

Action Steps Week 37

1. Practice explaining the importance of testing for thyroid antibodies to a patient (with your study partner or a friend/family member), given that autoimmunity is the primary cause of hypothyroidism and that antibody production can precede the development of clinical disease by many years.
2. Listen to the following: “**RHR: Subclinical Hypothyroidism—What You Need to Know.**” What did you take away from listening to this podcast? Post one thing you learned or a question to the ADAPT Discussion Forum.