

Errata

The Health Professional's Guide to Nutrition Management of Thyroid Disease

A corrupt file caused several symbol replacement errors in section 1.

Page and location	Original	Corrected
4, Understanding Diagnostic Criteria	The statement noted that in the future, it is likely that the “limit of the serum TSH euthyroid reference range will be reduced to 2.5 mIU/L because less than 95% of rigorously screened normal euthyroid volunteers have serum TSH values between 0.4 and 2.5 mIU/L. ... A serum TSH result between 0.5 and 2.0 mIU/L is generally considered the therapeutic target for a standard levothyroxine (L-T4) replacement dose for primary hypothyroidism.” ¹⁰	The statement noted that in the future, it is likely that the “limit of the serum TSH euthyroid reference range will be reduced to 2.5 mIU/L because more than 95% of rigorously screened normal euthyroid volunteers have serum TSH values between 0.4 and 2.5 mIU/L. ... A serum TSH result between 0.5 and 2.0 mIU/L is generally considered the therapeutic target for a standard levothyroxine (L-T4) replacement dose for primary hypothyroidism.” ¹⁰
7, Box 1.3	Free Thyroxine, Free T4 (FT4) The amount of unbound T4 in the blood; >1% of T4 is unattached. Free thyroxine affects tissue function in the body. Most tests are affected by the carrier protein concentration in the serum.	Free Thyroxine, Free T4 (FT4) The amount of unbound T4 in the blood; <1% of T4 is unattached. Free thyroxine affects tissue function in the body. Most tests are affected by the carrier protein concentration in the serum.
7, Box 1.3	Free Triiodothyronine, Free T3 (FT3) The amount of free, unbound T3 in the blood; >1% of T3 is unattached. T3 has a greater effect on the body's utilization of energy than T4.	Free Triiodothyronine, Free T3 (FT3) The amount of free, unbound T3 in the blood; <1% of T3 is unattached. T3 has a greater effect on the body's utilization of energy than T4.

Page 18 ■ Under the heading Thyroid-Specific Weight Loss Techniques, in the list of biomarkers commonly tested, number 2 should read **Thyroxine** (T4) (free or total).

Page 115 ■ In Box 11.2, the first sentence in the box should read as follows: Thyroid antibodies (positive thyroid stimulating immunoglobulin [TSI] indicating Graves disease or, if thyroid peroxidase [TPO] but not TSI or **thyroid-stimulating hormone receptor antibodies** [TRAb], Hashimoto thyroiditis).

Page 140 ■ The title of Box 14.1 should be Risk Stratification of **Recurrence of** Thyroid Cancer.

Please contact publications@eatright.org with any questions or concerns.

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Nutrition
and Dietetics

120 S. Riverside Plaza, Suite 2190
Chicago, IL 60606-6995
www.eatright.org

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