



Modern  
Thyroid  
Clinic

# Beyond the Basics:

13 Critical Questions to  
Ask a Practice Before  
Becoming Their Patient

By McCall McPherson PA-C



WELCOME TO

# Modern Thyroid Clinic!

Welcome from **Modern Thyroid Clinic**, where your journey to wellness begins with a compassionate team who's taken the same journey you are on.

Hi, I'm McCall McPherson, and I intimately understand your struggle. I, too, was a patient grappling with debilitating fatigue and confusion.

My personal quest to **reclaim my own health** turned into a mission, conceived from the urgent need to address the countless hours I, and other patients, have lost in search of answers for their hypothyroid symptoms.

**We're not just a clinic; we're a movement**, tirelessly working to train clinicians and help our patients in groundbreaking methods to broaden our reach, ensuring no one has to endure the uncertainty of unresolved thyroid issues.

**Visit us, join our community, and reclaim the vibrant life you deserve.**

**McCall McPherson, PA-C**  
Founder, Modern Thyroid Clinic

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# The 13 Questions

1. Do you test for the full thyroid panel, including TSH, Free T4, Free T3, reverse T3, and thyroid antibodies each time you run thyroid labs?
2. What do you consider to be the optimal ranges for thyroid hormones or do you simply go by the standard “normal” ranges as determined by labs?
3. Are you open to prescribing natural desiccated thyroid medications like Armour or T3 based medications like Cytomel?
4. How do you approach Hashimoto’s treatment? Do you believe it’s possible to influence and reduce antibodies, or potentially achieve remission?
5. Do you consider factors beyond the thyroid that may impact thyroid function, such as adrenal health, gut health, and nutrient deficiencies?
6. How often do you recommend retesting thyroid levels, and do you adjust treatment based on symptoms as well as lab results?
7. What’s your experience with treating subclinical hypothyroidism?
8. Do you test for reverse T3, and how do you interpret and address high levels?
9. How do you approach thyroid care for patients planning a pregnancy or currently pregnant?
10. What’s your approach to patient education and involvement in the treatment process?
11. Does your provider specialize in thyroid care exclusively and can they prescribe medication?
12. Is the leader of your company a licensed health care provider with prescribing capabilities?
13. If a clinic, are the clinicians captive / specialized for thyroid only - or a contracted telemedicine sub contractor?

# Our Answers

**1. Do you test for the full thyroid panel, including TSH, Free T4, Free T3, reverse T3, and thyroid antibodies?**

Yes, we conduct a full thyroid panel, including TSH, Free T4, Free T3, Reverse T3, and thyroid antibodies.

**2. What do you consider to be the optimal ranges for thyroid hormones, not just the standard “normal” ranges?**

You can find out more about MTC’s optimal ranges by downloading our [free thyroid lab guide here](#).

**3. Are you open to prescribing natural desiccated thyroid medications like Armour or T3 based medications like cytomel / liothyronine?**

Yes, we prescribe natural desiccated thyroid medications like Armour, as well as T3-based options such as Cytomel (liothyronine).

**4. How do you approach Hashimoto’s treatment, and what strategies do you use to reduce antibodies and potentially achieve remission?**

MTC utilizes a functional medicine approach to work to reduce Hashimoto’s or Graves antibodies and ideally reach remission. Sadly traditional medicine does not view Hashimoto’s as able to be influenced or achieve remission.

**5. Do you consider factors beyond the thyroid that may impact thyroid function, such as adrenal health, gut health, and nutrient deficiencies?**

We find most patients need a holistic approach to their health looking at several systems in order to get to their highest form of health.

**6. How often do you recommend retesting thyroid levels, and do you adjust treatment based on symptoms as well as lab results?**

We check labs every 3 months until patients labs are optimal and they have reached their highest quality of life and sense of vitality.

**7. What’s your experience with treating subclinical hypothyroidism?**

MTC believes “subclinical hypothyroidism” is overt hypothyroidism and that these people deserve to be treated in a way that allows them to reach their highest form of health.

- 8. Do you test for reverse T3, and how do you interpret and address high levels?**  
We often see patients reverse t3 drive symptoms of hypothyroidism and we approach improving this in a multifaceted way that includes lifestyle modification as well as tailoring medication in order to reduce it.
- 9. How do you approach thyroid care for patients planning a pregnancy or currently pregnant?**  
We take thyroid care during the prepregnancy planning phase, during and after pregnancy very seriously. Throughout pregnancy ,we check labs and modify medications every 6 weeks in order to stay ahead of any significant shifts in thyroid function during pregnancy.
- 10. What's your approach to patient education and involvement in the treatment process?**  
We believe in partnering with patients on their health journey. We also believe that our role in this partnership is to facilitate the goals of the patient and encourage them to have an active role in their care.
- 11. Does your provider specialize in thyroid care exclusively and can they prescribe medication?**  
While taking a root cause approach is very important and valuable, we also recognize that many if not most people who struggle with thyroid dysfunction also need medication support. It's important to delineate if the person or group you are seeing is able to prescribe. Many people are misled into thinning their provider can prescribe but "simply doesn't think the patient needs medication." Then people go on to find out they have unknowingly been seeing a chiropractor or someone similar who is not able to prescribe.
- 12. Is the leader of your company a licensed health care provider with prescribing capabilities?**  
There are several thyroid centric practices being led by someone portraying themselves as a physician, referring to themselves as "doctor" who actually hold no formal medical training. Unfortunately, these same people are instructing the clinical members on their team how to treat and manage patients when they again, do not hold a medical license in any form or fashion. This can be and is very dangerous. It's important to dig (deep) to determine the true credentials of the leaders and founder of these companies.
- 13. If a clinic, are the clinicians captive / specialized for thyroid only - or a contracted telemedicine sub contractor?**  
This is a bit confusing but many online telemedicine platforms simply contract out work to clinicians who work for numerous and several companies and frankly are not invested in progressing their knowledge and expertise in thyroid and hormone care. Generally patients end up being quite dissatisfied and don't get the high level of care they deserve and need in order to get their lives back from their thyroid problem.



## Modern Thyroid Clinic

If you'd like to explore what modern thyroid care could do for you...

Visit

[ModernThyroidClinic.com](https://ModernThyroidClinic.com)

*Thank you!*

**McCall McPherson, PA-C**  
Founder, Modern Thyroid Clinic

Chief-Hope-Giver **Thyroid Nation**

Join our Community



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