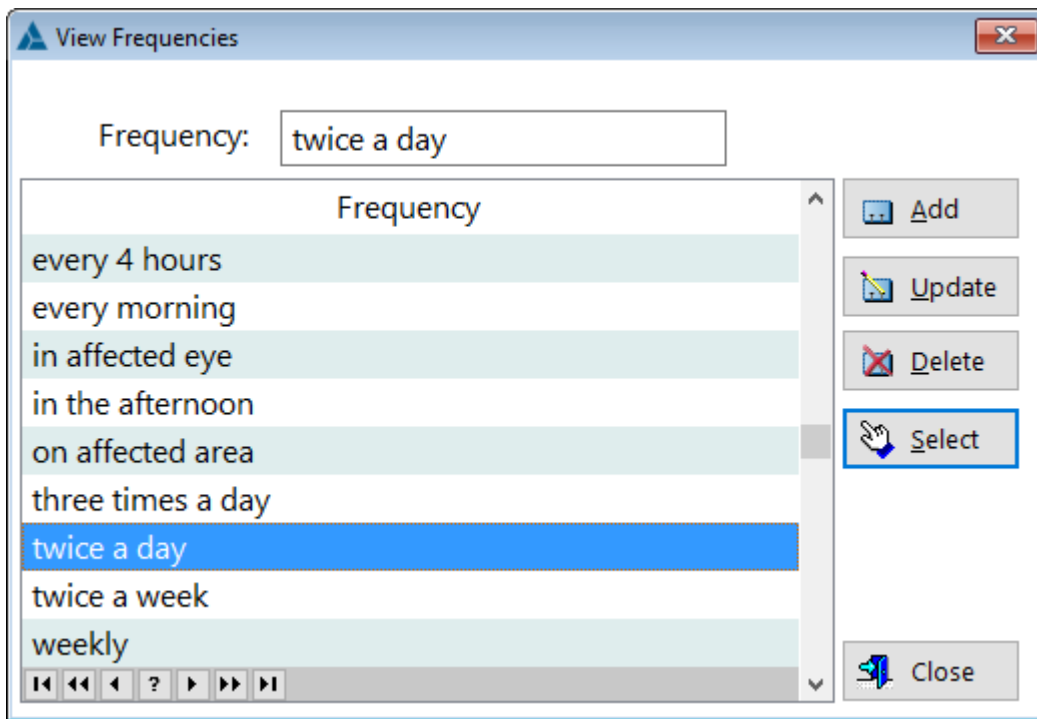
 Back  Cancel  Next

Directions: **Take 2 capsules**


Most Used

Click **Next**

Step 4: Add the Frequency



Update Directions...



Update Directions

Quick Code: **68**

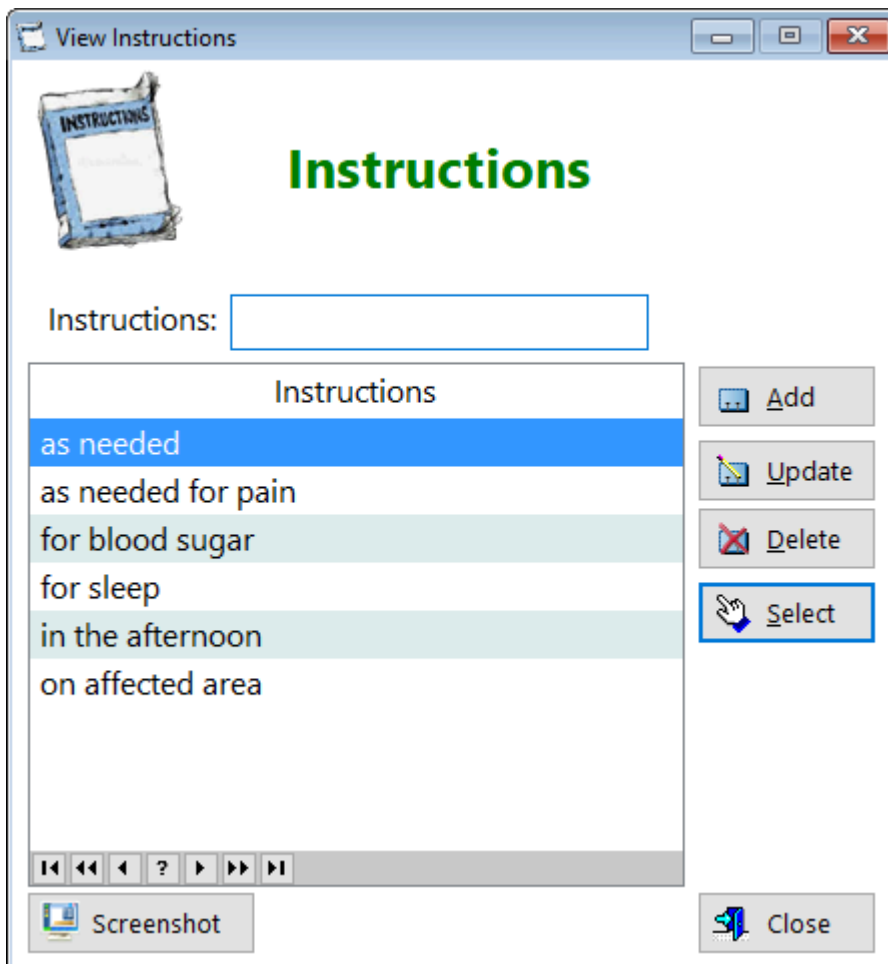
Step 4: Add How Often You'll Be Taking The Medication

Frequency **daily**

Directions: **Take 2 capsules daily**

Most Used


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

Update Directions...



Update Directions

Quick Code: **68**

Step 6: Choose The Long Sig If The Directions Are Too Extensive

If your directions are just too long or won't fit the wizard, check the box and type in your directions.

Long Sig (Directions) **Use Long Directions**


Directions: **Take 2 capsules daily**

Most Used

Click on Next again

Step 7: Choose the quantity and time of day

Update Directions...



Update Directions

Quick Code: **68**

		Qty	Time
Step 7:			
A) Check the Box	<input type="checkbox"/> Morning	0.00	
B) Enter The Quantity	A <input checked="" type="checkbox"/> Mid Morning B	2.00	C 10:00AM
C) Enter The Time	<input type="checkbox"/> Noon	0.00	
	<input type="checkbox"/> Afternoon	0.00	
	<input type="checkbox"/> Mid Afternoon	0.00	
	<input type="checkbox"/> Evening	0.00	
	<input type="checkbox"/> Bedtime	0.00	

Total: **2.00**

Directions: **Take 2 capsules daily**

Most Used

You must do ALL of the following:

- 1) Check the appropriate box**
- 2) Enter the appropriate qty**
- 3) Enter the appropriate time**

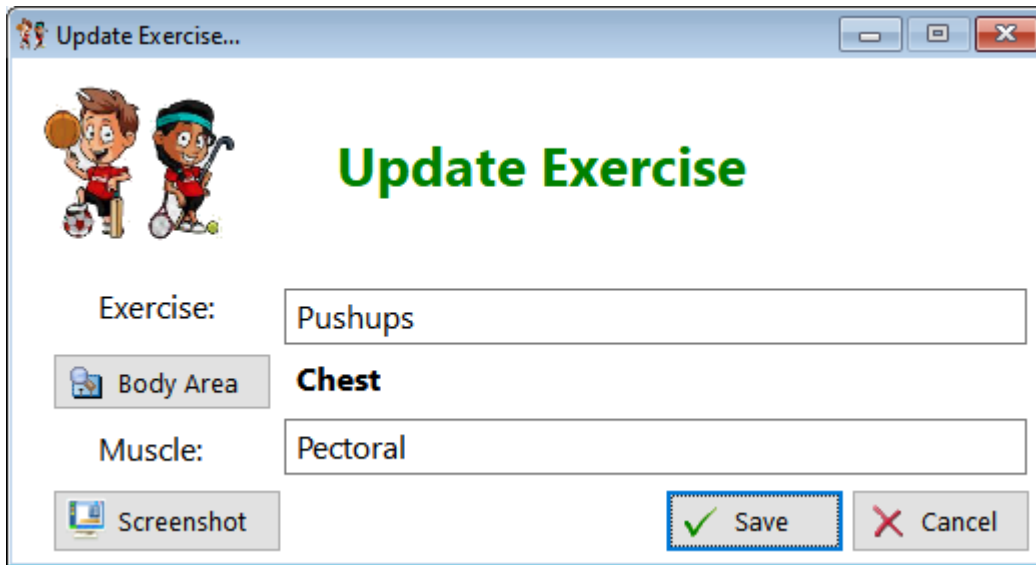
Click the **Save** button to save your record

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

Update Exercise

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



Update Exercise...

Update Exercise

Exercise: Pushups

Body Area: **Chest**

Muscle: Pectoral

Screenshot Save Cancel

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.

Update Family History...

Update Family Member

Family Member: Hight Light

Lineage: Paternal Maternal

Current Health: Excellent Very Good Good Not Very Good Poor Deceased

Gender: Female Male

Age: Age Of Death: Cause Of Death:

Conditions:

<input type="radio"/> High Blood Pressure <input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Blood Clots <input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Diabetes <input type="radio"/> Yes <input type="radio"/> No
<input type="radio"/> High Cholesterol <input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Heart Disease <input type="radio"/> Yes <input type="radio"/> No	<input checked="" type="radio"/> Thyroid <input checked="" type="radio"/> Yes <input type="radio"/> No
<input checked="" type="radio"/> Bleeding Disorder <input checked="" type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Cancer <input type="radio"/> Yes <input type="radio"/> No	<input type="radio"/> Stroke <input type="radio"/> Yes <input type="radio"/> No

Note: When you select a condition as being positive (Yes), this value will be displayed in the list. But if you select the value 'No', nothing will be displayed. This is because it's easier to evaluate conditions when only the 'Yes' value is displayed. So you won't ever see a 'No' value displayed in the list or in this update form. Just trust that if it's blank, you've chosen 'No'

Save Cancel

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'.

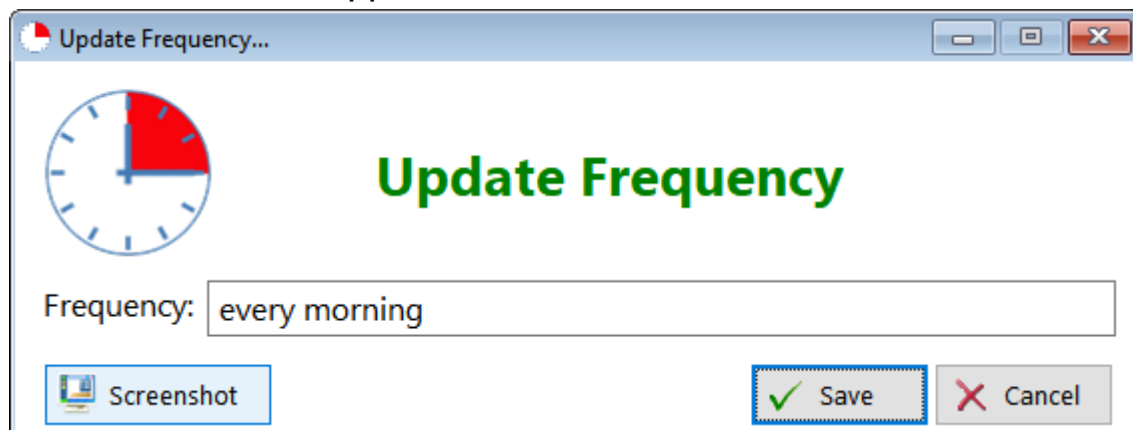
Clicking on 'No' simply empties the field. I hope this is clear.

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



Update Frequency...

Update Frequency

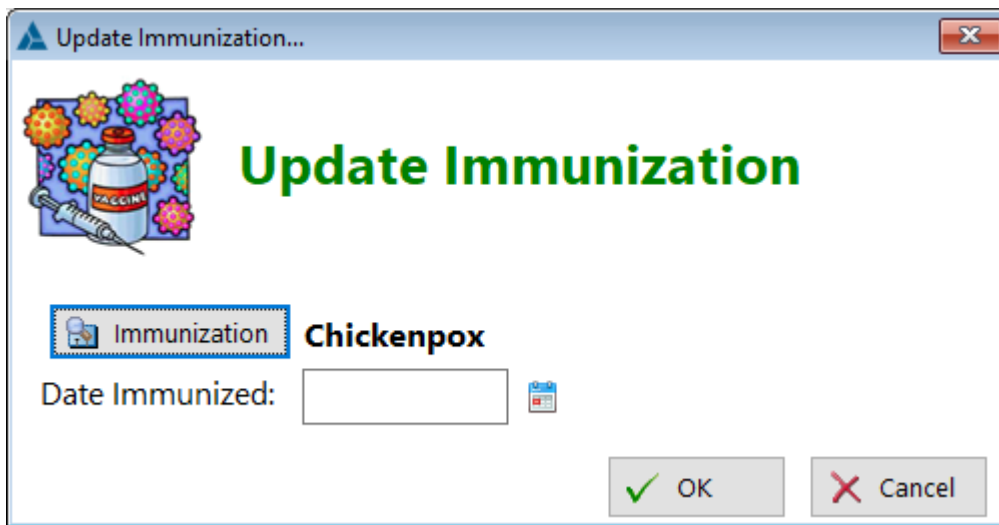
Frequency: every morning

Screenshot Save Cancel

Frequency - enter how often you'll be taking this

HelpID: UpdateFrequency

Update Immunization

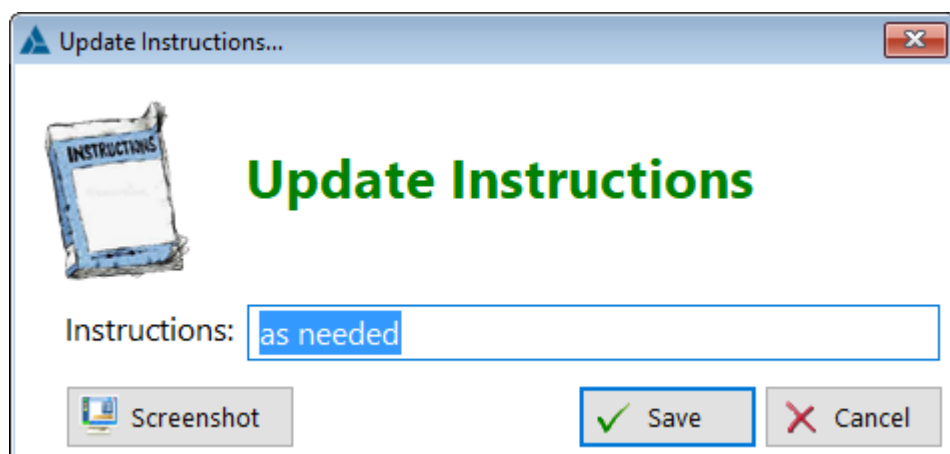


See also...

- [Immunizations](#)

HelpID: UpdateImmunization


Update Instructions




HelpID: UpdateInstructions

Update Journal

Update Journal Entries...





Update Journal Entries

Date: 11/14/2013 

Topic: The first day I experienced insomnia

Keywords:

Rating: 1 

Highlight This Entry  Screenshot

Save Cancel

HelpID: UpdateJournal

Update Journal Detail

Update Journal Detail...

Update Journal Detail

Journal Time: 4:10PM


Segoe UI 12 Western **B** *I* U

I went to bed at the normal time and found that I wasn't able to sleep. This went on for 18 months, 3 hours average sleep per night.

