

A New Health

Health ~ Strength ~ Vitality

Low Thyroid Questionnaire

This questionnaire is not meant to be diagnostic or prescriptive. It is only used in conjunction with a Comprehensive Health History and indicated laboratory tests. Please carefully consider each question and be as accurate as possible. Thank you. Tricia, FNP

Name _____ Date _____

Rate the following on a scale of 0 through 5, with 0 being not present, and 5 being severe

- | | |
|--|---|
| 1. ____ Fatigue | 16. ____ Low blood sugar/hypoglycemia |
| 2. ____ Muscle aches and pains | 17. ____ Menstrual problems |
| 3. ____ Joint pains | 18. ____ Heavy bleeding during menses |
| 4. ____ CFS/FM | 19. ____ Repeated colds and flu |
| 5. ____ Feelings of weakness | 20. ____ Skin problems (itching, eczema, dry, psoriasis) |
| 6. ____ Lethargy (loss of interest daily life) | 21. ____ Do not perspire easily |
| 7. ____ Memory loss | 22. ____ Hoarse voice |
| 8. ____ Concentration difficulties | 23. ____ Feeling of fullness in neck |
| 9. ____ Mental sluggishness | 24. ____ Swelling of the eyelids |
| 10. ____ Low moods | 25. ____ Hair Loss |
| 11. ____ Depression | 26. ____ Dry, coarse hair |
| 12. ____ Cold hands and feet | 27. ____ Loss of outer 1/3rd of eyebrows |
| 13. ____ Sensitivity to cold | 28. ____ I have about the same amt mental/emotional symptoms as physical symptoms |
| 14. ____ Tendency towards constipation | |
| 15. ____ Weight gain | |

* ____ **Total Column 1-15 Score**

* ____ **Total Column 16-28 Score**

____ YOUR TOTAL SCORE FROM BOTH COLUMNS

INTEPRETATION OF SCORES:

- Score of 20-40: Suggests Possible Mild Low Thyroid
- Score of 40-70: Suggests Possible Moderate Low Thyroid
- Score over 70: Suggests Possible Significant Low Thyroid