

THYROID SYMPTOM SURVEY

PATIENT NAME: _____ **DOB:** ___ / ___ / ___ **Ht:** _____ **Wt:** _____ **BMI:** _____ **Date:** _____

Do you suffer from any of the following?

Rate your symptoms below from a scale of: 0 to 3 (0= None, 1= Mild, 2= Moderate, 3= Severe)

Thyroid

- _____ Tiredness & Sluggishness, lethargic
- _____ Dryer Hair or Skin (Thick, dry ,scaly)
- _____ Sleep More Than Usual
- _____ Weaker Muscles
- _____ Constant Feeling of cold (fingers / hands/ feet)
- _____ Frequent Muscle Cramps
- _____ Poorer Memory
- _____ More Depressed (mood Change easily)
- _____ Slower Thinking
- _____ Puffier Eyes
- _____ Difficulty with remembering
- _____ Hoarser or Deeper Voice
- _____ Constipation
- _____ Coarse Hair / Hair loss / brittle
- _____ Muscle / Joint Pain
- _____ Low Sex Drive / Impotence
- _____ Puffy Hands and Feet
- _____ Unsteady Gait (bump into things)
- _____ Gain Weight Easy
- _____ Outer Third Of Eyebrows Thin
- _____ Menses More Irregular (should be 28 Days)
- _____ Heavier Menses (clotting for 3+ days)
- _____ Carpel Tunnel Syndrome

_____ Total HYPO Score (8)

- _____ Palpitations (Skipping of heart beat)
- _____ Insomnia
- _____ Tachycardia (Rapid or irregular heart beat)
- _____ Shakiness
- _____ Increased Sweating
- _____ Brittle Nails
- _____ Loss of Appetite

_____ Total HYPER Score (0)

DHEA

- _____ Constantly exhausted & tired
- _____ Cannot tolerate noise
- _____ My Libido is low
- _____ Muscles are getting flabby (Loosing muscle tone)

_____ Total DHEA (2)

Adrenals (Cortisol)

- _____ Rapid heart beat
- _____ I'm stressed out
- _____ Have eczema, psoriasis, skin allergies, rashes
- _____ Digestive problems
- _____ Easily confused
- _____ Wake up tired Y/N (The following 4xQ are Y=1/N=0)
- _____ 2-4 pm feel tired, seek snack/Tea/Coffee/Coke/Choc Y/N
- _____ Fall asleep in front of TV/reading/computer(before bed)Y/N
- _____ Need to read/TV -10 to 15 mins to drift into sleep Y/N

_____ Total Adrenal (3)

Iodine/Iodide

- _____ Fibrocystic Breast / lumps/ ovarian cysts
- _____ Goiter Bulge or Band Around the Neck
- _____ Slow Speech
- _____ Enlarged tongue
- _____ Puffy Face Puffy Hands
- _____ foggy brain – slow thinking
- _____ Number of days per week you eat seafood/shellfish*

_____ Total Iodine In (6)*(Excludes Salmon/Tilapia/Trout/Fresh water fish)

Melatonin, Serotonin, Tryptophan

- _____ Upon waking feel tired
- _____ Wake up during the night
- _____ If awakening,(in middle of night),cannot get back to sleep
- _____ Trouble falling asleep
- _____ Use a sleep aid, or drink Alcohol to relax
- _____ My mind is busy when I want to sleep

_____ Total Melatonin (2)

CoQ10 (1)

- _____ Do you have stamina Y=0, N=1

ACTH

- _____ Do you lack willpower & energy Y=1, N=0
- _____ Patches of hair loss Y=1, N=0
- _____ Pale complexion/sunburn easily Y=1, N=0
- _____ Often have Memory Loss Y=1, N=0

_____ Total ACTH (2)

Check Here for: Antibodies Test = If: (Hypo = 12+, Hyper = 7+ and Includes-Tachycardia and or Palpitations) Yes / No

Test Results & Treatment:

Hypo/Hyper: _____ / _____ (8 / 0)

Thyroid Support: _____

Iodine Supplement: _____

Adrenal Support: _____

DHEA _____ VitD _____ CoQ10 _____ ACTH _____ Adre _____ Mela _____ 5HTP _____ Other _____

Manifestation of Misdiagnosed

Hypothyroidism:

Neurological symptoms

- Headache
- Paresthesias
- Cerebellar ataxia (incoordination)
- Deafness (nerve or conduction)
- Vertigo or Tinnitus (ringing in the ear)
- **Cognitive Deficits**
- Calculation, memory, reduced attention span
- Sleep apnea
- Myxedema coma

Psychiatric Syndromes

- Depression
- Schizoid or affective psychoses
- Bipolar disorders
- **Skeletal System**
- Arthralgias (joint stiffness)
- Joint Effusions & Pseudogout
- Carpal Tunnel Syndrome
- **Other Risks**
- Essential Hypertension
- Difficulty swallowing
- Polymyalgia

Sudden Death

- High or Low blood pressure
- High Cholesterol & other blood fats
- Vascular (blood vessel) Disease
- Diabetes
- Neurological (Parkinson's like diseases)
- Double Alzheimer's Risk
- Arthritis and inflammatory diseases
- Miscarriage & Premature birth
- Pregnancy Complications & birth defects