Screenshot Save Cancel

HelpID: UpdateJournalDetail

Update Lab Order



Lab Order Form

Date Drawn:

Time Drawn:

Quest

Lab Cost:

Date Ordered:

Order Num:

Ordered By: **Darren Morris**

Notes:

Total Blood Tests: 22

Blood Test Name	Lab Code	Thy	I	P	Value	Normal Range		Units	Result	% In Range
						Low	High			
ALT (SGPT)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	42.00	9.00	46.00	U/L		89
AST		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	31.00	10.00	35.00	U/L		84
Albumin		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5.20	3.60	5.10	g/dL	H	106
Albumin/Globulin Ratio		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2.00	1.00	2.50	%Calc		66
Alkaline Phosphatase		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	72.00	40.00	115.00	U/L		42
BUN (Blood Urea Nitrogen)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14.00	7.00	25.00	mg/dL		38
Bilirubin, Total		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	0.80	0.20	1.20	mg/dL		60
Calcium		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10.10	8.60	10.30	mg/dL		88
Carbon Dioxide		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23.00	20.00	32.00	mmol/L		25
Chloride		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	105.00	98.00	110.00	mmol/L		58
Cholesterol, HDL		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	44.00	39.00	100.00	mg/dL		8

Dose Duration: **0.0** Hrs

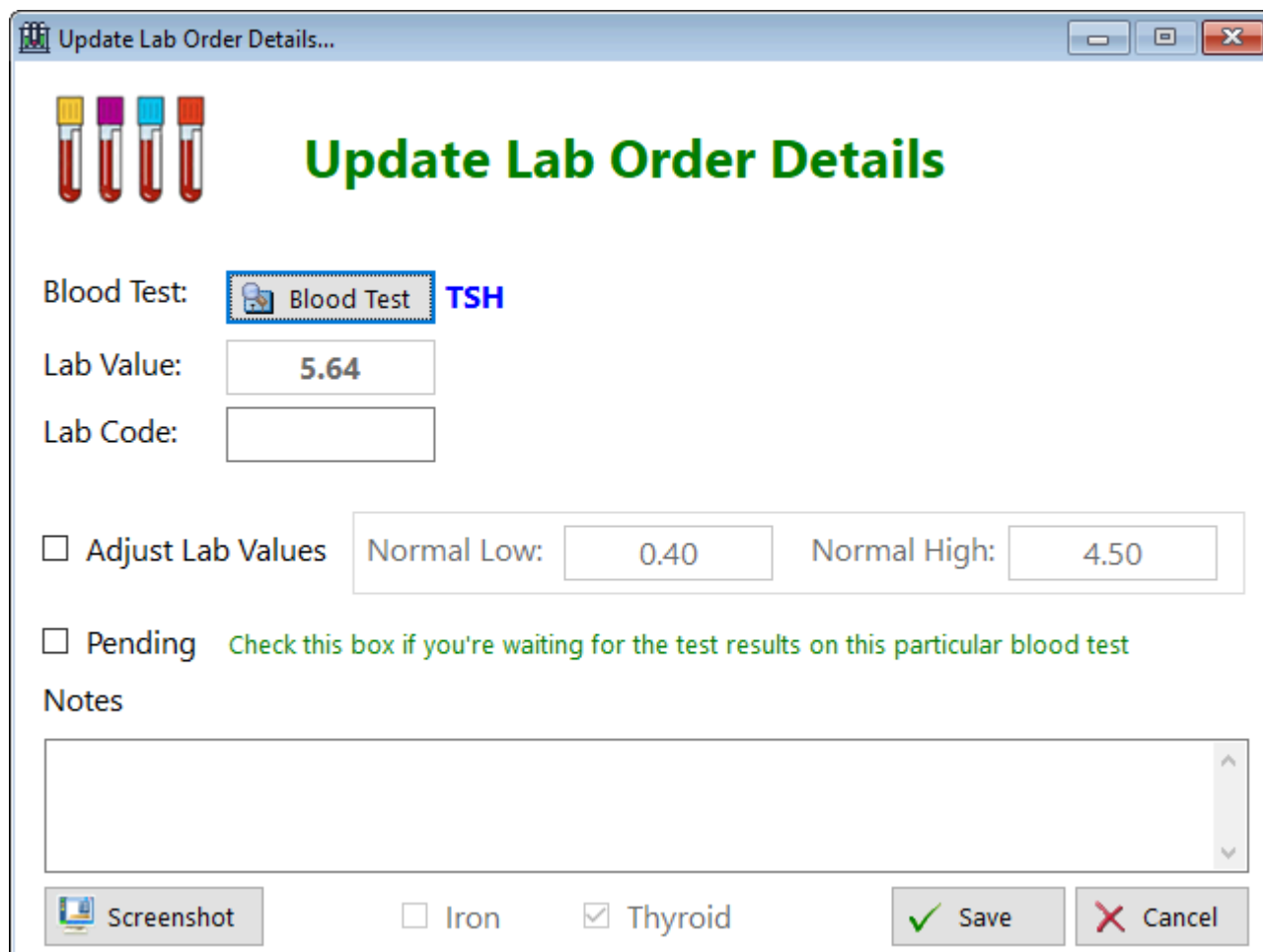
Thyroid **Iron**

See also...

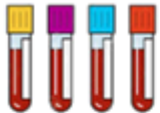
- [Labs](#)
- [MedLogBTDuration](#)
- [Providers](#)
- [UpdateLabOrderDetails](#)


HelpID: UpdateLabOrder

Update Lab Order Details



Update Lab Order Details...

 **Update Lab Order Details**

Blood Test:  Blood Test **TSH**

Lab Value:

Lab Code:

Adjust Lab Values Normal Low: Normal High:

Pending *Check this box if you're waiting for the test results on this particular blood test*

Notes

Iron Thyroid

See also...

- [BloodTests](#)

HelpID: UpdateLabOrderDetails

Update Labs

The Update Laboratories module receives data for the Laboratories table.

Update Laboratories

Laboratory:

Address:

Street:

City:

Phone Number:

Hours:

Monday

Tuesday **Must Schedule Appt In Advance**

Wednesday Closed Sat & Sun

Thursday Saturday

Friday Sunday

If you have an online account with one of the laboratories, you can enter your login credentials here

Login:

Username:

Password:

Website:

Notes:

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)

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

Update Magnesium Salt...



Update Magnesium Salt

Mag Salt:

Brand:

Amount: Enter the qty from the bottle label

Absorption: Also known as the Stability Constant

Ionization: How well it dissolves

Equivalency Factor

Update

Factor:

This has to do with how much of the salt is actually elemental magnesium
You should leave this number as is unless you have a more accurate value.


Routes of Administration

Oral Transdermal IV

Evaluation

Good Bad

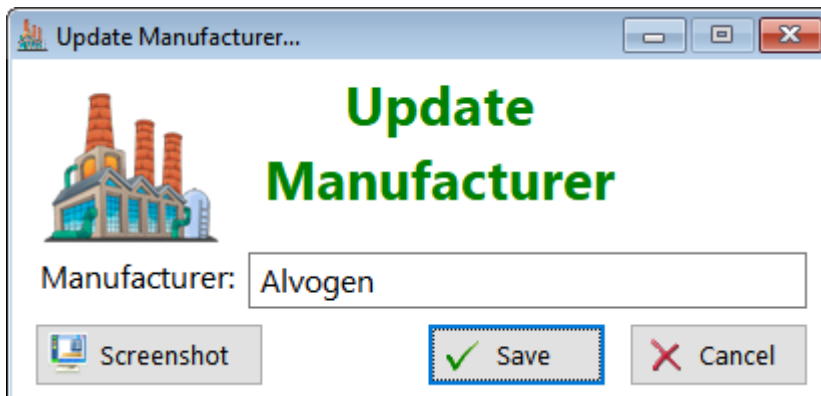
This magnesium chelate supplement is one of the best absorbed with minimum to no stomach upset. They're high potency, meaning that just 4 tablets will give you 400mg of elemental magnesium

 Screenshot

HelpID: UpdateMagSalts

Update Manufacturer

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



Update Manufacturer...

**Update
Manufacturer**

Manufacturer: Alvogen


Screenshot Save Cancel

Manufacturer - Enter the name of the manufacturer

HelpID: UpdateManufacturer

Update Measurements

Update Measurement...




Update Measurements


Weight Goal: **152.00**

Current Height: **66.00 in** (5 ft 6 in)

Weight SkinFold

Date: 10/16/2022 

Time: 8:43AM

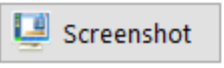
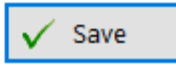

Weight: 158.80 You have chosen **Lbs** in your Preferences 

BMI: 25.6

BFP: 22.9

Waist:

Notes:

 Mark This Record  

See also...

- [Preferences](#)
- [SkinfoldChart](#)

HelpID: UpdateMeasurements

Update Med Costs

Update Medication Costs...

Update Med/Supp Costs

Med/Supp **Levothyroxine 125mcg**

Directions **Take 1 tablet every evening at 9:00pm**

Manufacturer **Alvogen**

Units/Day: **Override**

Quantity: **Change Qty**

Size:

Total Cost:

Notes:

Confirm

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.

Update Medication Identity...

Update Medication Identity

Medication Shapes Medication Image

Medication Imprint: T4 100

Medication Color: Yellow

Medication Shape: Oblong

Manufacturer: Alvogen

Medication: Levothyroxine Sodium 100mcg

NDC Number:

Combo

NDT

Discontinued

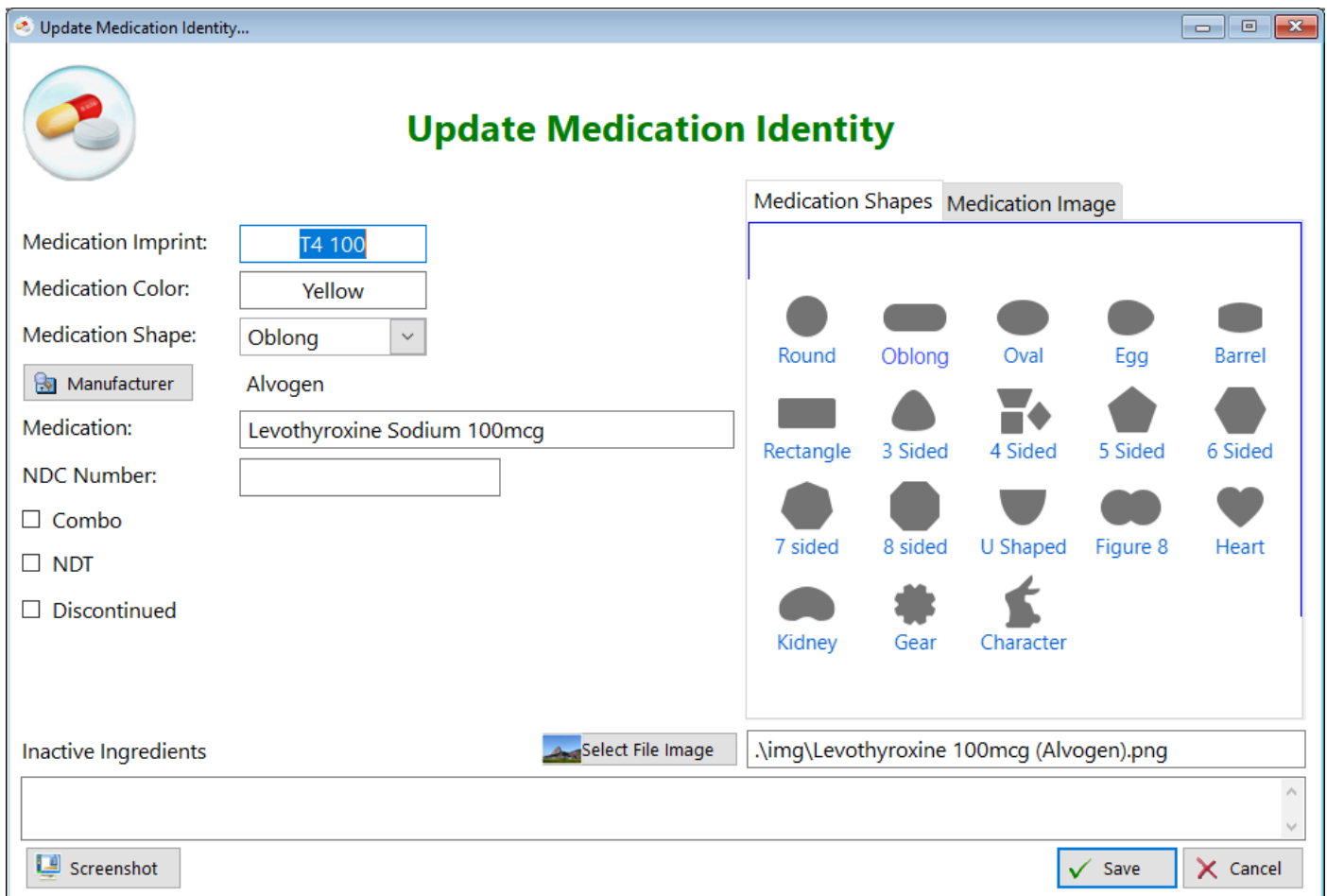
Inactive Ingredients

Select File Image .\img\Levothyroxine 100mcg (Alvogen).png

Screenshot Save Cancel

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.

The screenshot shows a web application window titled "View Medical Records". At the top, there is a "Medical Records" header and a "Notes" tab. Below this is a patient information summary for Jeff Easlick, including Date of Birth (10/12/1956), Age (66), Gender (Male), Ethnicity (White), Height (66.0), Weight (159.4), and BMI (25.7). The patient's occupation is listed as "Pharmacist (retired)" and the phone number is "(813) 453-5052".

Underneath the patient info, there are several tabs: "Medical History" (highlighted with a red box), "Surgical History", "Immunization History", "Allergies", and "Family History". Below these are sub-tabs for "Current Conditions", "Past Conditions", and "Not Applicable" (all highlighted with red boxes). A "Medical Affliction:" input field is present.

The main data table lists medical afflictions with columns for Tag, Status, Medical Affliction, Date, and Medical System. The first row is highlighted in blue and shows "Anxiety" with a status of "Edit". Other afflictions include Arthritis, Back Pain, Black Stools, Blood In Urine, BPH(Benign Prostatic Hyperplasia), Breast Enlargement (Males), Broken Bones, and Bronchitis.

At the bottom of the window, there are buttons for "Add", "Update", "Delete", "Query", and "Bulk Edit", along with a "Total: 120" indicator. A "Screenshot" button is on the left and a "Close" button is on the right.

Tag	Status	Medical Affliction	Date	Medical System
<input checked="" type="checkbox"/>	Edit	Anxiety	//	Psychiatry
<input type="checkbox"/>		Arthritis	//	Rheumatoid
<input type="checkbox"/>		Back Pain	//	Musculoskeletal
<input type="checkbox"/>		Black Stools	//	Digestive
<input type="checkbox"/>		Blood In Urine	//	GenitoUrinary
<input type="checkbox"/>		BPH(Benign Prostatic Hyperplasia)	//	Reproductive
<input type="checkbox"/>		Breast Enlargement (Males)	//	Endocrine
<input type="checkbox"/>		Broken Bones	//	Musculoskeletal
<input type="checkbox"/>		Bronchitis	//	Respiratory

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.

Update Medical Affliction...

Update Medical Affliction

Medical Affliction:

Medical Category: **Psychiatry**

Status:

Date:

Explain:

Screenshot Save Cancel

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

Medical History Surgical History Immunization History Allergies Family History

Current Conditions Past Conditions Not Applicable

Tag	Status	Medical Affliction	Date	Medical System
<input type="checkbox"/>	N/A	Abnormal Pap Smear	//	Reproductive
<input type="checkbox"/>	N/A	Alcoholism	//	Psychiatry
<input type="checkbox"/>	N/A	Blood	//	Blood
<input type="checkbox"/>	Current	Anxiety	//	Psychiatry
<input type="checkbox"/>	Past	Asthma	//	Respiratory
<input type="checkbox"/>	N/A	Wheezing	//	Respiratory

Navigation icons: Home, Back, Forward, Search, Refresh, Print, Close

Buttons: Add, Update, Delete, Query, Bulk Edit

Screenshot

Close

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

Update Medical Records...

Update Medical Records

Medical Records Health Attributes Notes

First Name: []
Last Name: []
Birthdate: 10/12/1956
Phone No: []
Email: []
Ethnicity: White Social Security No: [] View SS Number
Provider: Bradshaw Occupation: Pharmacist (retired)
BMI Scale
 American Metric
Gender
 Female Male
Marital Status
 Single Partnered Married Separated Widowed Divorced
Address
Street: []
City: Brandon
State: FL Zip Code: 33511
Weight: 159.4
Height
Feet: 5 Inches: 6 66 Inches
Screenshot Date Completed: 7/31/2022 Save Cancel

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

Update Medical Records...

