

# Heal Your Hormones

## THYROID QUESTIONNAIRES

Thyroid Questionnaire #1: Do you have, or have you experienced in the past...

- Hair loss, including the outer third of your eyebrows and/or eyelashes?
- Dry Skin?
- Dry, straw-like hair?
- Fluid retention or swollen ankles?
- Trouble losing weight?
- High cholesterol?
- Are bowel movements less than once a day? Or you feel you don't completely evacuate?
- Recurrent headaches?
- Decreased sweating?
- Muscle or joint aches? Poor muscle tone?
- Tingling in hands or feet?
- Cold hands and feet? Cold intolerance?
- Sensitivity to cold, shivering easily and always wearing layers?
- Lethargy? Does it feel like you're moving through molasses?
- Fatigue, particularly in the morning?
- Difficulty concentrating?
- Diminished reaction time?
- A bit of apathy?
- Depression or moodiness?
- Infertility or miscarriage? Preterm birth?
- Heavy periods, as well as other menstrual problems?
- Thin, brittle fingernails?
- Ridges on your fingernails?
- Slow speech, with a hoarse or halting voice?
- Slow heart rate or bradycardia (less than 60 beats per minute - and it's not because you're a competitive athlete)?
- Enlarged thyroid/goiter?
- Difficulty swallowing? Enlarged tongue?
- A lot of white around your pupils?
- Low calcium on blood work

### How to Evaluate Yourself

If you have five or more symptoms, you are likely to have a thyroid problem, but keep in mind that adrenal and sex hormone issues can mask thyroid symptoms and vice versa.

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## THYROID QUESTIONNAIRE #2

I love this questionnaire from Dr. Hotze, an integrative physician. It gets to the heart of whether you should be tested for thyroid dysregulation, even if your conventional doc has dismissed your concerns. I also like to use these questions to build a tracker for how you improve with different therapies, as trial-and-error continues to be the best route for choosing the best thyroid optimization. If the question addresses a concern that applies to you, record the number.

When done, total the numbers.

1. Do you experience fatigue (4)?
2. Is your cholesterol elevated (4)?
3. Do you have difficulty losing weight (2)?
4. Do you have cold hands and feet (2)
5. Are you sensitive to cold (2)?
6. Do you have difficulty thinking (2)?
7. Do you find it hard to concentrate (2)?
8. Do you have poor short-term memory (2)?
9. Are your moods depressed (2)?
10. Are you experiencing hair loss (2)?
11. Do you have fewer than one BM per day (2)?
12. Do you have dry skin (2)?
13. Do you have itchy skin in winter (1)?
14. Do you have fluid retention (2)?
15. Do you have recurrent headaches (1)?
16. Do you sleep restlessly (1)?
17. Do you experience afternoon fatigue (2)?
18. Are you tired when you awaken (2)?
19. Do you feel tingling in hands or feet (2)?
20. Have you had infertility or miscarriages (2)?
21. Do you have decreased sweating (2)?
22. Do you have muscle aches (2)?
23. Have you had recurrent infections (2)?
24. Do you have joint pain (2)?
25. Do you have thinning of your eyebrows or eyelashes (2)?

### Score

Score < 11? You are unlikely to have a thyroid problem.

Score 11-30? Low thyroid function is a possibility.

Score >30? Low thyroid function is probable.

Get tested if your score is > 11, including a free T3 and TSH.