

Thyroid Health Survey

Print Survey, check boxes that apply, and total score at bottom

Section A

- Low body temperature. (Don't guess! For seven days, take and log your temperature (axillary is preferred) first thing in the morning upon awakening. Check following box if consistently lower than 97.8.)

Section B

- Cold hands/feet and/or cold intolerance
- Unexplained weight gain or difficulty losing weight
- Chronic constipation or ineffectual bowel elimination
- Depression or flat mood
- Dry skin, thinning hair (including pubic hair), brittle nails
- Generalized fatigue and/or increased sleep requirements
- Joint or muscle aches or poor muscle tone
- High cholesterol and/or arteriosclerosis
- Swelling in lower neck (below Adam's Apple)
- Family history of thyroid problems

Section C

- Anemia
- Apathy
- Difficulty swallowing
- Diminished sweating
- Easy bruising
- Emotional instability
- Eyebrow thinning (loss of outer third)
- Frequent infections
- Headaches (including migraines)
- Heart palpitations or abnormal heart beats
- Hoarseness
- Hypoglycemia (low blood sugar) symptoms
- Infertility and/or miscarriage
- Loss of libido (low sex drive)
- Lump sensation in the throat
- Menstrual cycle irregularities
- Poor concentration and/or memory
- Poor wound healing
- Severe muscle cramps
- Sleep disturbance (including sleep apnea)
- Slower speech, slower reaction time
- Tingling in hands or feet
- Water retention (including puffy eyelids)

Scoring

Section A – 10 points if checked

Section B – Total checkmarks _____ multiplied by 2

Section C – 1 point for each check

= _____
= _____
= _____
TOTAL

Scoring Guide: Less than 10 points, thyroid is unlikely a problem. 10-20 points, an under-active thyroid is possible despite blood test results. Greater than 20 points, highly likely hypothyroidism is present. Seek medical assistance from a Naturopathic healthcare professional for a full thyroid evaluation and treatment options.