



THYROID SYMPTOM SURVEY

Patient Name: _____ DOB: ____/____/____ Ht: ____ Wt: ____ Date: _____

Do you suffer from any of the following?
Rate the following from 0 to 3 (0 - None, 1 - Mild, 2 - Moderate, 3 - Severe)

HYPO

- _____ 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
- _____ Poor Memory/Forgetful
- _____ Depressed, Anxious, or Mood Changes
- _____ Slower Thinking
- _____ Puffier Eyes
- _____ Difficulty with Math
- _____ 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
- _____ Irregular Menses (should be 28 Days)
- _____ Heavier Menses (clotting / 3+ days)
- _____ Carpel Tunnel Syndrome
- _____ **Total HYPO Score**

HYPER

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

Adrenal Involvement (Circle Yes or No)

- | | |
|-----------|--|
| Yes or No | Wake up tired |
| Yes or No | Wake up full of energy |
| Yes or No | 2 to 4 pm feel tired, need snack/Tea/
Coffee/coke |
| Yes or No | Fall asleep in front of TV/reading/computer |
| Yes or No | As soon as I go to bed I fall asleep |
| Yes or No | I need to read or watch TV to fall asleep |

Mineral Involvement (Circle Yes or No)

- | | |
|-----------|---|
| Yes or No | Fibrocystic Breast / lumps or ovarian cysts |
| Yes or No | Goiter Bulge or Band around the Neck |
| Yes or No | Slow Speech |
| Yes or No | Enlarged tongue |
| Yes or No | Puffy Face Puffy Hands |
| Yes or No | Do you use iodized salt? |
| Yes or No | Do you eat seafood 4 plus times per week? |

RESULTS

A Thyroid section score of 4 or higher indicates wither clinical or subclinical thyroid dysfunction and targeted supplementation for supporting the thyroid is indicated.

Adrenal Involvement: If you marked "yes" on any, it is likely that adrenal fatigue is present and targeted sup-plementation may be indicated.

Mineral Involvement: If you marked "yes" on any, it is likely that you are not consuming enough Iodine and target supplementation may be indicated.