

INTERSTITIAL CYSTITIS INFORMATION CENTER
1706 BRIERY ROAD FARMVILLE, VA 23901-2556
"Providing Hope for a Healthier Future"

IC, BASAL BODY TEMPERATURE AND THYROID SUPPLEMENTATION
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Many IC patients have found or know they have low basal body temperatures. During different times of their lives they may have been very ill, yet "only" had a body temp of 99 at the doctor's office. Nevertheless, low body temperatures are usually indicative that regardless of what a thyroid blood test shows, but especially if "low normal," the individual's thyroid hormone is probably not getting to the cells and working properly. (If a person has an especially high stress level in his/her life, then that could even cause the thyroid hormone circulating to be used up before it gets to the cells that need it.)

Sometimes the introduction of thyroid supplementation will help IC symptoms. There are some for whom thyroid supplementation has cleared up all their IC symptoms. It makes sense; bacteria thrive on low body temps and if the temperature is brought up, then bacteria may not grow and cause a problem in an IC patient. Even so, a broth culture should be done to rule out bacteria first and then check into the thyroid as well; perhaps one will need to deal with both in order to get better with their IC.

Taking one's basal temperature (under armpit) is important in helping to determine the possible need for thyroid supplementation. Here's how to do the temperature test:

1) Use an oral thermometer (not digital) which has been shaken down the night before and placed on nightstand. (This is VERY important to ensure an accurate reading the next morning.)

2) Upon awakening and before getting up or moving around in bed, place the thermometer in armpit for 10 minutes. Axillary (armpit) temperature will avoid elevations in the mouth caused by low-grade sinus infections. If you have to void many times during the night, try to have been in bed for at least 1/2 hour after your last void and before you are ready to get up for the day before you do the test. Don't be alarmed if you should fall asleep after you've put the thermometer under your armpit. If you are afraid you'll oversleep set your alarm for 10 minutes sooner than usual, hit the snooze button (if you have one on your clock), place the thermometer under the armpit and relax.

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3) For pre-menopausal women, start recording on the 2nd or 3rd day of your cycle. After ovulation, temperatures will rise. For men or post-menopausal women, any day is fine.

4) Do not sleep with heating pads, electric blankets, heated water bed, or anything which will falsely raise your resting (basal) body temperature.

5) Record your basal temperature for 7 to 10 mornings along with any factors which might give a false reading, i.e., other illness, frequent arisings during the night, etc.

6) Before a woman ovulates, her normal morning body temperature should be 97.4 or near there and after ovulation, it should be over 98. (After menopause: 97.8.) If your recordings are below this for the 7-10 days, you may want to consult with your healthcare provider re thyroid supplementation.

Armour Thyroid is recommended because it is not synthetic but a natural thyroid. Usually you should begin with just 15mg/once a day and work your way gradually up to a level where your temperature (basal) nears or equals 97.4. Please remember the taking of thyroid medication needs to be closely monitored by your healthcare provider. If you take too much, you can have resultant tachycardia among other things.

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