

Name: _____

Date: _____

Thyroid function questionnaire

Rate each statement that applies to you (now or in the past) on a scale of 1-10, with 1 as rare, very minimal or very slight up to 10 as being severe, constant, or intense. If a statement does not apply, mark it with a zero "0." If an answer applies only to the past, indicate this with a "P."

- ___ Uncomfortably heavy since childhood
- ___ Family history of thyroid problems
- ___ As a child, played quietly rather than vigorously
- ___ Weight gain began when you got your period, had a miscarriage, gave birth, or began menopause
- ___ Low energy, fatigue, lethargy, need lots of sleep (more than 8 hours),
- ___ Trouble getting going in the morning
- ___ Tendency to feel cold, particularly in hands and feet
- ___ Tendency toward excessive weight gain or inability to lose weight
- ___ Hoarseness, gravelly voice
- ___ Depression (including postpartum)
- ___ Low blood pressure/heart rate or High blood pressure
- ___ Menstrual problems, including excessive bleeding, severe cramping, irregular periods, severe PMS, scanty flow; early or late onset of first period; premature cessation of menstruation (amenorrhea)
- ___ Reduced sexual drive
- ___ Poor concentration and memory
- ___ Poor word finding
- ___ Swollen eyelids and face, general water retention
- ___ Thinning or loss of outside of eyebrows
- ___ Tend to have a low basal temperature (under 97.8 taken under arm)
- ___ Headaches (including migraines)
- ___ High cholesterol
- ___ Lump in throat, trouble swallowing (e.g., pills)
- ___ Slow, body movement or speech
- ___ Coarse, dry hair, hair loss
- ___ Infertility, impotence
- ___ Weak, brittle nails
- ___ Anemia
- ___ Dry, coarse, or thick skin
- ___ Yellow skin
- ___ Overuse of caffeine or other stimulant drugs
- ___ Most common in women:

- ___ Pale skin
- ___ Hypoglycemia
- ___ Constipation
- ___ Labored, difficult breathing
- ___ Swollen feet
- ___ Nervousness, anxiety, panic
- ___ Enlarged heart
- ___ Premature graying
- ___ Gallbladder pain
- ___ Pain in joints
- ___ Angina
- ___ Heart palpitation, irregular heartbeat
- ___ Muscle weakness
- ___ Atherosclerosis (hardening of arteries)
- ___ Strong-smelling urine
- ___ Tongue feels thick
- ___ Vision and eye problems
- ___ Excess ear wax
- ___ Depression that is not responsive to aminos

Test results:

- ___ 3 day average underarm basil temperature (<> 98.6)
- ___ Achilles tendon bounce test (0-10)