

THYROID SURVEY

Check the boxes that apply. Total score at bottom.

SECTION A

Low body temperature. (This is most important--so don't guess. Take your temperature before each meal and at bedtime. Average all 4 readings and repeat for 3 days. Check the box if lower than 97.8.)

SECTION B

<input type="checkbox"/> Cold Hands/Feet and cold intolerance
<input type="checkbox"/> Constipation (chronic)
<input type="checkbox"/> Depression including suicidal thoughts and postpartum depression
<input type="checkbox"/> Dry skin and coarse skin
<input type="checkbox"/> Fatigue and increased sleep requirements
<input type="checkbox"/> Fibromyalgia
<input type="checkbox"/> High Cholesterol and/ or hardening of the arteries
<input type="checkbox"/> Reduction in length of eyebrows (e.g. outer third is gone)
<input type="checkbox"/> Thinning hair, including reduced pubic hair
<input type="checkbox"/> Weight Gain (no obvious explanation)

SECTION C

<input type="checkbox"/> Anemia	<input type="checkbox"/> Blackheads, pimples, eczema or psoriasis
<input type="checkbox"/> Brittle or thick nails	<input type="checkbox"/> Diabetic complications
<input type="checkbox"/> Difficulty swallowing	<input type="checkbox"/> Diminished sweating (can signify low iodine)
<input type="checkbox"/> Easy bruising	<input type="checkbox"/> Emotional instability
<input type="checkbox"/> Frequent infections	<input type="checkbox"/> Headaches including migraine
<input type="checkbox"/> Heart Palpitations or heart beats slowly	<input type="checkbox"/> Heartburn and acid reflux
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Hoarseness
<input type="checkbox"/> Hypoglycemia Symptoms (low blood sugar)	<input type="checkbox"/> Infertility
<input type="checkbox"/> Joint stiffness or pain	<input type="checkbox"/> Loss of Libido (Sex drive)
<input type="checkbox"/> Lump in the throat	<input type="checkbox"/> Lupus
<input type="checkbox"/> Menstrual irregularities	<input type="checkbox"/> Muscle pains (chronic unexplained)
<input type="checkbox"/> Pale skin or skin discoloration	<input type="checkbox"/> Poor coordination
<input type="checkbox"/> Poor digestion	<input type="checkbox"/> Poor memory
<input type="checkbox"/> Poor wound healing	<input type="checkbox"/> Prematurely white hair
<input type="checkbox"/> Severe muscle cramps	<input type="checkbox"/> Sleep disturbance including sleep apnea
<input type="checkbox"/> Slow speech, slow reaction time	<input type="checkbox"/> Swelling under the Adam's Apple
<input type="checkbox"/> Thickened tongue	<input type="checkbox"/> Water retention, e.g. puffy eye lids

SCORING

Section A - put 20 points in this blank if you checked yes = _____

Section B – record the total number of checks _____ and multiply by 5 = _____

Section C - enter total of 1 point for each check = _____

Total Points

Scoring Guide: Fewer than 20 points, unlikely thyroid is a problem. 25-40 points, an under-active thyroid is a possibility, no matter what blood tests have shown. 40-60 points, almost certainly have a thyroid issue. Over 60 points, please seek help from a nutrition-oriented health professional. For information about the crucial role of the thyroid, the inadequacy of typical testing, medication choices and how to support your thyroid naturally, read *Solved, The Riddle of Illness* by Stephen Langer, MD.