Update Medical Records

Medical Records | Health Attributes | Notes

Exercise
 Yes No
 How often do you exercise? 4 time(s) per week
 How long do you exercise? 15 minutes per session

Health Risks
 Do You Smoke Do You Drink Alcohol Do You Use Recreational Drugs Insomnia Soft Drinks

Smoking | Alcohol | Recreational Drugs | Insomnia | Soft Drinks

Smoking History
 Smoke Currently Smoked In The Past Smoked Occasionally

Smoked Qty
 Packs Per Day Cigarettes Per Day
 Packs Per Day: Cigarettes Per Day: 0

How Long Did You Smoke? years
 Stopped Smoking
 Do You Vape?

Screenshot Date Completed: 7/31/2022 Save Cancel

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

Update Medical Records...

Update Medical Records

Medical Records | Health Attributes | Notes

Exercise
 Yes No
 How often do you exercise? 4 time(s) per week
 How long do you exercise? 15 minutes per session

Health Risks
 Do You Smoke Do You Drink Alcohol Do You Use Recreational Drugs Insomnia Soft Drinks

Smoking **Alcohol** Recreational Drugs Insomnia Soft Drinks

Enter the kinds of alcohol and the amount you drink below

It's recommended to drink no more than 14 units of alcohol a week, spread across 3 days or more.

LB	Beverage	Frequency	Size	Qty	ABV	Units	Type	Container	Total
<input checked="" type="checkbox"/>	Coors	Daily	12	2	4.6	3.3	Beer	Can	24.0
<input type="checkbox"/>	Bourbon	Daily	4	2	40.0	9.6	Liquor	Glass	8.0

Add Update Delete

Screenshot Date Completed: 7/31/2022 Save Cancel

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

Update Medical Records...

Update Medical Records

Medical Records | Health Attributes | Notes

Exercise
 Yes No
How often do you exercise? 4 time(s) per week
How long do you exercise? 15 minutes per session

Health Risks
 Do You Smoke Do You Drink Alcohol Do You Use Recreational Drugs Insomnia Soft Drinks

Smoking | Alcohol | **Recreational Drugs** | Insomnia | Soft Drinks

- Marijuana
- LSD
- Heroin
- Cocaine
- Meth
- PCP

Screenshot | Date Completed: 7/31/2022 | Save | Cancel

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.

Update Medical Records...

Update Medical Records

Medical Records | Health Attributes | Notes

Exercise
 Yes No
 How often do you exercise? 4 time(s) per week
 How long do you exercise? 15 minutes per session

Health Risks
 Do You Smoke Do You Drink Alcohol Do You Use Recreational Drugs Insomnia Soft Drinks

Smoking | Alcohol | Recreational Drugs | **Insomnia** | Soft Drinks

Hours Of Sleep: 5.5

Diagnosed with Chronic Insomnia
 Sleep Onset Delayed
 Early Morning Awakening
 Frequent Awakenings During The Night
 Night Sweats
 Restless Leg

Screenshot | Date Completed: 7/31/2022 | Save | Cancel

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

See also...

- [States](#)

HelpID: UpdateMedicalRecords

Update Medications

Update Medications / Supplements...
[Min] [Max] [Close]

Medication and Supplement Update Form

Medication
Med Image
Costs

Levothyroxine 100mcg tablets

Medication:

Strength: Usual Daily Dosage:

Dosage Form **tablets**

Unit Amount **mcg**

Directions **Take 1 tablet(s) every morning**

Nutrient Code **No Code**

Indication **Hypothyroidism**

MVI

B-Complex

Brand

Manufacturer and Expiry Info

Manufacturer Lot No:

Unknown Expires:

Med / Supplement Type Rx OTC OTC-Med

Rx Type Regular Controlled Substance

If This Item Contains Thyroid Medication, Check The Thyroid checkbox

Thyroid T4 **mcg** T3 **mcg**

Notes

Active No image

No BOH Tracking Set Initial Balance On Hand

Scheduling

Administration Qty and Time

	Qty	Time
<input checked="" type="checkbox"/> Morning	1.00	6:00AM
<input type="checkbox"/> Mid Morning		
<input type="checkbox"/> Noon		
<input type="checkbox"/> Afternoon		
<input type="checkbox"/> Mid Afternoon		
<input type="checkbox"/> Evening		
<input type="checkbox"/> Bedtime		

Quantity Total: **1.00**

Check Your Scheduling To Confirm It's Correct

Schedule Days

Sun Mon Tue Wed Thu Fri Sat

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.

Update Medications / Supplements...

Medication and Supplement Update Form

Medication Med Image Costs **Med History** **Levothyroxine 100mcg tablets**

Update Med History

You can keep track of which manufacturer's thyroid medication you're taking with this table.

Start Date	End Date	Manufacturer	Med Imprint	Med Color	Med Shape
10/10/2021	12/31/2021	Alvogen	T4 100	Yellow	Oblong
4/19/2023	/ /	Alvogen	T4 100	Yellow	Oblong

Navigation: [Previous] [Next] [Home] [Help] [Refresh] [Back] [Forward]

Buttons: Add Update Delete

Notes Inactive Ingredients

No BOH Tracking Set Initial Balance On Hand Reorder Level:

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

Update Medication and Supplement Log...

Update Med Log

Use this form to document negative effects of medication or supplements

Med Log **Levothyroxine 100mcg** **6:27AM**

Date: 4/23/2023 Check box to enter vitals Vitals

Time: 6:27AM

Levothyroxine 100mcg

Directions: **Take 1 tablet(s) every morning**

Quantity: 1.00 Change Directions (just for this dose)

Dosing Status

Scheduled Administered Missed Skipped Out of Stock

Notes Taken Manufacturer: **Unknown**

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.

Update MedLog Vitals...

 **Update Med Vitals**

Time: EX: 3.5p will give 3:50PM

Vitals

Systolic: Heart Rate:

Diastolic: Temperature:

No Symptoms


Symptoms

Anxiety Nausea Tremors

Diarrhea Palpitations

Irritability Sweating

No problems, no overstimulation experienced

 Screenshot

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 documentation if you go to the main toolbar and select the **MedLog Vitals** Icon:

Navigation bar with the following items:

- Scheduling (circled in red)
- Providers & Prescriptions
- Graphing
- Lab Testing
- Exit (with EXIT button)
- Meds/Supps (with pill bottle icon)
- Scheduling (with calendar icon)
- Medlog (with notepad icon)
- MedLog Vitals (circled in red)
- Med Planner (with clipboard icon)
- Appointments (with calendar icon)
- Preferences (with three vertical bars icon)

View Med Log Vitals

Med Log Vitals

Displays documentation after a medication is taken

Today Yesterday Past Week Select a Range

IDNo	Medication	Qty	Date	Dose/Observation		NS	Overdose Symptoms							Sys	Dias	Temp	HR
				Time	Observed		Anx	Dia	Irr	Nau	Pal	Swt	Tre				
412	Levothyroxine 150mcg	1.00	3/03/2023	6:39AM	8:58AM	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	120	80		66

Notes taken: Just mild, not too bad

Annotations:

- 1: Medication taken, Date & Time Taken
- 2: Time Symptoms Are Observed
- Symptom checked (Anx checked)
- Note the vital signs (Sys, Dias, Temp, HR)

You want to observe a pattern. If symptoms occur every time this medication is taken, this could indicate that there is a dosing or compatibility issue. The more extreme the symptoms, the more likely this is.

Buttons: Query, Screenshot, Close

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

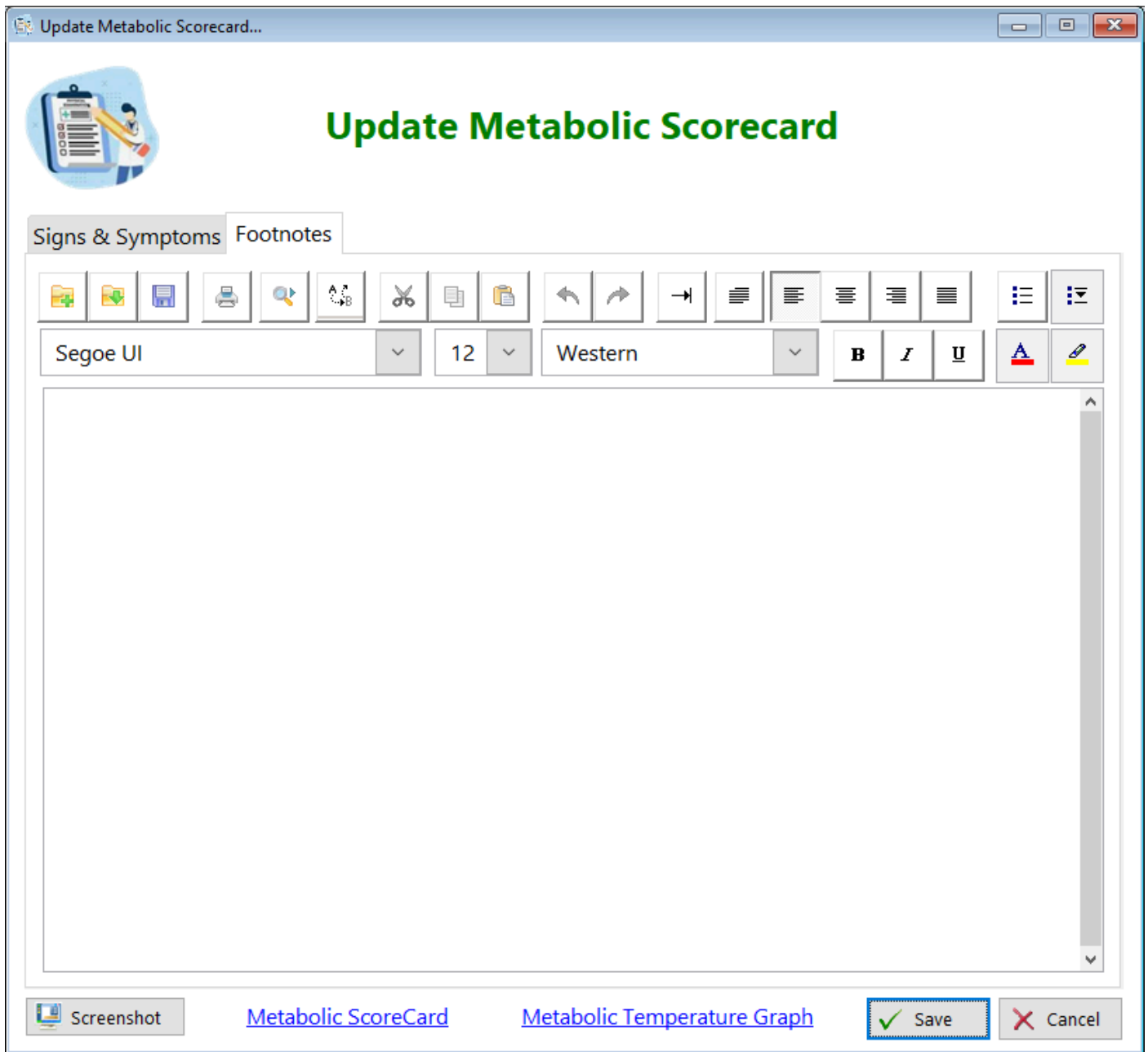
Select the most appropriate type (Adrenal, Mixed, Thyroid), based on having that particular sign or symptom.

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.

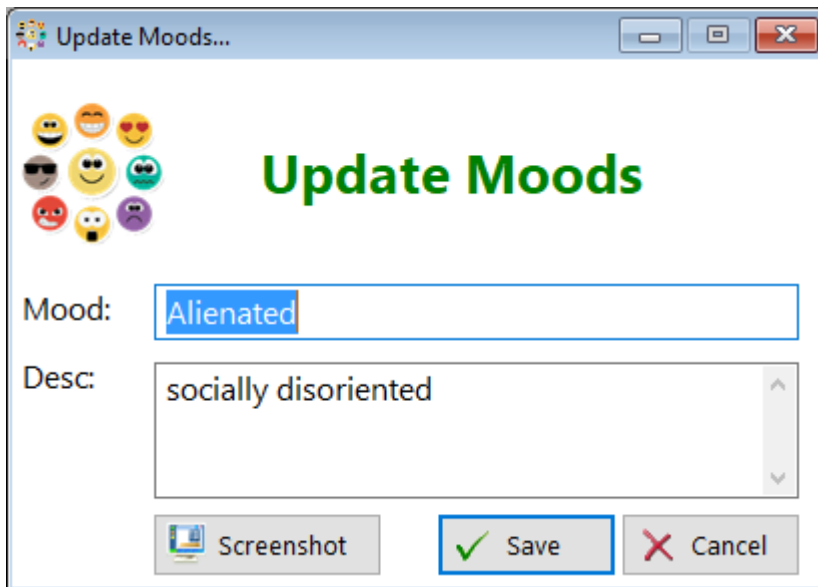


There are two links at the bottom of the screen that will take you to the website where this module is derived

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.



Update Moods...

Update Moods

Mood: Alienated

Desc: socially disoriented


Screenshot Save Cancel

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.

Update Muscles...




Update Muscles

Info Symptoms Causes Treatment

Muscle:


Body Area:

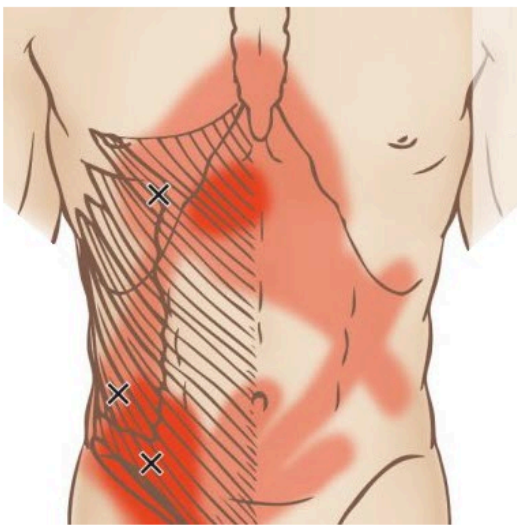
File Name: 

Body Location
 Left Side Right Side Both Sides Unpaired

Description:

Affected Priority

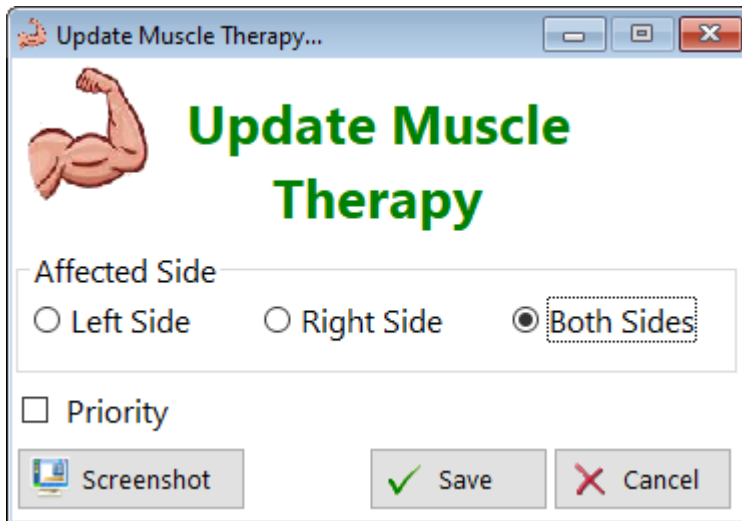
 Screenshot



HelpID: UpdateMuscle

Update Muscle Therapy

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




The image shows a software dialog box titled "Update Muscle Therapy...". The dialog has a blue title bar with standard window controls (minimize, maximize, close). Inside the dialog, there is a muscular arm icon on the left and the text "Update Muscle Therapy" in large green font. Below this, there is a section labeled "Affected Side" containing three radio button options: "Left Side", "Right Side", and "Both Sides". The "Both Sides" option is selected and highlighted with a dashed border. Below the radio buttons is a checkbox labeled "Priority" which is currently unchecked. At the bottom of the dialog, there are three buttons: "Screenshot" (with a screenshot icon), "Save" (with a green checkmark icon), and "Cancel" (with a red X icon).

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.

Update Stimulation Records...



Update Stimulation Record

Date: 

Time:

Levothyroxine(T4) | Desiccated Thyroid | Liothyronine (T3) | Notes

Levothyroxine Qty: mcg

LT4 Strengths

25 50 75 88 100 112
 125 137 150 175 200 300

This form is designed for those taking a maximum of 1 (one) strength of each thyroid dosage form. If you're taking multiple strengths of Levothyroxine, NDT or Liothyronine, you'll have to write the calculations in the notes.

