

Thyroid Health Questionnaire



PACIFIC COAST INTEGRATIVE HEALTH

HOW HEALTHY IS YOUR THYROID?

Are you experiencing any of the following symptoms?

- Hair loss or hair thinning including eyebrows or eyelashes
- Dry skin and hair
- Brittle fingernails
- Fluid retention/swollen ankles
- Gaining weight or difficulty losing weight
- Constipation (less than one bowel movement per day)
- Mood swings- Anxiety or depression
- Irregular menstrual cycles/Heavy periods
- Muscle or joint aches
- Inability to put on muscle mass
- Tingling in hands and feet
- Cold hands and feet
- Sensitivity to hot and cold
- Constipation
- Difficulty conceiving or frequent miscarriages
- Slow speech/Hoarseness
- Lack of energy/Fatigue
- Difficulty concentrating/slow thinking
- Slow reflexes
- Low libido
- Enlarged thyroid (goiter)
- Difficulty swallowing
- Family history of hypothyroidism
- Heart palpitations
- Headaches
- High cholesterol

If you answered "yes" to more than three of the above, you may be experiencing low thyroid (hypothyroid). Low thyroid is best approached holistically- finding and treating the cause while improving symptoms.