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My name is Joan Shey. I am a thyroid cancer survivor for seven years. I was first diagnosed in 1995, at which point I had a complete Radical Thyroidectomy in May of that year.

After my surgery I was then scanned with I-131 to find any metastasis. The findings were that I had metastasis to my mediastinum and lungs. Consequently, I have had 6 annual I -131 treatments.

A significant part of my treatment is to suppress my cancer by taking an elevated dose of Thyroxin [ Synthroid] to suppress my TSH. It has been explained to me by my physicians at Memorial Sloan-Kettering Cancer Center in NYC that it is imperative that I stay on a very precise and consistent elevated dose of Synthroid along with the I-131 treatments in order to treat my disease. These two factors are keeping me alive at this point. I am happy to report that my cancer has diminished to the point that my Thyroidgobulen level is now at 3.1, down from 100+ in 1995.

Another very important part of this treatment that has been explained to me by my physicians, is that I should not change the dose or brand of my Thyroxin[ Synthroid] in anyway, unless through my TSH blood levels they feel a change is needed. Since my surgery in 1995, I was prescribed .225mg of Synthroid. However, being at this high level, I was experiencing many side effects:

- Nervousness
- Sleeplessness
- Increased appetite
- A feeling of "jitteriness"

It was then decided to lower my Synthroid dosage to .200mg with hopes that the side effects would improve. After one month, I did start to feel better and many of the adverse systems disappeared.

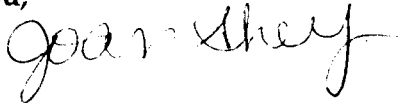
- Nervousness and "Jitteriness" went away
- My sleep patterns improved tremendously
- My appetite and weight gain decreased somewhat

*All the while, my TSH suppression stayed at .02 and my Thyroidgobulen level is 3.1.*

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I am writing this letter to convey, as a patient, how important it has been to my treatment and cure that the proper dosage of Synthroid along with the I 1-31 treatments are given. Without out the proper treatment in the coarse of these 7 years of living with this disease I might not have gotten to this point of a drastic improvement. I feel it so important that guidelines are put in place so that other patients such as myself can have the same results.

Thank you,

A handwritten signature in cursive script that reads "Joan Shey".

Joan Shey