When evaluating your thyroid dose, symptoms of excess dosing should be evaluated promptly, with a decision to either stop taking the medication or reduce the dose, until you can confirm overstimulation with appropriate blood testing (FT3)


Vital Signs

Systolic: Diastolic: Resting HR: Body Temp:

Score your symptoms below on a 1 to 10 scale, with 1 being the Best and 10 being the Worst

Symptoms

Rapid Heart Rate:	<input type="text" value="0"/>	Diarrhea:	<input type="text" value="0"/>	Fatigue:	<input type="text" value="5"/>
Pounding Heart:	<input type="text" value="3"/>	Insomnia:	<input type="text" value="1"/>	Weakness:	<input type="text" value="0"/>
Muscle Tremors:	<input type="text" value="1"/>	Irritability:	<input type="text" value="1"/>	Appetite Change:	<input type="text" value="0"/>
Excess Body Heat:	<input type="text" value="0"/>	Restlessness:	<input type="text" value="0"/>	Weight Change:	<input type="text" value="0"/>
Perspiration:	<input type="text" value="0"/>	Anxiety:	<input type="text" value="0"/>	Menstrual Problems:	<input type="text" value="0"/>

 Screenshot

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.

Update Pharmacy...


PHARMACY

Update Pharmacy

Pharmacy: * Walmart

Street: * 11110 Causeway Blvd

City: * Brandon


State: FL 

Zip Code: 33511

Phone: * (813) 661-4816

Status
 Active Inactive * Required

Notes
They will text when a prescription is ready

 Screenshot ✔ Save ✘ Cancel

Note that the fields with stars are required

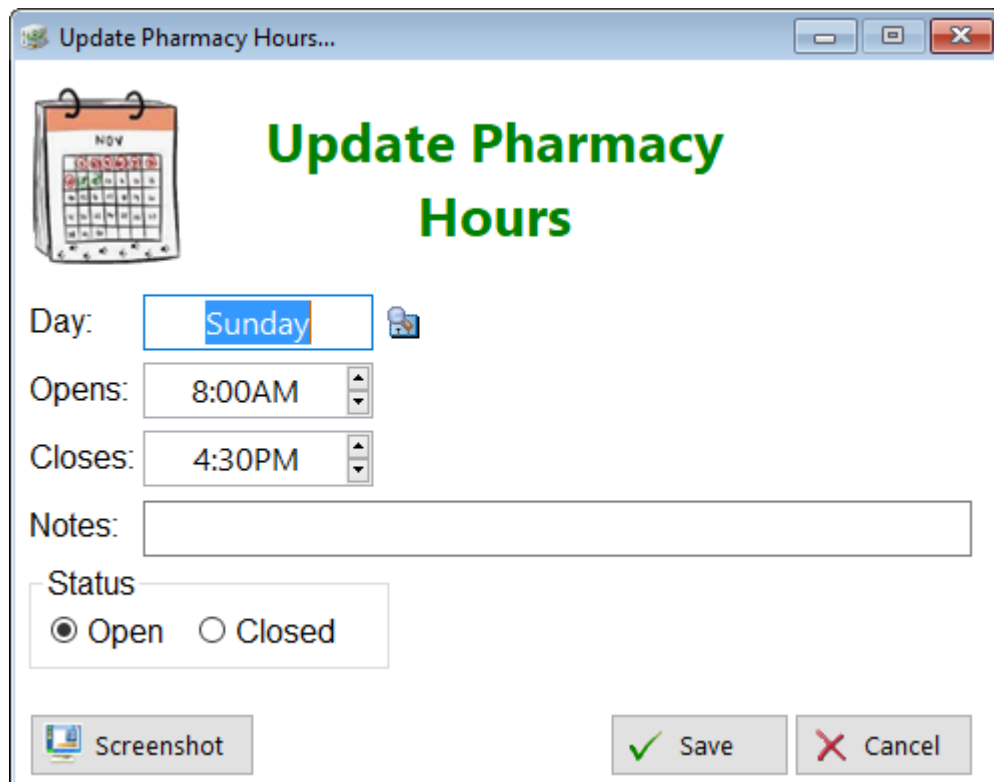
See also...

- [States](#)


HelpID: UpdatePharmacy


Update Pharmacy Hours


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




Update Pharmacy Hours...

 **Update Pharmacy Hours**

Day: 


Opens: 

Closes: 

Notes:

Status

Open Closed

 Screenshot

HelpID: UpdatePharmacyHours

Update Prescription

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

Update Prescriptions...

Prescription Update Form

Doctor [Doctor] [] []

Pharmacy [Pharmacy] **Walmart** []

Info Notes

R_x [Medication] **Levothyroxine 100mcg**
[Directions] **Take 1 tablet(s) every morning**
[Condition] **Hypothyroidism**

Rx Num: **7759566**

Qty: 90 DPD: 1.00

Refills: 0 Total Fills: 1

Rx Date: 4/18/2023 Exp Date: **4/17/2024**

Rx Status: Active Inactive

[Screenshot] Reorder [Save] [Cancel]

- 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 prescription 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.

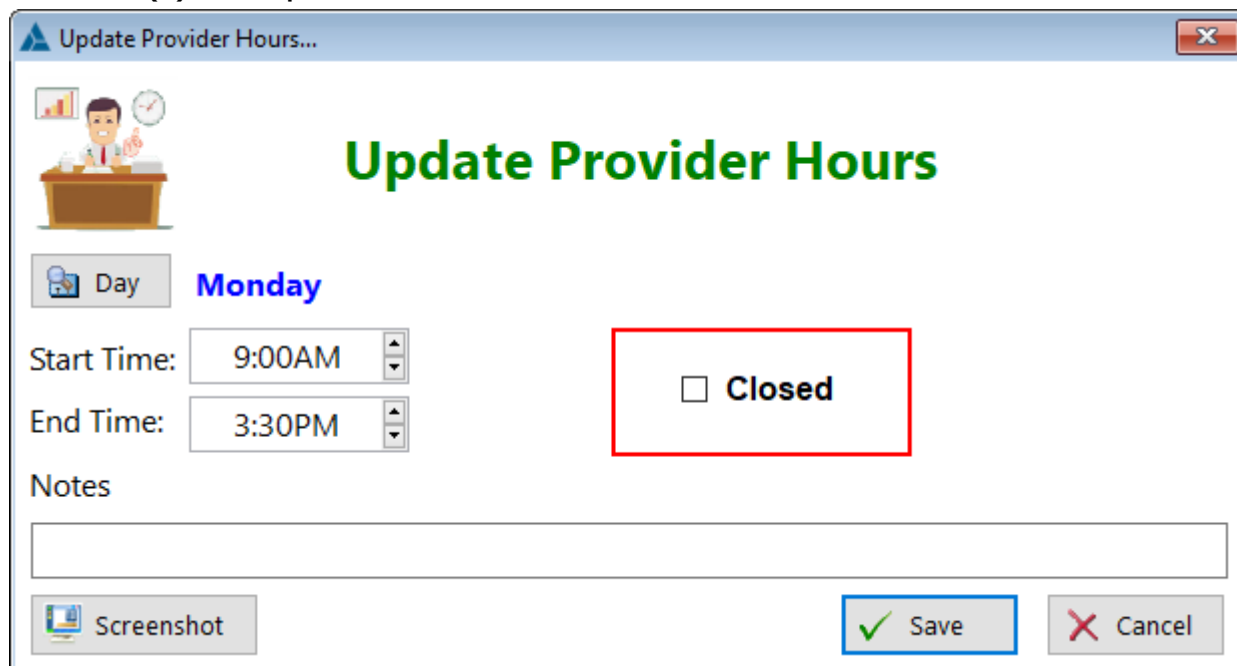
See also...

- [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



Update Provider Hours...

 **Update Provider Hours**

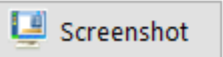
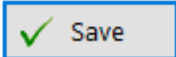
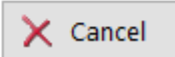
Day **Monday**

Start Time: 9:00AM

End Time: 3:30PM

Closed

Notes

 Screenshot  Save  Cancel

HelpID: UpdateProviderHours

Update Providers

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

Update Providers...

Update Provider

Provider

First Name: * Matthew

Last Name: * Mifsud

Title: Dr.

Office Address

Clinic Name:

Street: * 2 Tampa General Circle

City: * Tampa FL

Phone: * (813) 974-4683

Specialty

Specialty * ENT

Status

Active Inactive

* Required Fields

Notes

Screenshot Save Cancel

Note that some fields with stars are required.

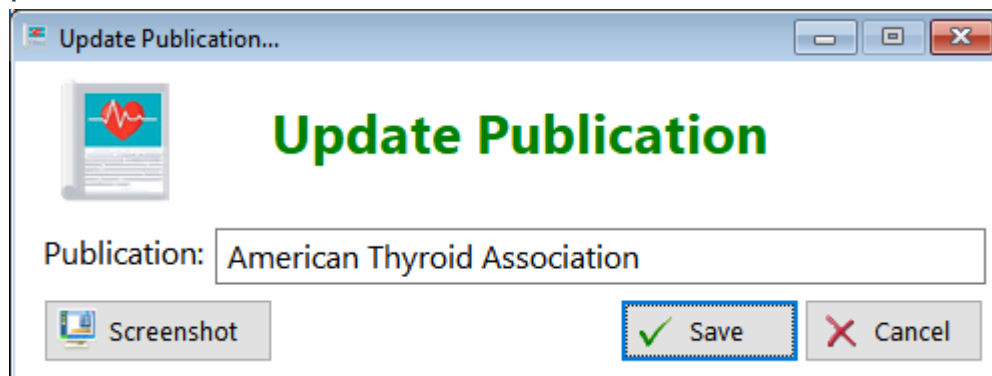
See also...

- [Specialties](#)
- [States](#)


HelpID: UpdateProviders

Update Publication


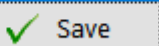
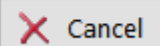
The Update Publication update form enables you to add or change the name of a publication



Update Publication...

 **Update Publication**

Publication:

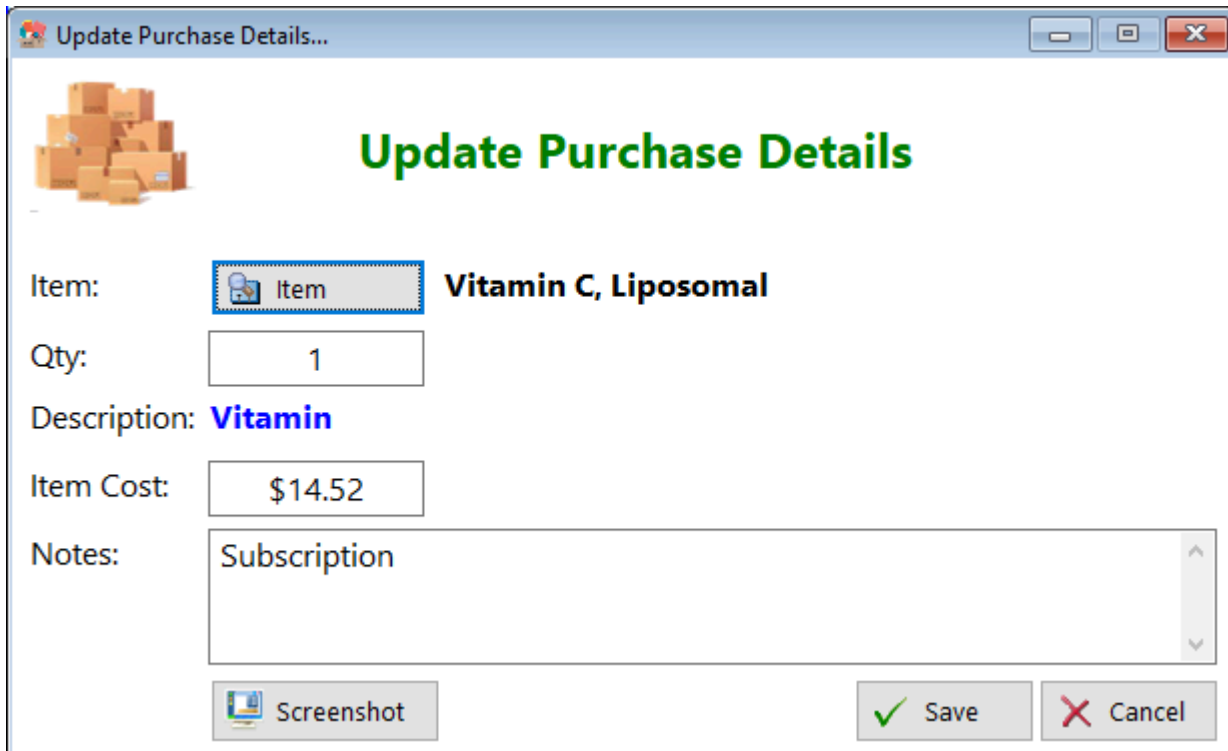
 Screenshot  Save  Cancel

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.



Update Purchase Details

Item: **Vitamin C, Liposomal**

Qty:

Description: **Vitamin**

Item Cost:

Notes:

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

Purchase Form

Company: Amazon

Order Num:

Date: 2/22/2022

Items Purchased

Item	Item Description	Qty	Item Cost	Extended
Vitamin C, Liposomal	Vitamin	1	\$14.52	\$14.52

SubTotal: \$14.52

Credit: 0.00

Tax: \$0.00

Shipping: \$0.00

Order Total: \$14.52

Buttons: Add, Update, Delete, Screenshot, Save, Cancel

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:

Update Purchase Details...



Update Purchase Details




Item: Item **Vitamin C, Liposomal**

Qty:

Description: **Vitamin**


Item Cost:

Notes:

 Screenshot  Save  Cancel

Item - Click on this button to open a list:


View Items





Items List


Item:


Item	Item Description
Mederna Advanced Scar Gel	Wound Repair
Silicone Scar Sheets	Wound Repair
Telfa Non-Adherent Dressing Pads	Wound Repair
Vitamin C, Liposomal	Vitamin


 Add

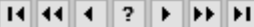
 Update

 Delete

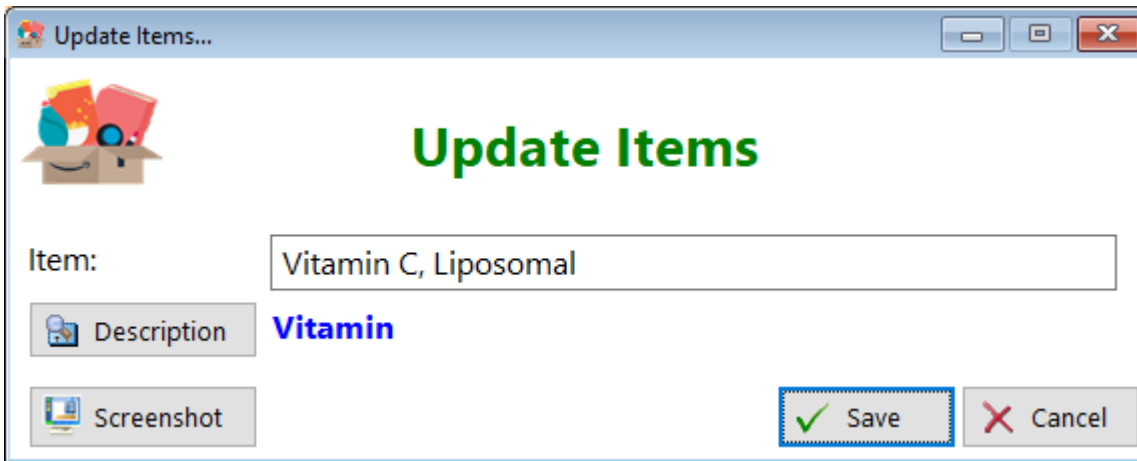
 Screenshot

 **Select**

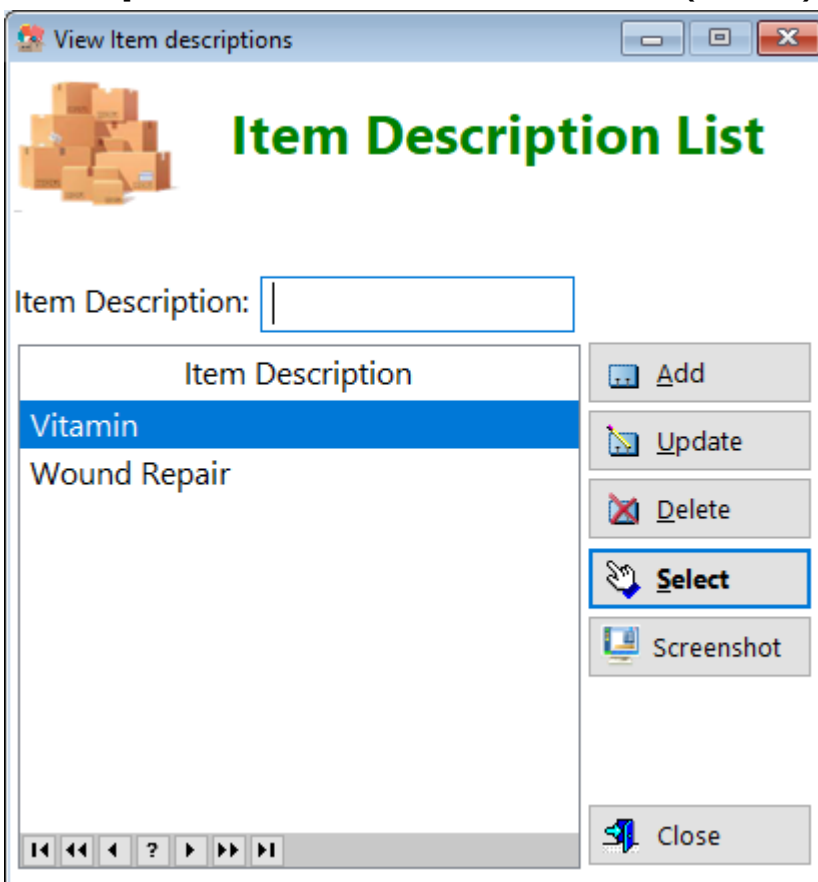
 Close



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.

