



Trinity Holistic Wellness
Respite for your mind, body and soul

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.

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|------------------------------------------------------------|----------------------------------------------------------------------------------------|
| 1. _____ Fatigue | 16. _____ Low blood sugar / hypoglycemia |
| 2. _____ Muscle aches and pains | 17. _____ Menstrual problems |
| 3. _____ Joint pains | 18. _____ Heavy bleeding during menses |
| 4. _____ Fibromyalgia | 19. _____ Repeated colds and flu |
| 5. _____ Feelings of weakness | 20. _____ Skin problems (itching, eczema, psoriasis, acne, or coarse, dry, scaly skin) |
| 6. _____ Lethargy, or loss of interest in daily activities | 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 1/3 of eyebrows |
| 13. _____ Sensitivity to cold | 28. _____ I have about as many mental and emotional symptoms as physical symptoms |
| 14. _____ Tendency towards constipation | |
| 15. _____ Weight gain | |

_____ 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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