

Thyroid Hormone Health Questionnaire

This questionnaire will help the doctor determine your diagnosis and best treatment plan
Please answer EVERY question to the best of your ability

	<u><i>Thyroid Symptoms</i></u>	Not at all	A Little	Some	Quite a bit	Extreme
1	Weight gain					
2	Chronic constipation					
3	Feeling cold (especially hands and feet) even on warm days					
4	Fatigue, exhaustion and low energy throughout the day					
5	Slowness of thought processes (brain fog)					
6	Indecisiveness					
7	Poor memory and concentration					
8	Sluggishness					
9	Muscle weakness					
10	Pain and stiffness in muscles or joints					
11	Depression, mood swings and severe PMS					
12	Thick, dry, coarse skin					
13	Creviced, cracking skin on heels, elbows and knee caps					
14	High cholesterol					
15	Menstrual cycle irregularities (prolonged and heavy)					
16	Infertility					
17	Numbness and tingling (especially in hands and face)					
18	Brittle hair and nails					
19	Hair loss					
20	Headaches or migraines					
21	Low Blood pressure problems					
22	Reduced libido					
23	Stiff neck and shoulders					
23	Eye brow thinning (outer third)					
24	Irritability					
25	Fluid Retention					
	Hypo-thyroid row total					
	HYPO-THYROID TOTAL					
	<u><i>Hyper-Thyroid Symptoms</i></u>					
1	Heart palpitatons / High heart rate (do you feel your heart beeting out of your chest)					
2	Irritability / Restlessness					
3	Tremors / Shakiness					
4	Anxiety					
5	Diarrhea					
6	Feeling of being overheated / Excessive sweatiness					
7	Can't sleep / Insomnia					
8	Itching and hives					
9	Mental and emotional disturbances					
10	Hair Loss					
	Hyper-thyroid row total					
	HYPER-THYROID TOTAL					