Low iron, or specifically low ferritin, is one of the most over-looked causes of low thyroid function. Ferritin is an iron storage protein found in almost all of the body tissues. Serum ferritin levels also have been reported to be altered in patients with thyroid disease. Thus, changes in the serum concentrations of ferritin reflect thyroid function.

Ferritin

Level:	<input type="text" value="0.00"/>	Women and men have different normal ranges for ferritin. Women: 11-307 ng/mL Men: 20-250 ng/mL
Low range:	<input type="text" value="0.00"/>	
High range:	<input type="text" value="0.00"/>	
Conc:	<input type="text"/> <input type="button" value="v"/>	

<<Back **1 of 11** Next>>


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.

Update Questionnaire...



There are 25 questions related to thyroid function
Please answer each question as accurately as you can

Date Taken:

Scoring: in front of each question check the box if it pertains to you:
10 – If this is a noticeable issue or significant problem
5 – If this is a problem, but not a major issue
2 – If this happens every now and then, but you don't notice it too much
0 – If you seldom or never have this issue.

Are you cold (Do you have cold hands/feet)?

<< Back 1 of 25 Cancel Next >>

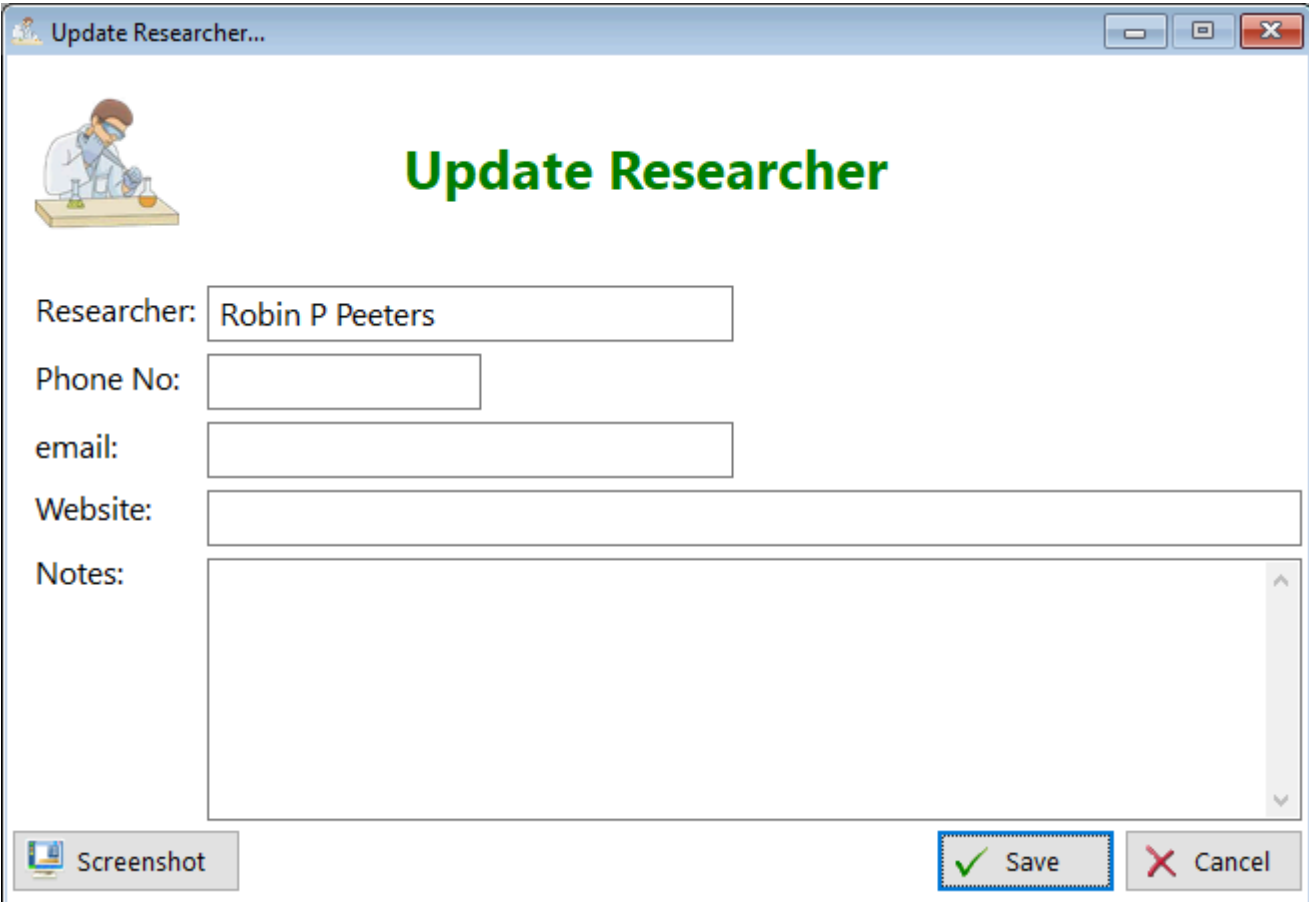
You have 25 questions to answer. Just check the box if it's applicable to you, then enter a score. Click the Next button to move to the next question.

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



Update Researcher...

 **Update Researcher**

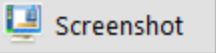
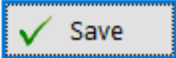

Researcher:

Phone No:

email:

Website:

Notes:

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.

Update Rx Fills

Use this form to enter each fill you obtain from your supplier (pharmacy or otherwise)

Enter Rx Fill | Notes

Date Filled: 4/18/2023

Start Date: 4/20/2023

Rx Cost: \$0.00

Quantity: 90

Adjust Qty Shorted

Rx Note:

Manufacturer: **Alveda**

Lot# / Exp: Lot Num: Exp:

Screenshot Save Cancel

Every prescription consists of the initial fill and potential refills, depending upon the type of medication. To clarify, a prescription with 1 refill can be filled a total of 2 times. Schedule II drugs are never refilled.

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...

Update Saliva Test Purchases...


 **Update Saliva Test Purchases**

Test Date: **4/23/2020**

Purchasing


Purchased: 


Order No:

 Company **ZRT Laboratory**


Price:


Shipping

Received: 

Mailed: 

Processing


Received: 

Report Date: 

Update URL

URL:

Notes

 Screenshot

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

Update Adrenal Saliva Test...

 **Update Adrenal Saliva**

Test Units: **ng/mL**

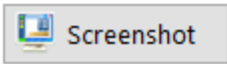
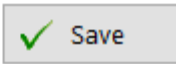

AM Cortisol Low: <input type="text" value="3.70"/> High: <input type="text" value="9.50"/>	NOON Cortisol Low: <input type="text" value="1.20"/> High: <input type="text" value="3.00"/>	DHEAS Low: <input type="text" value="2.00"/> High: <input type="text" value="23.00"/>
PM Cortisol Low: <input type="text" value="0.60"/> High: <input type="text" value="1.90"/>	NIGHT Cortisol Low: <input type="text" value="0.40"/> High: <input type="text" value="1.00"/>	Range Type <input checked="" type="radio"/> Normal <input type="radio"/> Optimal

URL:

Login
Username: Password:

Find existing orders at:

[Metabolic Scorecard](#) [Metabolic Temperature Graph](#)

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

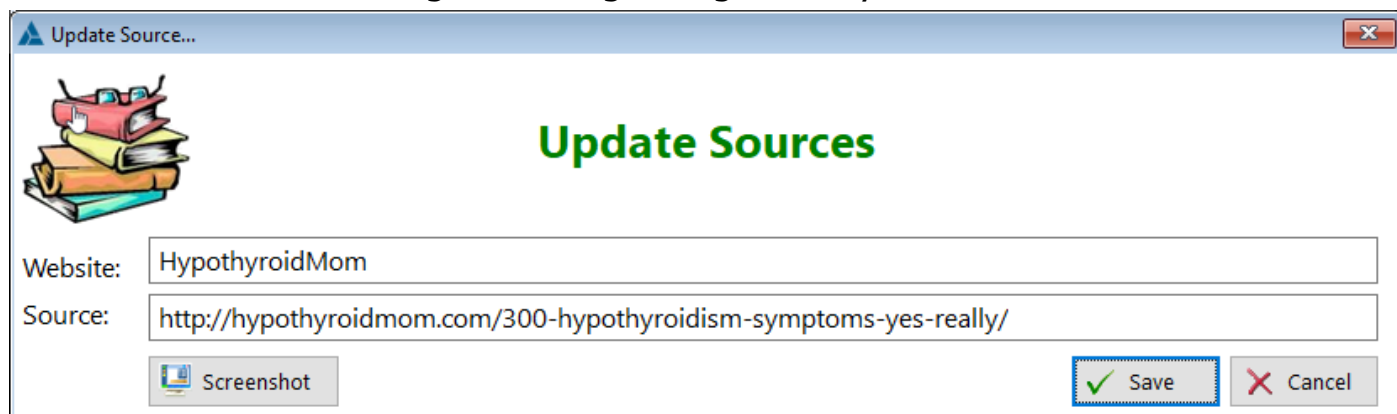
Metabolic Scorecard - Click this link to see whether your metabolic energy levels are a result of low adrenal or thyroid issues

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



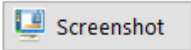
Update Source...



Update Sources

Website:

Source:

 Screenshot

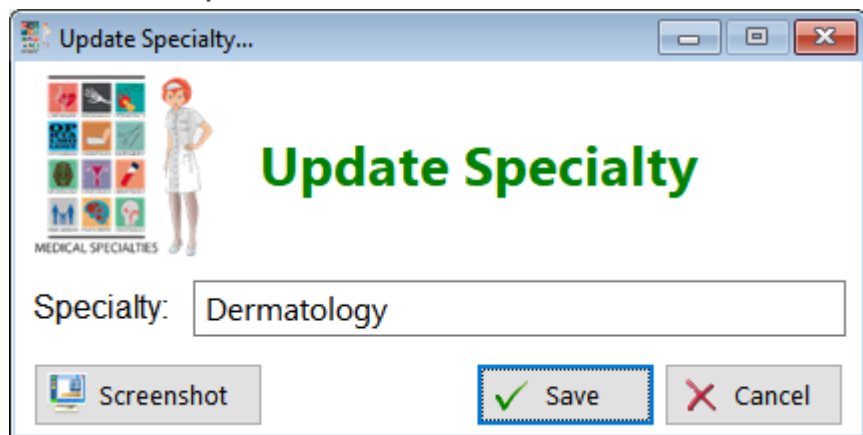
Website - Enter the Website Name

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



Update Specialty...

MEDICAL SPECIALTIES

Update Specialty

Specialty:

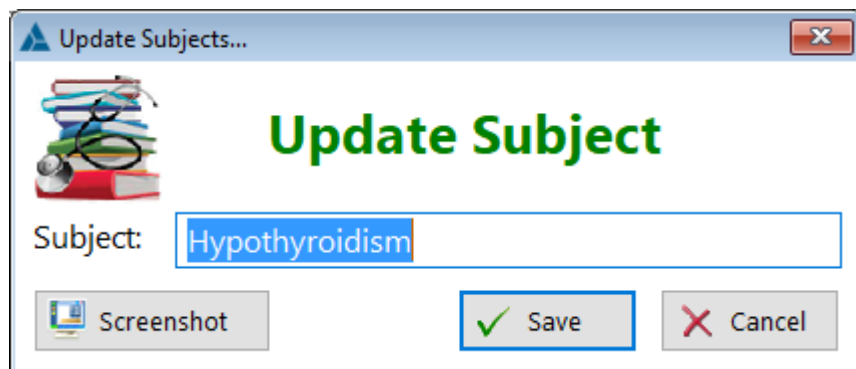
Screenshot Save Cancel

Specialty - Enter the name of the specialty


HelpID: UpdateSpecialty

Update Subjects

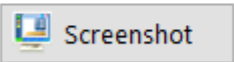
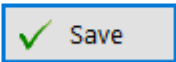
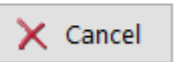
This is the form you'll use to add or make changes to the Subject in the Articles Module



Update Subjects...

 **Update Subject**

Subject:

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.

SUPPLEMENTS

Update Supplements

Supplement:

Solubility
 Fat Water

During The Day
 Yes No N/A

Take At Night
 Yes No N/A

Take With Meals
 Yes No N/A

Empty Stomach
 Yes No N/A

Magnesium
 Yes No N/A

Zinc
 Yes No N/A

Calcium
 Yes No N/A

Vit B12
 Yes No N/A

MVI
 Yes No N/A

Notes:

Large doses of minerals can compete with each other to be absorbed. Don't use calcium, zinc, or magnesium supplements at the same time. Also, these three minerals are easier on your tummy when you take them with food, so if your doctor recommends them, have them at different meals or snacks. Don't take any individual mineral at the same time as an MVM or an antioxidant vitamin formula, like one with beta-carotene and lycopene

Screenshot

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

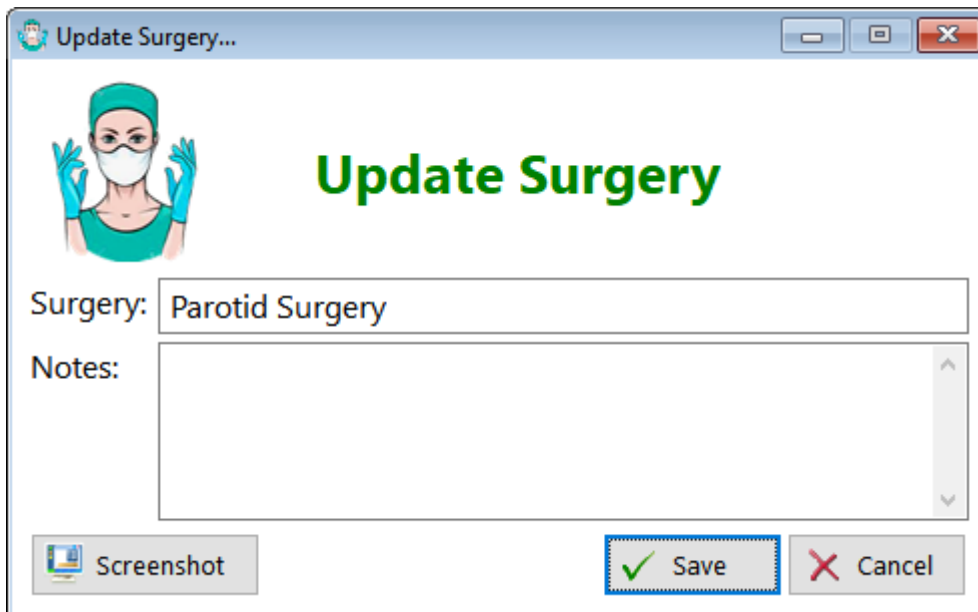
Zinc - Select whether the supplement can be taken with zinc
Calcium - Select whether the supplement can be taken with calcium
Vit B12 - Select whether the supplement can be taken with vitamin B12
MVI - Select whether the supplement can be taken with a multivitamin
Notes - Enter any comments you find 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 surgeries you've had as well as comments about them



Update Surgery...



