

Thyroid Health Survey

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

Section A

- Low Body temperature. (Don't guess! Take temperature first thing in the morning upon awakening and log results for 7 days. Check following box if consistently lower than 97.8.)

Section B

- Cold hands/feet and cold intolerance
- Unexplained weight gain
- Chronic constipation
- Depression (includes suicidal thoughts and postpartum depression)
- Dry skin (chronic), Thinning hair (including pubic hair), Brittle nails
- Fatigue (worse during afternoon hours) and increased sleep requirements
- Joint stiffness or pain
- High cholesterol and/or artherosclerosis (hardening of the vessels)
- Chronic unexplained muscle cramps or pain

Section C

- Anemia
- Diabetic complications
- 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
- Loss of libido (low sex drive)
- Lump in throat sensation
- Menstrual cycle irregularities
- Poor concentration and/or memory
- Poor wound healing
- Severe muscle cramps
- Sleep disturbance (including sleep apnea)
- Slower speech, slower reaction time
- Swelling in lower neck (below Adam's Apple)
- Thickened tongue
- 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, almost certainly indicates a sub clinical hypothyroid related issue. Seek medical assistance from a Naturopathic healthcare professional.