

## Nutrition for DCs: Iodine ~ 2 Hrs

Learning Objectives: Understand the importance of Iodine to patient health and wellness and how to find and correct deficiency safely.

### Hour One:

- Iodine testing, which test to order, what are the normal ranges.
- How to supplement properly with iodine.
- Alternatives to oral supplementation.
- Understand which patient groups are at high risk of being iodine insufficient.
- Know what symptoms to look for in the iodine insufficient patient.

### Hour Two:

- Learn which conditions are made worse by iodine insufficiency.
- How to assess for autoimmune thyroid conditions prior to high dose iodine treatments
- How to lower thyroid antibodies prior to high dose iodine supplementation.
- Discuss the overdose risks and other possible dangers of iodine supplementation.