Update Surgery

Surgery: Parotid Surgery

Notes:

Screenshot Save Cancel

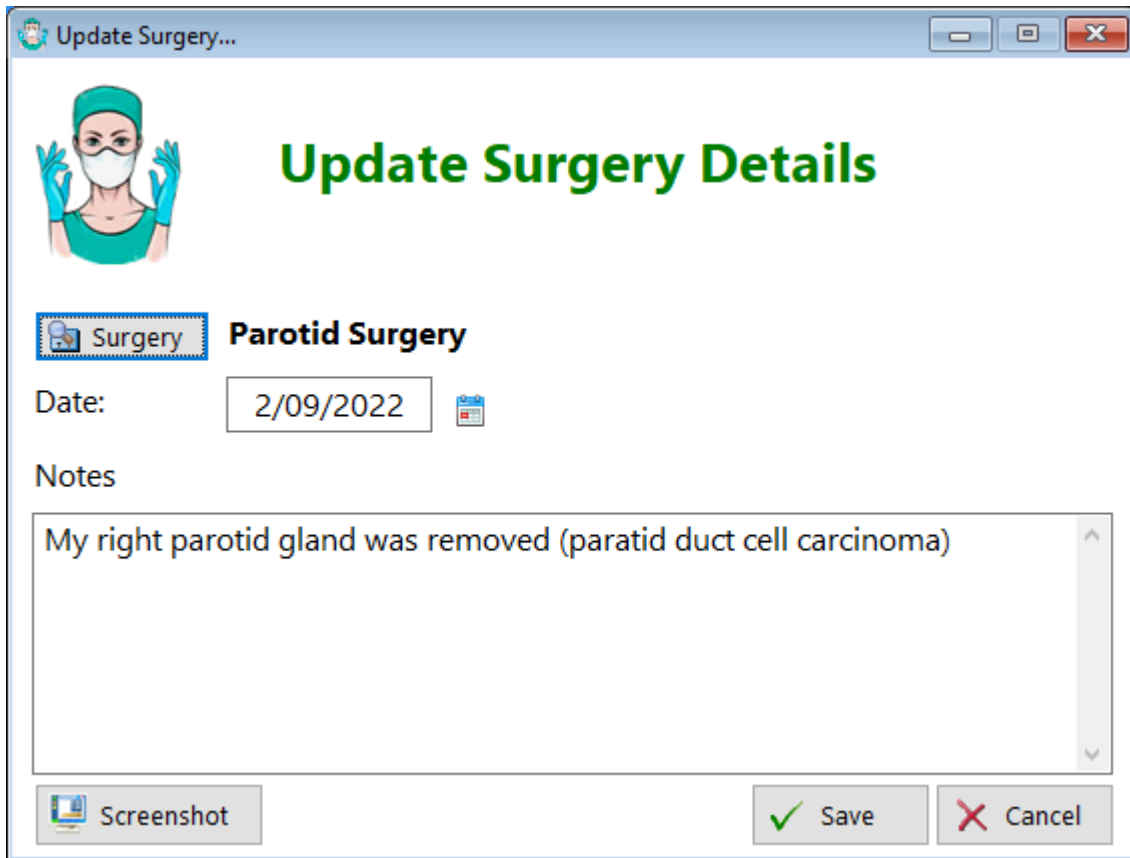
Surgery - Enter the name of the surgery

Notes - Enter any comments regarding this surgery


HelpID: UpdateSurgery

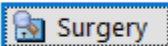
Update Surgical Detail


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



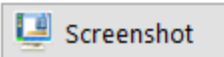
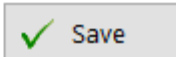
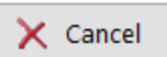
Update Surgery...

 **Update Surgery Details**

 **Parotid Surgery**

Date: 

Notes

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.

Update Symptoms

Symptom: Muscles and joint pain

Description:

Category: Pain

Source: <http://hypothyroidmom.com/300-hypothyroidism-symptoms-yes-really/>

Date Started: 7/17/2022

Symptom Related To
 Thyroid Adrenal **Some of these symptoms can be caused by either Thyroid or Adrenal dysregulation**

Priority Monitor **By checking Priority, you are automatically monitoring the symptom**

Severity Level: 7 Moderate

Occurrence
 Constant Intermittent

Note

Notes

Screenshot Top 10 Symptoms

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.

Update Temperature Readings...

Update Body Temperature

Date: 4/23/2023

Time: 8:12PM **Example: Type 6.35p to get 6:35PM**

Temp: 98.60

Excluded (Allows you to keep a weird temp without having it averaged)

Basal

Note

Screenshot Save Cancel

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

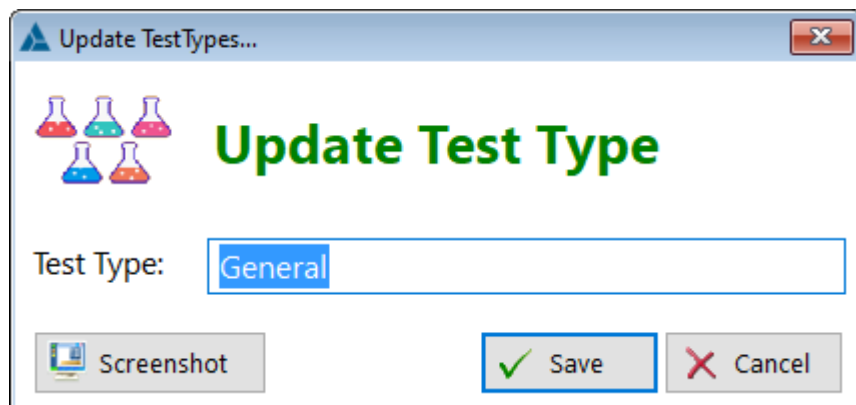
NOTE - I don't think there's any question that someone with low thyroid function (untreated) will display a basal temperature lower than the normal. However, there's another reason for having a low or very low basal body temperature and that's due to *insomnia*. Lack of sleep will lower your body temperature.

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



Update TestTypes...

 **Update Test Type**

Test Type:

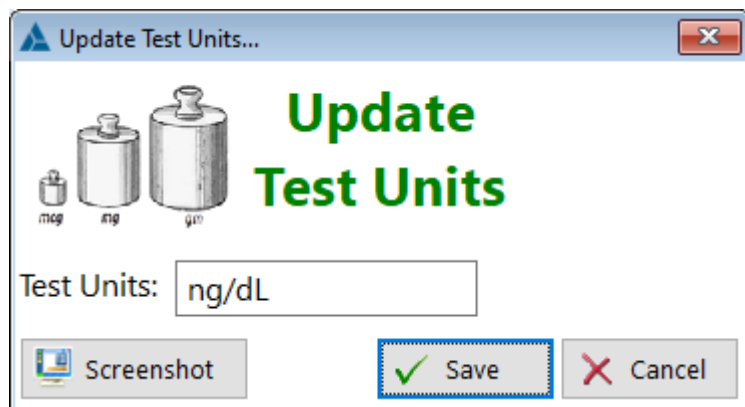
 Screenshot  Save  Cancel

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



Update Test Units...

Update Test Units

Test Units:

Screenshot Save Cancel

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.

Update Thyroid Antagonists...

Drug Or Drug Class: Monitor Thyroid Function

Relative Bioavailability
 Increased Decreased Decreased-a Both

Synthesis
 Increase Decrease Decrease-a Both

Metabolism
 Increase Decrease Decrease-a Decrease-l

Protein Binding
 Increased Decreased Decreased-b

TSH
 Decreased Decreased-Transient

Total T4
 Increased Decreased No Change All D-Transient D-Transient-b

Free T4
 Decreased No Change D-No Change Increased-Trans No Change-D

Clinical Recommendation:

Notes:

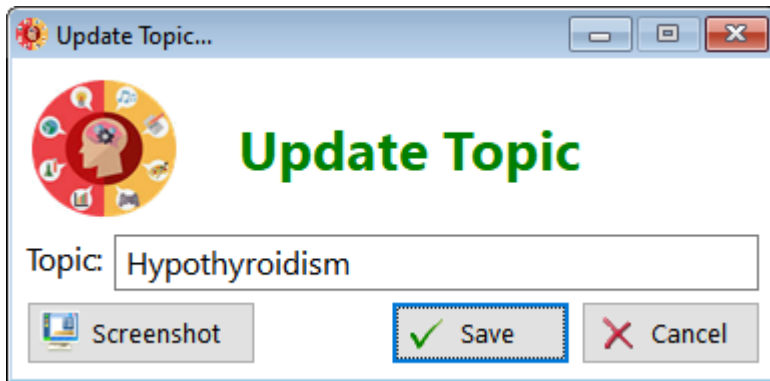
- Drug Or Drug Class** - Enter the antagonist drug or drug class
- Relative Bioavailability** - Select the most appropriate option
- Synthesis** - Select the most appropriate option
- Metabolism** - Select the most appropriate option
- Protein Binding** - Select the most appropriate option
- TSH** - 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



Update Topic...

Update Topic

Topic: Hypothyroidism

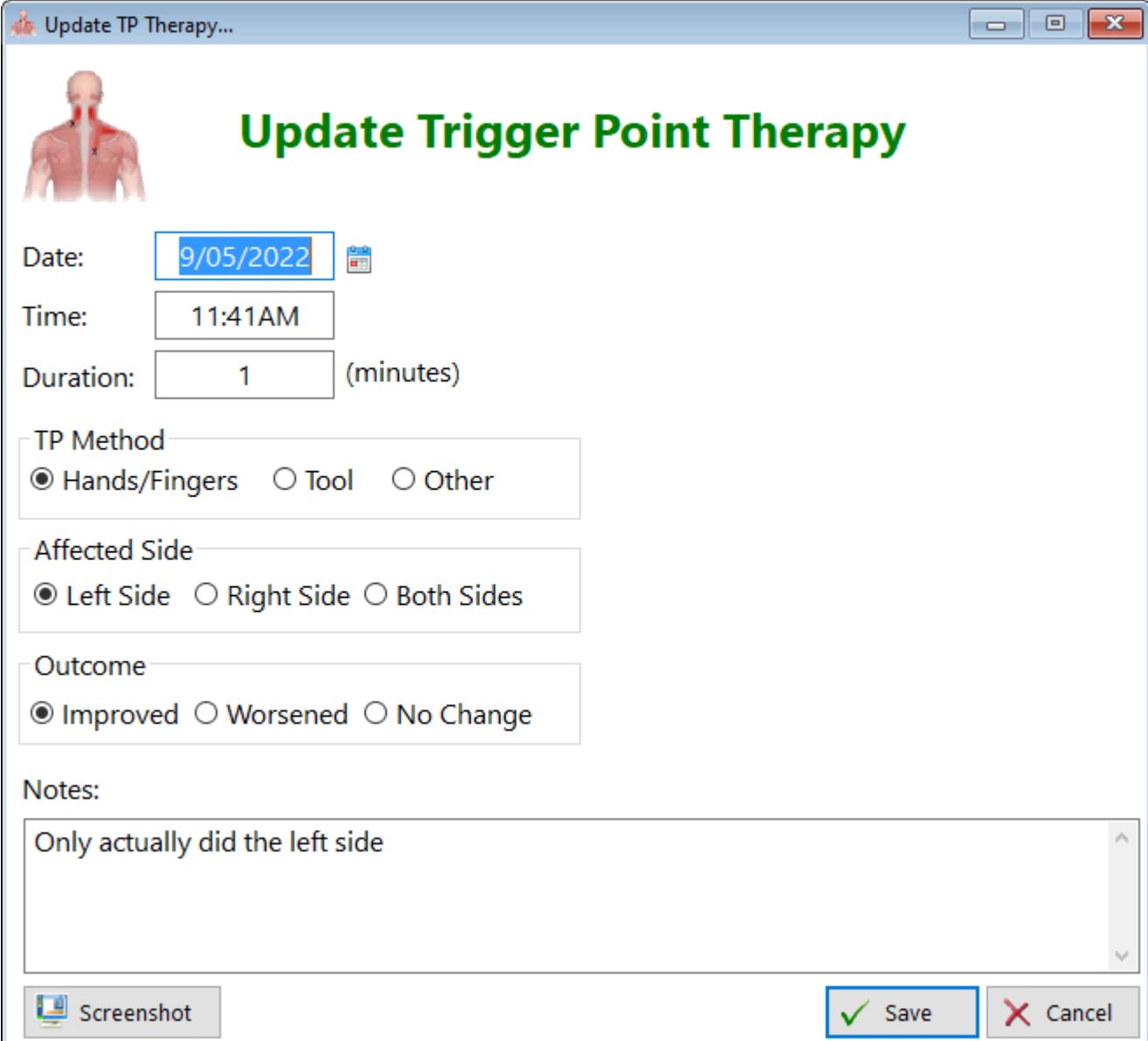
Screenshot Save Cancel

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



Update Trigger Point Therapy

Date: 

Time:


Duration: (minutes)

TP Method
 Hands/Fingers Tool Other

Affected Side
 Left Side Right Side Both Sides

Outcome
 Improved Worsened No Change

Notes:

 Screenshot

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

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.

Update Treatment Adjustment

Date: 3/08/2023

Comment: Cut back on levothyroxine

Dosage Change

Timing Change

T4 Change

Increase Decrease No Change

Adjust T4: 25.00

T3 Change

Increase Decrease No Change

Adjust T3: 0.00

Notes

Screenshot Save Cancel

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

Update Tx Adjustments...

Update Treatment Adjustment

Date: 3/08/2023

Comment:

Dosage Change

Timing Change

T4 Change

Increase Decrease No Change

Adjust T4: 0.00

T3 Change

Increase Decrease No Change

Adjust T3: 0.00

Notes:

Screenshot Save Cancel

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

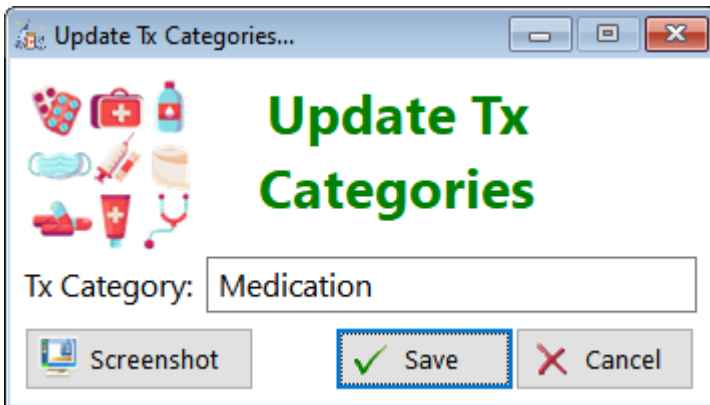
Adjust T3 - Specify how much of an increase or decrease you want to make for T3

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.

Update Tx Categories

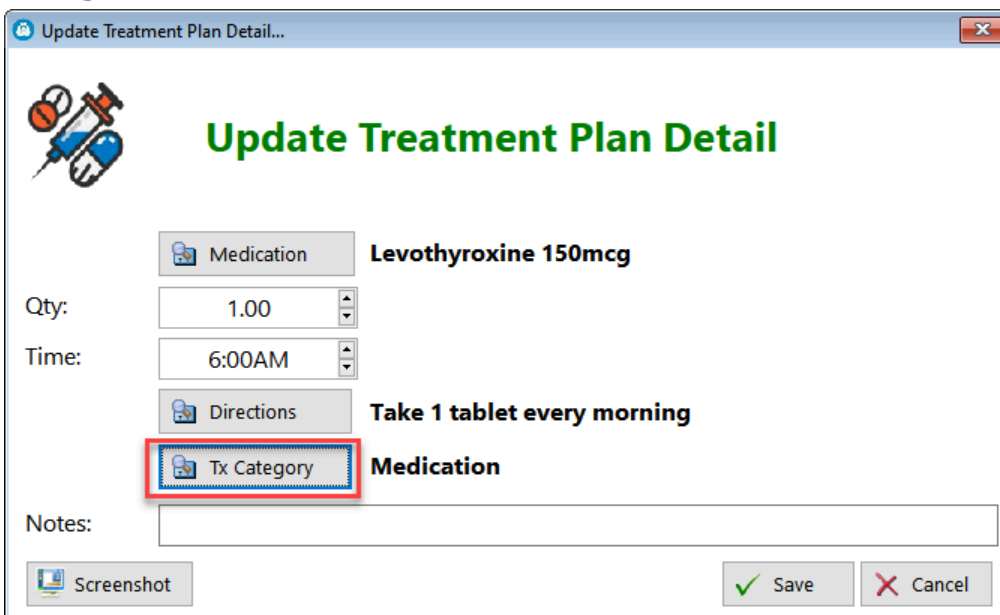
This update form is located within the Treatment Plan module



The screenshot shows a dialog box titled "Update Tx Categories...". It features a collection of medical icons on the left and the title "Update Tx Categories" in green text. Below the title is a text input field labeled "Tx Category:" containing the word "Medication". At the bottom, there are three buttons: "Screenshot", "Save" (with a green checkmark icon), and "Cancel" (with a red X icon).

