

Thyroid Symptom Survey

Thyroid and Parathyroid Glands



Client Name _____ Date _____

Symptom Rating:

- (0) I do not have this
- (1) Mild
- (2) Moderate
- (3) Severe

Hypo-Symptoms

- ___ Lumps in breast
- ___ More tired or sluggish than normal
- ___ Drier hair and skin than normal
- ___ Sleep more than usual
- ___ Weaker muscles
- ___ Colder than others
- ___ Muscles cramp more than usual
- ___ Poorer memory
- ___ More depressed
- ___ Slower thinking
- ___ Eyes are more puffy
- ___ Math is more difficult
- ___ Hoarser or deeper voice

- ___ Constipated more often
- ___ Coarser hair
- ___ Puffy hands and feet
- ___ Unsteady when walking
- ___ Gain weight easily
- ___ Outer third of eyebrow thin
- ___ Menstruating females only
- ___ Lumpy, fibrous breasts
- ___ Menses more irregular
- ___ Heavier menses

___ **Total**

Hyper-symptoms

- ___ Tachycardia (heart racing)
- ___ Palpitations (skipping of heart)
- ___ Insomnia (don't sleep well)
- ___ Tremors (shaking)
- ___ Increased sweating

- ___ Brittle nails
- ___ Loss of appetite

___ **Total**

___ **Grand Total**

Score

- 0-9 Unlikely you are hypothyroid
- 10-19 Mild Hypothyroidism
- 20-29 Moderate hypothyroidism
- 30+ Severe hypothyroidism