

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)