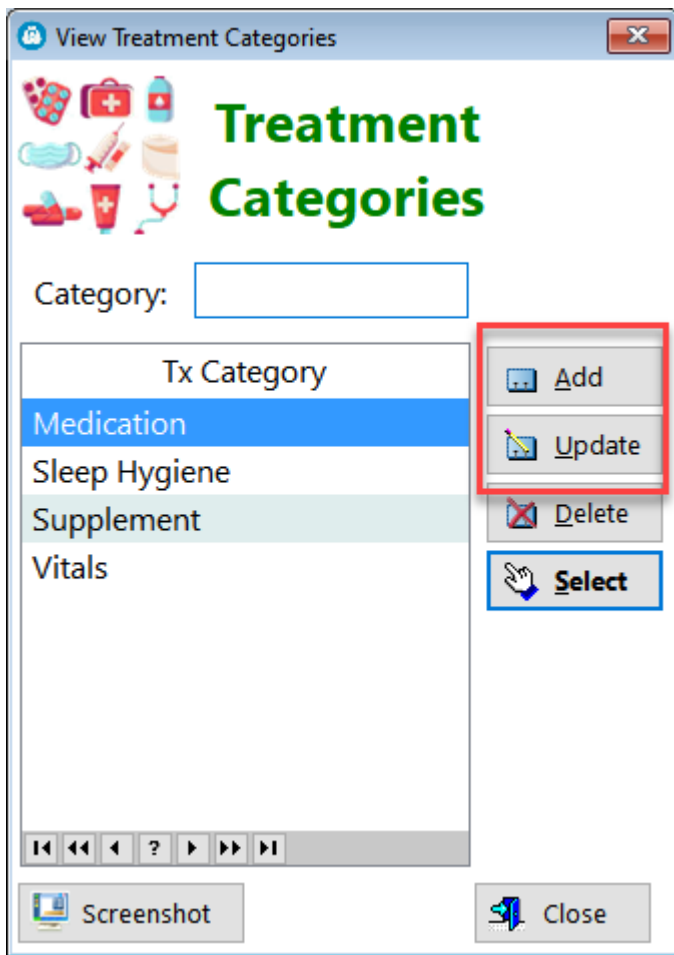
Tx Category - Enter the category of the treatment

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



The screenshot shows a dialog box titled "Update Treatment Plan Detail...". It features a syringe icon on the left and the title "Update Treatment Plan Detail" in green text. The form contains several fields: a "Medication" dropdown menu showing "Levothyroxine 150mcg", a "Qty:" field with "1.00", a "Time:" field with "6:00AM", a "Directions" dropdown menu showing "Take 1 tablet every morning", and a "Tx Category" dropdown menu showing "Medication", which is highlighted with a red rectangular box. At the bottom, there are three buttons: "Screenshot", "Save" (with a green checkmark icon), and "Cancel" (with a red X icon).

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.

Update Treatment Plan Detail...

Update Treatment Plan Detail

Medication **Levothyroxine 150mcg**

Qty: 1.00

Time: 6:00AM

Directions **Take 1 tablet every morning**

Tx Category **Medication**

Notes:

Screenshot Save Cancel

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 thereof) and make improvements in medication therapy to the point where symptoms are resolved and your quality of life is restored.

Update Treatment Plan

Treatment Plan **Notes**

Plan Name: **Levothyroxine 150mcg and Liothyronine 5mcg** Current Plan

Description: T3 lowered to 5mcg daily

48 Weeks Refresh End Date

Planned Start Date: 5/17/2022 End Date: 4/17/2023 Actual End Date Reset Actual End Date

Medications TxAdjustments Clinical Notes Symptoms Lab Tests

Medication	Directions	T4	T3	Time	Qty	Tx Category
Levothyroxine 150mcg	Take 1 tablet every morning	150.00	0.00	6:00AM	1.00	Medication
Liothyronine 5mcg	Take 1 tablet at bedtime	0.00	5.00	10:30PM	1.00	Medication

Add Update Delete Thyroid Ratio: 30.0 : 1 T4: 150.00 T3: 5.00

Screenshot Save Cancel

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

TxAdjustments - 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 desiccated 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.

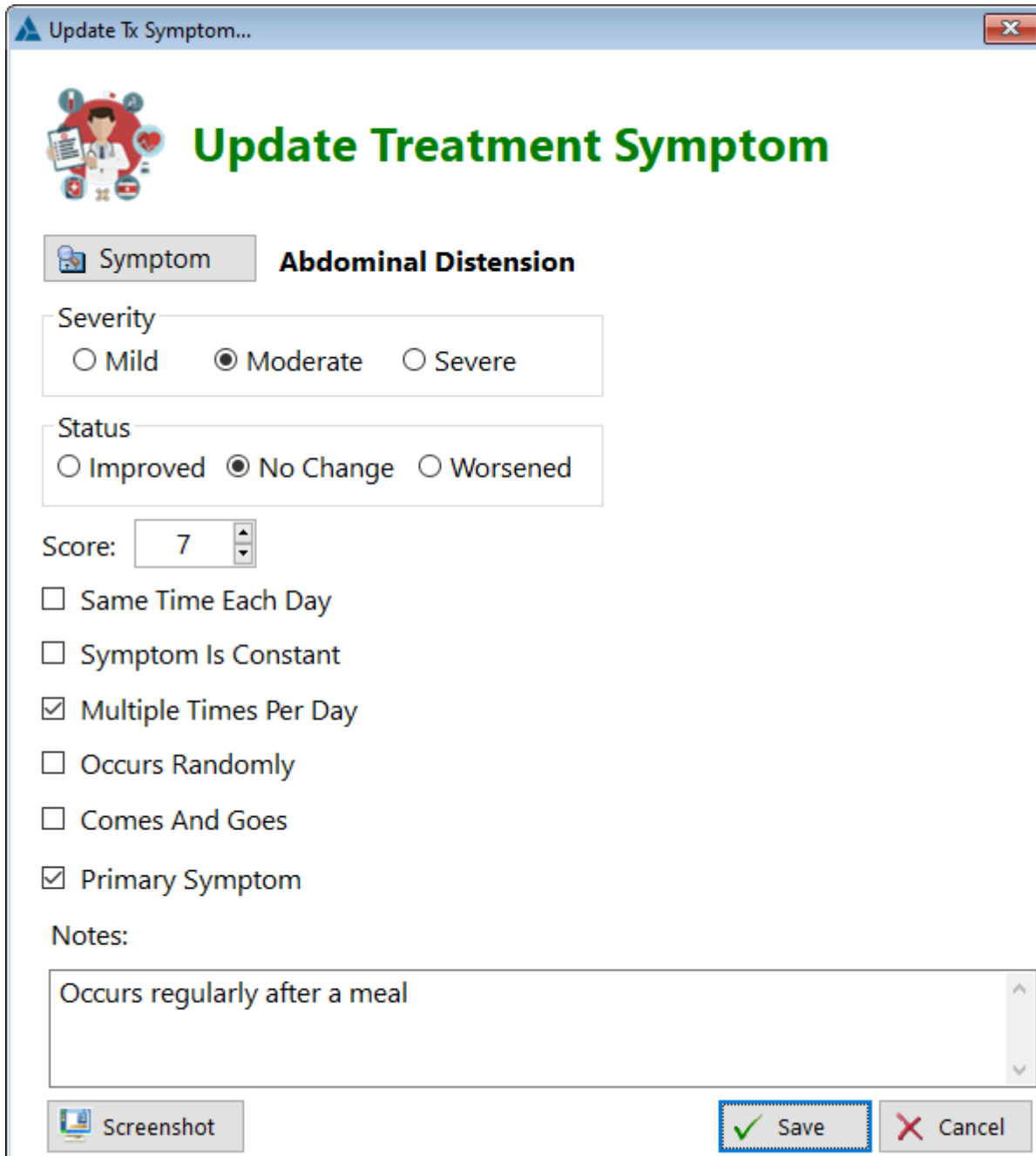
See also...

- [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.



Update Tx Symptom...

Update Treatment Symptom

Symptom **Abdominal Distension**

Severity
 Mild Moderate Severe

Status
 Improved No Change Worsened

Score: 7

Same Time Each Day
 Symptom Is Constant
 Multiple Times Per Day
 Occurs Randomly
 Comes And Goes
 Primary Symptom

Notes:
Occurs regularly after a meal

Screenshot Save Cancel

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

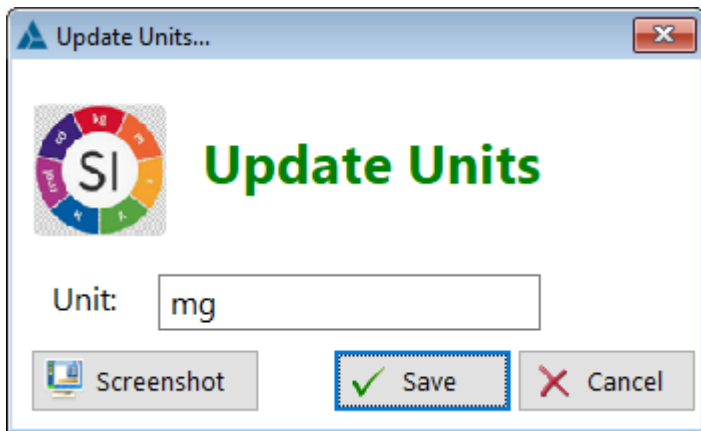
See also...

- [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



Update Units...

Update Units

Unit: mg

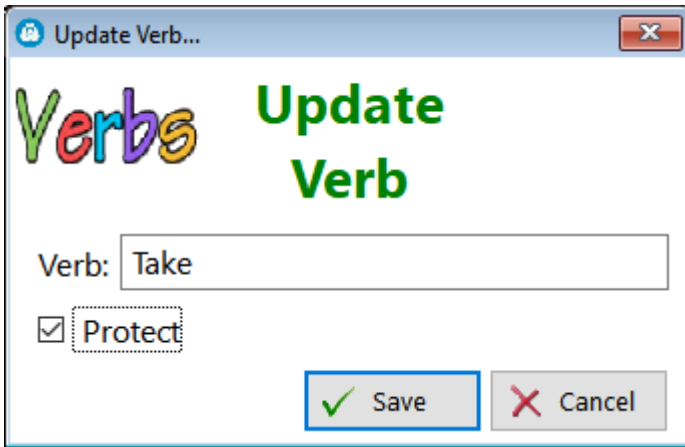
Screenshot Save Cancel

Unit - Enter the unit

HelpID: UpdateUnits

Update Verb

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



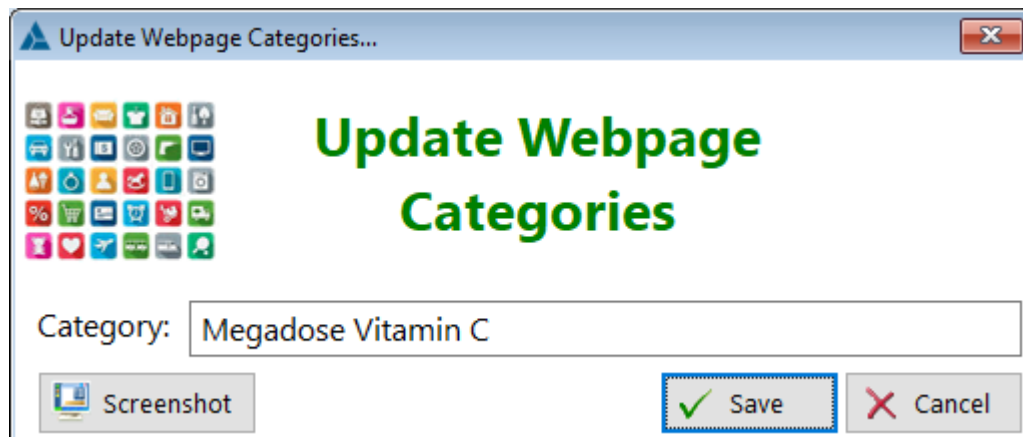
Verb - Enter the action you'll be doing when taking this medication or supplement (take, insert, etc., have already been created for you)

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



Update Webpage Categories...

Update Webpage Categories

Category: Megadose Vitamin C

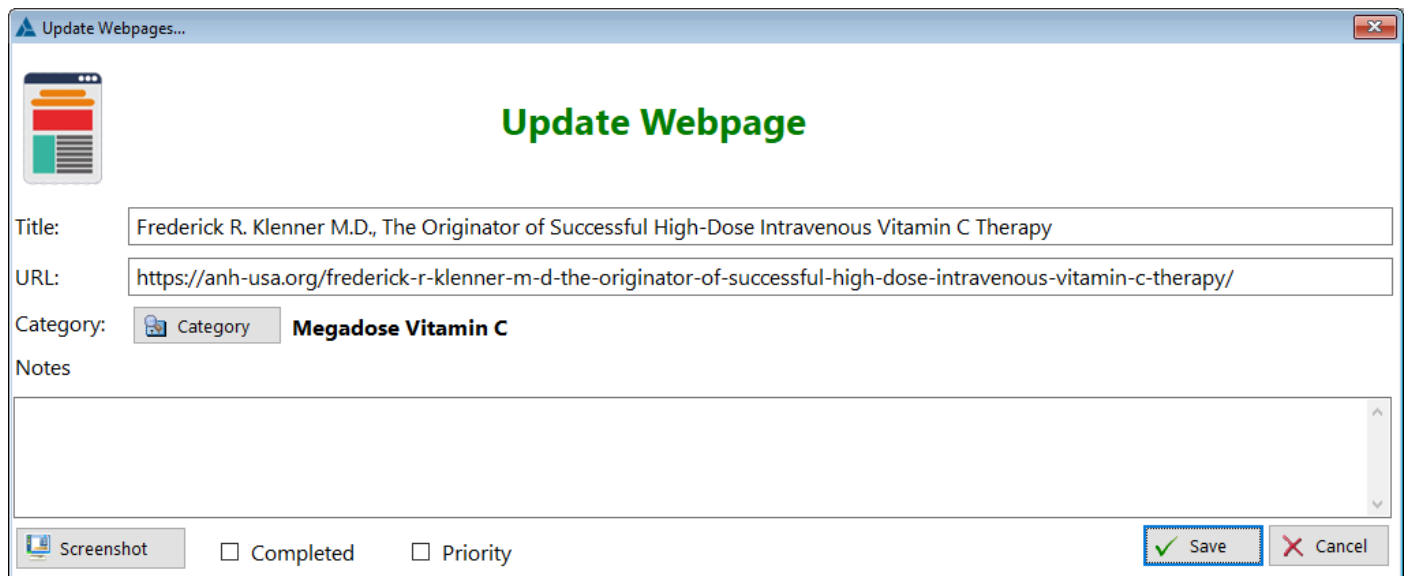
Screenshot Save Cancel

Category - Enter the webpage category

HelpID: UpdateWebPageCategories

Update Webpage

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



Update Webpage

Title: Frederick R. Klenner M.D., The Originator of Successful High-Dose Intravenous Vitamin C Therapy

URL: https://anh-usa.org/frederick-r-klenner-m-d-the-originator-of-successful-high-dose-intravenous-vitamin-c-therapy/

Category: **Megadose Vitamin C**

Notes

Screenshot Completed Priority

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.

Update Website...

