

### Low Thyroid Assessment Questionnaire

Many physicians believe low thyroid is under diagnosed and that people who have had blood tests indicating normal thyroid function may actually suffer from low thyroid. This hidden condition can be responsible for many chronic health problems including heart disease, immune system problems and chronic fatigue. It can also have a negative effect of one's metabolism making it difficult to lose weight.

Please read the following questions and circle the number that best applies.

Key: 0 = No, symptom does not occur  
 1 = Yes, minor or mild symptoms, rarely occurs (monthly)  
 2 = Moderate symptom, occurs occasionally (weekly)  
 3 = Severe symptom, occurs frequently (daily)

- |     |         |   |
|-----|---------|---|
| 1.  | 0 1 2 3 | Easily fatigued, generalized low energy                   |
| 2.  | 0 1 2 3 | Weight Gain or Difficulty losing weight                   |
| 3.  | 0 1 2 3 | Sensitive to cold, poor circulation (cold hands and feet) |
| 4.  | 0 1 2 3 | Constipation, chronic                                     |
| 5.  | 0 1 2 3 | Hair loss/thinning and/or coarse hair                     |
| 6.  | 0 1 2 3 | Morning headaches, wear off during the day                |
| 7.  | 0 1 2 3 | Loss of lateral 1/3/ of eyebrow                           |
| 8.  | 0 1 2 3 | Seasonal sadness  |
| 9.  | 0 1 2 3 | Mentally sluggish, reduced initiative                     |
| 10. | 0 1 2 3 | Low sex drive   |
| 11. | 0 1 2 3 | Dry /thinning skin and/or brittle nails                   |
| 12. | 0 1 2 3 | Menstrual irregularities                                  |
| 13. | 0 1 2 3 | Depression  |
| 14. | 0 1 2 3 | Low blood pressure  |
| 15. | 0 1 2 3 | High cholesterol  |
| 16. | 0 1 2 3 | Mood swings   |

To calculate your symptom burden: Add up the total number of symptom points and divide by 16. If your symptom burden is greater than 1 than you may want to discuss your symptoms with your primary care provider or see our nutritional products to support "thyroid health".