Hypothyroid Questionnaire

Do you have difficulty losing weight? Maybe you have problems concentrating. Or maybe you tend to suffer from constipation. Hair loss? Sensitivity to cold? These are all symptoms of Hypothyroidism. Take our Hypothyroid test and see how you score!

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

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

 _____ Total

A score of 20-40 suggests mild hypothyroidism; 40-70 suggests moderate hypothyroidism; and over 70 suggests significant hypothyroid problems.

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