Update Website

Website Name and URL Subscribed or Registered

Website Name: **Favorite**

Website Owner: **Author**

URL:

Topic: **Hypothyroidism**

Notes:

Web Rating

I like it

I don't like it

No opinion

Webpages Associated With This Website

Title	C	P	Category
Metabolic Scorecard	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Cortisol
Metabolic Temperature Graph	<input type="checkbox"/>	<input type="checkbox"/>	Metabolism
Signs and Symptoms: Adrenal Fatigue vs. Low Thyroid Function	<input type="checkbox"/>	<input type="checkbox"/>	Symptoms

Webpage URL: <https://www.drrind.com/metabolic-scorecard>

Completed Priority

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.

Update Workout

Select Activity: **Conditioning Exercise**

Bodyweight: (Lbs)

Workout Date: **Metabolic Equivalent**

Start Time:

End Time:

Max HR:

Cals Burned: Researchers have come up with a science-backed way to calculate how many calories you burn doing almost anything. They use what's called Metabolic Equivalents, which is a factor that determines how many calories you'll burn over 1 hour

Weight Training
 Measurements

Notes **Weight Training**

Exercise	Reps	Weight	Body Area	Comments
Pushups	20	n/a	Chest	

Total Sets: **1**

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

Update Weight Training...

Update Weight Training

Exercise **Pushups**

Reps:

Weight: (lbs)

Body Area: Chest, arms, shoulders, etc.

Comments:

Notes

Screenshot

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

Update Workout

Select Activity: Activity **Conditioning Exercise**

Bodyweight: (Lbs)

Workout Date: **Metabolic Equivalent 3.5**

Start Time:

End Time:

Max HR:

Cals Burned: 104

Weight Training

Measurements

Notes **Weight Training**

Exercise	Reps	Weight	Body Area	Comments
Pushups	20	n/a	Chest	

Total Sets: **1**

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

Update Workouts...



Update Workout

Select Activity: Activity **Conditioning Exercise**

Bodyweight: 166.60 (Lbs)

Workout Date: 6/27/2023 Metabolic Equivalent
3.5

Start Time: 2:06PM

End Time: 2:30PM

Max HR: 140

Cals Burned: 104

Weight Training

Measurements

resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance

Researchers have come up with a science-backed way to calculate how many calories you burn doing almost anything. They use what's called Metabolic Equivalents, which is a factor that determines how many calories you'll burn over 1 hour

Notes Measurements **Weight Training**

Arms	Legs	Body
Upper L Arm: 0.00	L Thigh: 0.00	Shoulders: 0.00
Upper R Arm: 0.00	R Thigh: 0.00	Chest: 0.00
L Forearm: 0.00	Left Calf: 0.00	Waist: 0.00
R Forearm: 0.00	Right Calf: 0.00	

Measurements should be done BEFORE lifting

Screenshot

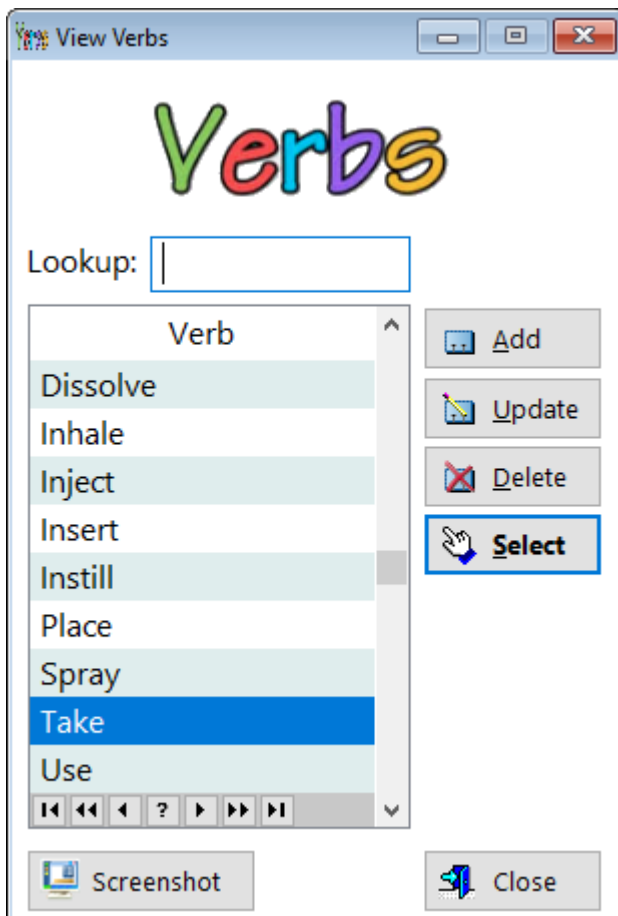
See also...

- [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

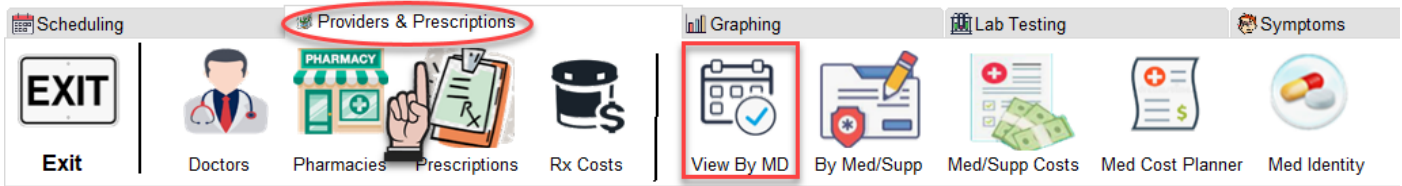
You can add a verb if you like; most of them are already present.

[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.

View Appointment By Provider

Matthew Mifsud

Date	Time	Reason	Status	Cost
7/28/2022	11:30AM	Ultrasound	Completed	\$0.00
8/11/2022	11:30AM	Evaluation of Parotidectomy	Completed	\$0.00

Navigation icons: Home, Back, Forward, Search, Refresh, Print

Buttons: Screenshot, Close

Date - Displays the date of the appointment

Time - Displays the time of the appointment

Reason - Display why you want this appointment

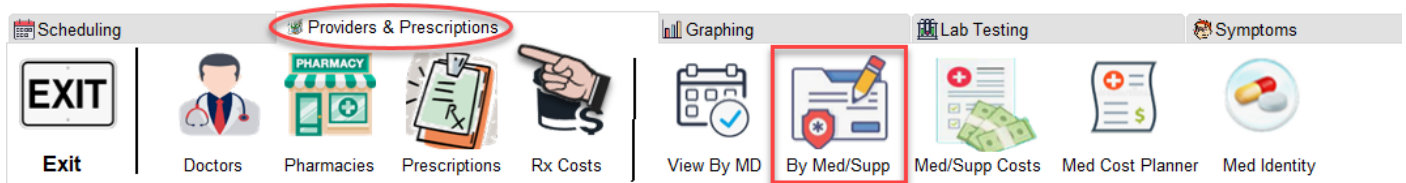
Status - Displays whether you've attended the appointment, it's currently scheduled, or it was cancelled and re-scheduled

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.

The screenshot shows a window titled 'View By Medications or Supplements'. The window has a header 'By Supplement/Medication' and a search bar containing 'Levothyroxine 125mcg'. There is a checkbox for 'Thyroid'. Below the search bar are tabs for 'Today', 'Yesterday', and 'Select a Range'. A table displays the following data:

Med Date	Med Time	Nts	Qty	Dosing Status
5/24/2023	6:12AM	N	1.00	Administered

At the bottom of the window, there are buttons for 'Screenshot', 'Query', and 'Close'.

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

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	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2.00							14	1
Ashwagandha 500mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2.00							14	1
B - Complex 100	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00							7	1
Ibuprofen 200mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2.00							14	1
Levothyroxine 125mcg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00							7	1
Magnesium Glycinate/Lysinate 100mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		4.00						24	1
Melatonin 1mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						3.00		21	1
TheraTears 0.25% Eyedrops	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00		1.00		1.00		1.00	28	4
Vitamin A 15000 IU	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00							6	1
Vitamin C 1000mg	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00							7	1
Vitamin D3 + K2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00							7	1
Zinc Plus Selenium	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1.00							7	1

Show Thyroid Meds Total Entries 12 156 15

This is a view-only window showing the highlighted record

View Dosing Schedule...



View Dosing Schedule

Medication:

Directions:

Scheduled Days

Sun Mon Tue Wed Thu Fri Sat

Time Slots

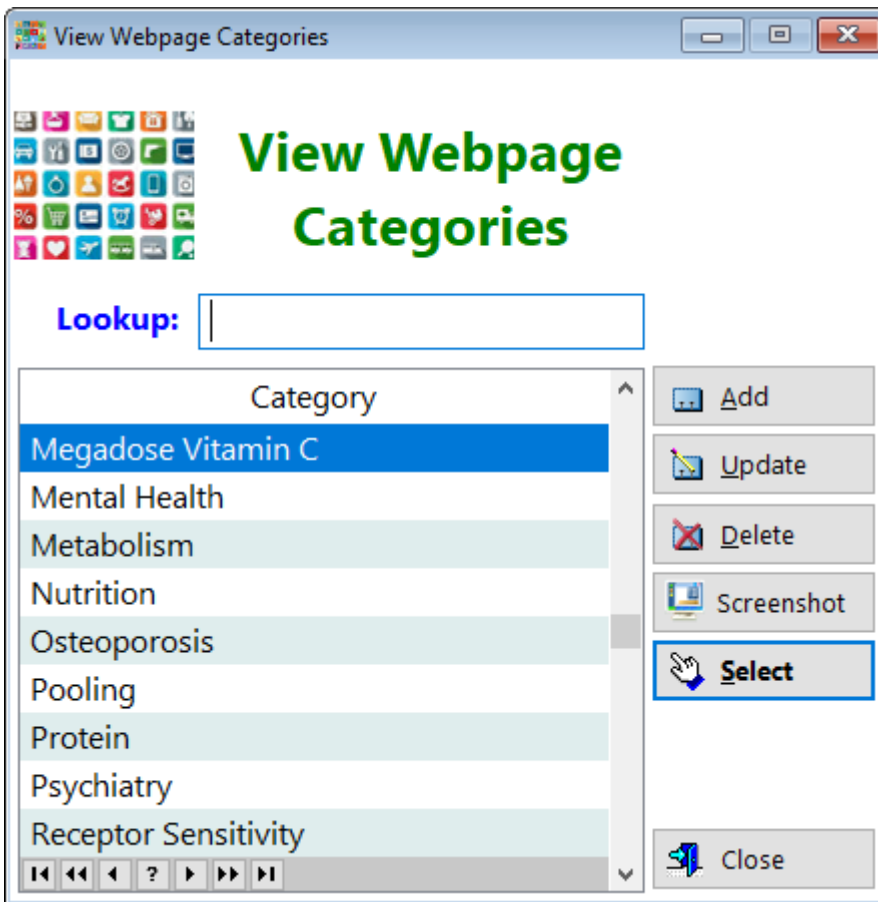
<u>Time of Day</u>	<u>Quantity</u>	<u>Time</u>
<input type="checkbox"/> AM		
<input checked="" type="checkbox"/> Mid AM	2.00	10:00AM
<input type="checkbox"/> Noon		
<input type="checkbox"/> Afternoon		
<input type="checkbox"/> Mid AFT		
<input type="checkbox"/> Evening		
<input type="checkbox"/> Bedtime		

Active

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](#)

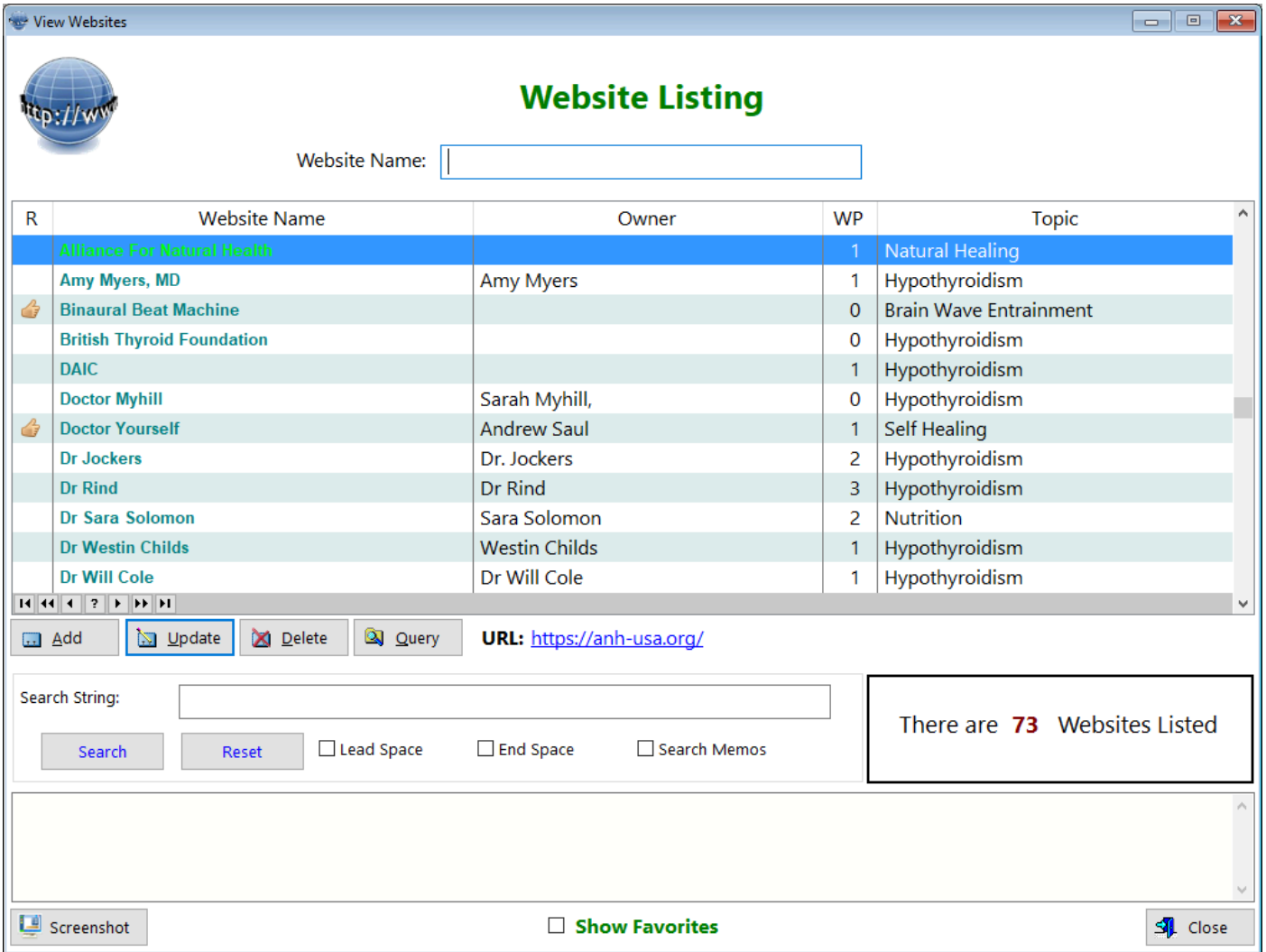
HelpID: WebPageCategories

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.

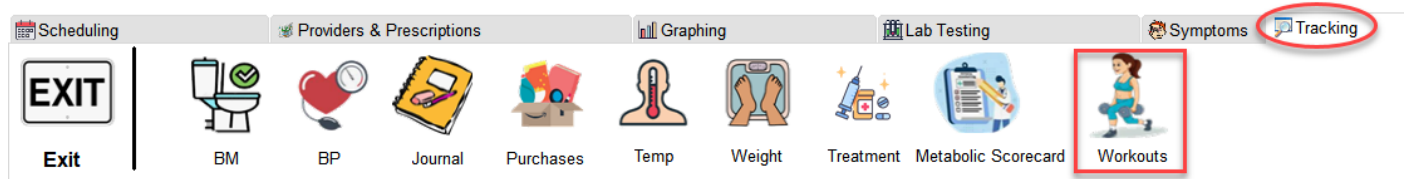
See also...

- [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	Activity	MET	Start Time	End Time	DUR (Min)	WT	Max HR	Calories
6/27/2033	Conditioning Exercise	3.5	2:06PM	2:30PM	23	<input checked="" type="checkbox"/>	140	104

resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance

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