

The Naturopaths Thyroid Assessment Questionnaire

Tick If Yes

- 1. Chronically tired, sluggish inspite of sufficient sleep
- 2. Feel cold – especially hands & feet or all over. Hard to maintain staying warm
- 3. Recurrent sensations in the neck or swelling of the neck
- 4. Difficult, infrequent bowel movements or on/off constipation
- 5. Dry, discolored skin, dry hair
- 6. Thick brittle nails
- 7. Puffy face, hands, and feet
- 8. Swollen upper eyelids
- 9. Eyes -bulging, gritty, dry, achy, blurry, irritated, red, light sensitive, jumpy eyes
- 10. Muscles weak, cramp, and/or tremble. Can have sore joints too.
- 11. Slow mental processes, forgetfulness, brain fog, poor concentration
- 12. Fibromyalgia, sore muscles, tired muscles - shoulders, arms, back, etc
- 13. Hearing disablity - tinnitus, ear ringing
- 14. Unsteady gait, movements / loss of balance
- 15. Sexual dysfunction (low drive in both sexes, impotence in men)
- 16. Can't loose or gaining weight despite adherence to strict diet and exercise
- 17. High cholesterol levels
- 18. Outer third of eyebrow thinning
- 19. Thinning (or hair loss) hair on scalp, face and genital region
- 20. Moodiness, grumpiness
- 21. Poor immunity - less resistance to infections, especially respiratory
- 22. Infertility or miscarriage
- 23. Sleep apnoea (lapses of breath while sleeping) and/or snoring
- 24. Menstrual changes - flow or duration. Premenstrual tension

Total Checked

Interpretation:

Score less than 3

Score 3 to 8

Score 9 or more

Low probability of thyroid dysfunction

Moderate probability of thyroid dysfunction

High probability of thyroid dysfunction

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Please complete this form and fax through or it bring it with you come in for your consultation