

MIGHT YOUR FATIGUE MEAN MORE THAN JUST TOO MUCH MULTI-TASKING?

An interview with Michael E. Doyle, MD conventional & alternative medicine specialist.

Ask Michael E. Doyle, MD, a Stamford, CT-based family practitioner highly regarded by his patients, and he will say, “Yes, it might.”

When we multi-tasking women present with a symptom such as extreme fatigue, it is not merely dismissed by Dr. Doyle as a side effect of our “overactive” lifestyles. Instead, in his clinical experience as a physician combining conventional and alternative medicine, he clearly recognizes that this symptom might very well be a sign of “under-activity”-of the thyroid, that is commonly known as hypothyroidism (hi-po-thi-roid-izm.). Oftentimes unsuspected by some physicians on clinical examination and undetected by routine baseline tests, hypothyroidism symptoms range from feeling fatigued or run-down to having muscular aches and pains, headaches, dry skin and hair, loss of hair, depression and weight gain. Sound familiar? “The good news,” says Dr. Doyle, “is that low thyroid function, when properly diagnosed, is treatable with safe and effective FDA-approved 'natural' thyroid extracts, which can get one's body back in balance and, in many cases, completely reverse symptoms.” So why do so many of us think we

have to “live” with these symptoms as though our lifestyles dictated that we must? Maybe, because we're women; but in truth, we don't.

Suspecting and detecting hypothyroidism is the first step. Dr. Doyle starts with what has been largely forgotten in modern medicine—he



listens to his patients and actually hears them. He then does what is clinically necessary to diagnose and treat his patients - "naturally," whenever possible. “Sometimes I have to look to the past to find the best approach for my patients and to help them achieve optimal health for the future,” claims Doyle. “There are times,” Doyle continues, “when modern testing for hypothyroidism completely misses the mark. “And, he adds, “there are times when synthetic thyroid hormones just don't get my patients well. “A

century ago,” he continues, “hypothyroidism was a treatable illness, diagnosed, in many instances, by simply listening to patients and looking for certain classic physical signs. Dr. Doyle points out that in the early 20th Century, Eugene Hertoghe, a renowned European physician, taught American physicians how to diagnose and actually reverse hypothyroidism by treating patients with enough 'natural' thyroid extract to restore their health. This relatively simple, patient-centered approach was widely used and highly effective then, and remains so in Dr. Doyle's practice today. And, he is not alone in his thinking. In recent years, studies have suggested the limitations of modern testing for hypothyroidism leaving many to go untreated and suffer symptoms they don't have to. Over the years, a number of scientists and physicians, such as Broda Barnes, MD, have continued to question treating patients with ineffective synthetic thyroid medications that many times fail to reverse the symptoms of low thyroid function when the FDA-approved 'natural' thyroid extracts may. Dr. Barnes points out that this might be because natural thyroid extracts combine all four human thyroid hormones, while newer medications contain just one. “Combining conventional medical care with alternative and “natural” regimens, has made a significant impact on many of my patients' lives,” says Doyle. Making that

kind of difference in one's life, seems to be just what drives Dr. Doyle to find the safest and most effective diagnostic and treatment methods for his patients. "My definition of a good doctor," recently said a patient of Dr. Doyle's, "is kind, caring, compassionate, understanding and knowledgeable. Dr. Doyle goes beyond those definitions." "I decided to take hormones which he found deficient in my body," she continued, "and I cannot believe how they have restored areas of my personal life I thought were not possible. [Dr. Doyle] has helped me with my autoimmune thyroid problem, vitamin deficiencies, and adrenal insufficiency. I've always had a hard time getting my husband to see a doctor, but things have changed. Our search has ended for the kind of doctor you only read about." Maybe your search has ended, as well.

And so, you active, multi-tasking women of the world, while no one can guarantee that you will be completely symptom-free, it may be that some of those frustrating symptoms you're experiencing reflect conditions that can be accurately diagnosed and treated...naturally.



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