

 Lifelong Books



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44 Farnsworth Street, 3rd Floor, Boston, Massachusetts 02210
FAX 617-252-5285

Contact: Michael Giarratano, Publicity Manager
(617) 252-5216 / michael.giarratano@perseusbooks.com

Your Healthy Pregnancy with Thyroid Disease: A Guide to Fertility, Pregnancy, and Postpartum Wellness

by Dana Trentini and Mary Shomon

Recent estimates indicate that in the U.S., 27 million at minimum – and as many as 60 million – have thyroid disease, with nearly half going undiagnosed. Yet despite mounting scientific research showing that undiagnosed, untreated, or improperly-treated thyroid disease increases the risk of infertility or pregnancy complications, there is currently no universal thyroid screening in place for pregnant women.

Your Healthy Pregnancy with Thyroid Disease is a call-to-action by two of America's top thyroid and hormonal health patient advocates. The book will help two groups of women: those who don't realize that undiagnosed thyroid problems may be causing infertility, miscarriage, premature delivery, or postpartum health challenges; and women with thyroid conditions who want to have a healthy pregnancy and baby. It provides concrete, actionable steps every woman with thyroid disease should take to get a proper diagnosis and treatment so they can successfully conceive, carry a healthy pregnancy to term, and regain their thyroid balance after delivering a healthy baby.

Along with stories from many women, co-authors Dana Trentini and Mary Shomon share their own struggles with hypothyroidism and what motivated them to seek out, and advocate for, better medical advice. Dana was diagnosed with hypothyroidism after her first pregnancy in 2006, but her second pregnancy ended in miscarriage. "I failed to be an advocate for my child and felt the need to let people know the dangers and what I had learned about having a healthy pregnancy with thyroid disease," admits Dana. "What I've learned is not widely known and I feel compelled to help other women avoid the heartbreak of infertility or losing a baby."

Your Healthy Pregnancy with Thyroid Disease not only offers an in-depth look at the conventional approaches to diagnosis and management of thyroid issues in preconception, pregnancy, and the postpartum phase. It also clearly identifies key action steps one can take right now to be put on a successful path from fertility to healthy baby. Additional resources can be found at the book's website: www.ThyroidPregnancyBook.com

Dana Trentini is the award-winning founder of the popular blog HypothyroidMom.com. She's won two WEGO Health Activist Awards and has been featured in the *Wall Street Journal* and the *Atlantic*. **Mary Shomon** is a leading thyroid patient advocate and the Thyroid Expert at Verywell.com, and a Huffington Post blogger. She is the author of eleven books, including the *New York Times*-bestseller *Thyroid Diet Revolution*.

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