



DR. RANDOLPH'S
AGELESS & WELLNESS
MEDICAL CENTER



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Dr. Randolph



Click [HERE](#) to learn more about Dr. Randolph and our outstanding team of clinicians!

**Dr. Randolph's
Pharmacy &
Wellness Store**

8am-6pm Mon-Fri

Ageless & Wellness News

Volume 2, Number 2

Dear Ageless & Wellness,

Welcome to the new and improved Ageless & Wellness News! Twice a month you will receive newsletters with highlights on health news as well as information about the people and services that make the Ageless & Wellness Center your one-stop-shop for optimal aging support.

If you are also a customer of [Dr. Randolph's Wellness Store online](#), you can now sign up to receive mailings about featured products and special savings.



DR. RANDOLPH'S
WELLNESS STORE

Please take this opportunity to update your information with us! There is an Update Profile link at the bottom of this newsletter (below the coupon). Include your age and city/state when you sign up so that we can provide news and information that's relevant for YOU.

Thyroid Awareness Month: Do You Have "Subclinical Hypothyroidism"?

Perhaps you -- or a friend or family member -- has suffered from some of the following mild symptoms: fatigue, dry skin, weight gain, cold intolerance, depression, or poor memory. There are so many possible causes for these kinds of symptoms that it is easy to assume you're "just not

9am-2pm Saturday

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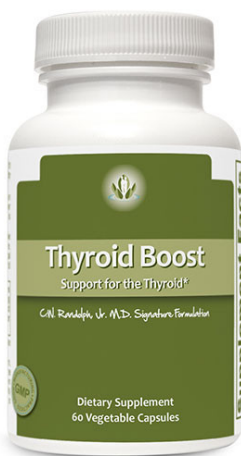
Wellness Store:
904-249-4372

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Dr. Randolph's
Pharmacy &
Wellness Store

*Featured
Product:*

Thyroid Boost



Thyroid Boost is a comprehensive freeze-dried, BSE-free, bovine, multi-glandular, mineral and herbal formula to support healthy thyroid function.

getting enough sleep," or that you're "just feeling a little stressed." January is Thyroid Awareness Month, so let's discuss a condition that is all-to-often overlooked: subclinical hypothyroidism (also called "mild thyroid failure").

The thyroid is a butterfly-shaped endocrine gland located at the base of your throat. This tiny organ has a huge responsibility; it makes thyroid hormones, which are secreted into the blood and then carried to every tissue in your body. Thyroid hormones regulate your metabolism, which helps your body use energy, maintain proper temperature, and keeps your organs (brain, heart muscles, etc.) functioning.



Typically, family physicians simply test a patient's TSH (thyroid-stimulating hormone) and T4 (thyroxine) levels in order to determine whether a thyroid condition exists. If the patient's levels are within the normal range, then the patient is told, "it's not your thyroid." But that's not always the full picture!

You may already know that hormones work like thermostats: when one level is activated, the other shuts off, and vice versa. Here's how your thyroid hormones work: The hypothalamus (a tiny gland located in the brain) releases a substance called thyrotropin-releasing hormone (TRH), which triggers the pituitary gland to release the thyroid-stimulating hormone (TSH). TSH then triggers your thyroid gland to produce two hormones: triiodothyronine (T3) and thyroxine (T4). The T4 and T3 hormones circulate through your bloodstream "bound" to proteins, although a small percentage is considered "free," or unbound. Some T4 gets converted to T3 as it moves through multiple tissues and organs (notably the liver, brain, and muscle). Some T4 and T3 are separated from their protein carriers during these processes, becoming "free" again to exert a metabolic effect on the body. So what does this mean?

Thyroid hormone problems are complex. If you or someone you know suspects a thyroid issue, or simply wants to rule one out, it is important to consult with a clinician who is experienced in thyroid hormone dysfunction. Blood tests should be ordered to put together the clearest picture of how your thyroid hormones are working -- or not. For example, the "Total T4" test can tell your medical practitioner how much T4 your thyroid is producing, while the "Free T3" test helps to show how much is "bio-available" for the cells and tissues of your body.

In the case of subclinical hypothyroidism, the TSH blood test levels are typically normal or just slightly elevated while the

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\$20.00
(60 capsules)
\$34.00
(120 capsules)

In Our
Next Issue...

February is Heart Health Month!

Try Flavanoids
(Like Chocolate?)
for Better
Heart Health!



February Sales at
the Wellness Store:

10% off all
Heart-Healthy
Supplements!

Employee
of the Month



Christy Hitz, MA

T4 and T3 levels appear in the low to normal range -- in addition to the patient experiencing classic (though mild) symptoms of hypothyroidism. Even in this low-normal range, your thyroid may still be low-functioning (in the 10th percentile), creating symptoms that can significantly impact your quality of life. Every organ in your body relies on a healthy thyroid!

Our approach is to order blood tests that reveal the full picture of how your thyroid hormones are functioning, typically: TSH, Free T3, Free T4, TPO (Thyroid Peroxidase Antibody), TGA (Thyroglobulin Antibody), and Reverse T3. We understand the subtle signs of an imbalance, and carefully treat patients for subclinical hypothyroidism when symptoms are present. Our approach is to optimize your thyroid levels to the upper 1/3rd of the healthiest range, allowing you to feel better, have more energy, think more clearly, and lose weight more easily.

For more information on thyroid health and Thyroid Awareness Month, visit the American Thyroid Association at www.thyroid.org.

Employee Spotlight: Wellness Store Staff

When Vicki Harrington and Natalie Grisham heard that Dr. Randolph was opening his own Pharmacy and Wellness Store, they were excited for the opportunity to join him! Vicki has worked for Dr. Randolph in various roles for more than 10+ years, and Natalie worked for Dr. Randolph from 2001 to 2006. They both enjoy learning about supplements and how they can assist customers



From left: Missy Hadley, Natalie Grisham, and Vicki Harrington

in choosing the best supplements for their needs. They really love it when the patients come back and give them feedback about the products they helped them select! Vicki says, "When our patients leave, they know that they have been helped in a professional manner and feel how special they are to our business." Vicki and Natalie frequently discuss recommended supplements with the medical providers to further their own knowledge and to answer any patient questions that arise.

Missy Hadley has 10 years of experience in customer service/management and 5 years in a retail pharmacy, both at Publix. She jumped at the chance when she heard of the opportunity to run the Wellness Store! Missy loves the day-

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to-day operations, from ordering products, to shipping orders from the online store, to working with different supplement providers and the staff in Dr. Randolph's clinical office. Her favorite task is learning about the various supplements from the providers and being able to pass that information on to the patients/customers.

We invite you to stop by the Wellness Store and talk with Missy, Natalie, and Vicki for all your supplement needs!

Please let us know how we can help you on your path to optimal aging and wellness!

To Your Health,

Dr. Randolph

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