

# THYROID SYMPTOM SURVEY

PATIENT NAME: \_\_\_\_\_ DOB: \_\_\_ / \_\_\_ / \_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ BMI: \_\_\_\_\_ Date: \_\_\_\_\_

*Do you suffer from any of the following?*

Rate your symptoms below from a scale of: 0 to 3 (0= None, 1= Mild, 2= Moderate, 3= Severe)

### Thyroid

- \_\_\_\_\_ 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
- \_\_\_\_\_ Poorer Memory
- \_\_\_\_\_ More Depressed (mood Change easily)
- \_\_\_\_\_ 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
- \_\_\_\_\_ Menses More Irregular ( should be 28 Days)
- \_\_\_\_\_ Heavier Menses (clotting for 3+ days)
- \_\_\_\_\_ Carpel Tunnel Syndrome

### Total HYPO Score (8)

- \_\_\_\_\_ Palpitations (Skipping of heart beat)
- \_\_\_\_\_ Insomnia
- \_\_\_\_\_ Tachycardia (Rapid or irregular heart beat)
- \_\_\_\_\_ Shakiness
- \_\_\_\_\_ Increased Sweating
- \_\_\_\_\_ Brittle Nails
- \_\_\_\_\_ Loss of Appetite

### Total HYPER Score (0)

### DHEA

- \_\_\_\_\_ Constantly exhausted & tired
- \_\_\_\_\_ Cannot tolerate noise
- \_\_\_\_\_ My Libido is low
- \_\_\_\_\_ Muscles are getting flabby (Loosing muscle tone)

### Total DHEA (2)

### Adrenals (Cortisol)

- \_\_\_\_\_ Rapid heart beat
- \_\_\_\_\_ I'm stressed out
- \_\_\_\_\_ Have eczema, psoriasis, skin allergies, rashes
- \_\_\_\_\_ Digestive problems
- \_\_\_\_\_ Easily confused
- \_\_\_\_\_ Wake up tired (The following 6xQ are Y=1/N=0)
- \_\_\_\_\_ 2-4 pm feel tired, seek snack/Tea/Coffee/Coke/Choc Y/N
- \_\_\_\_\_ Fall asleep in front of TV/reading/computer(before bed)Y/N
- \_\_\_\_\_ Need to read/TV -10 to 15 mins to drift into sleep Y/N

### Total Adrenal (3)

### Iodine/Iodide

- \_\_\_\_\_ Fibrocystic Breast / lumps/ ovarian cysts
- \_\_\_\_\_ Goiter Bulge or Band Around the Neck
- \_\_\_\_\_ Slow Speech
- \_\_\_\_\_ Enlarged tongue
- \_\_\_\_\_ Puffy Face Puffy Hands
- \_\_\_\_\_ Do you use salt with Iodine added Y=0 N=1
- \_\_\_\_\_ Number of days per week you eat seafood/shellfish\*

### Total Iodine In (6)\*(Excludes Salmon/Tilapia/Trout/Fresh water fish)

### Melatonin, Serotonin, Tryptophan

- \_\_\_\_\_ Upon waking feel tired
- \_\_\_\_\_ Wake up during the night
- \_\_\_\_\_ If awakening,( in middle of night),cannot get back to sleep
- \_\_\_\_\_ Trouble falling asleep
- \_\_\_\_\_ Use a sleep aid, or drink Alcohol to relax
- \_\_\_\_\_ My mind is busy when I want to sleep

### Total Melatonin (2)

### CoQ10 (1)

- \_\_\_\_\_ Do you have stamina Y=0, N=1

### ACTH

- \_\_\_\_\_ Do you lack willpower & energy Y=1, N=0
- \_\_\_\_\_ Patches of hair loss Y=1, N=0
- \_\_\_\_\_ Pale complexion/sunburn easily Y=1, N=0
- \_\_\_\_\_ Often have Memory Loss Y=1, N=0

### Total ACTH (2)

Check Here for: **Antibodies Test** = If: (Hypo = 12+, Hyper = 7+ and Includes-Tachycardia and or Palpitations) Yes / No

### Test Results & Treatment:

Hypo/Hyper: \_\_\_\_\_ / \_\_\_\_\_ ( 8 / 0 )

Thyroid Support: \_\_\_\_\_

Iodine Supplement: \_\_\_\_\_

Adrenal Support: \_\_\_\_\_

DHEA \_\_\_ VitD \_\_\_ CoQ10 \_\_\_ ACTH \_\_\_ Adre \_\_\_ Mela \_\_\_ 5HTP \_\_\_ Other \_\_\_

#### Manifestation of Misdiagnosed

- Hypothyroidism:**  
**Neurological symptoms**
- Headache
  - Paresthesias
  - Cerebellar ataxia (incoordination)
  - Deafness (nerve or conduction)
  - Vertigo or Tinnitus (ringing in the ear)
- Cognitive Deficits**
- Calculation, memory, reduced attention span
  - Sleep apnea
  - Myxedema coma

#### Psychiatric Svndromes

- Depression
  - Schizoid or affective psychoses
  - Bipolar disorders
- Skeletal System**
- Arthralgias (joint stiffness)
  - Joint Effusions & Pseudogout
  - Carpal Tunnel Syndrome
- Other Risks**
- Essential Hypertension
  - Difficulty swallowing
  - Polymyalgia

- Sudden Death
- High or Low blood pressure
- High Cholesterol & other blood fats
- Vascular (blood vessel) Disease
- Diabetes
- Neurological (Parkinson's like diseases)
- Double Alzheimer's Risk
- Arthritis and inflammatory diseases
- Miscarriage & Premature birth
- Pregnancy Complications & birth defects