

Thyroid Deficiency

Date _____

Name _____

<input checked="" type="checkbox"/> Tick Your Symptoms	Doctor to Complete this side
Health	Physical Signs
<input type="checkbox"/> Prone to ear nose and throat infections	Body
<input type="checkbox"/> Prone to weight gain but difficulty losing weight	<input type="checkbox"/> Puffy
Appearance	<input type="checkbox"/> Overweight
<input type="checkbox"/> Overweight, obesity	Hair
<input type="checkbox"/> Swollen all over	<input type="checkbox"/> Dry, thick, brittle hair
Energy	<input type="checkbox"/> Diffuse hairloss, eyebrows
<input type="checkbox"/> Morning fatigue, fatigue when taking a rest	Face
<input type="checkbox"/> Feels best evening or when physically, mentally active	<input type="checkbox"/> Puffy face
<input type="checkbox"/> Lethargy, apathy	<input type="checkbox"/> Loss out. 1/3rd eyebrow
Temperature	<input type="checkbox"/> Edema around eyes
<input type="checkbox"/> Intolerance to cold, easily shivers (when cold)	<input type="checkbox"/> Swollen lips, tongue
<input type="checkbox"/> Needs to wear extra clothes all seasons	Thyroid
<input type="checkbox"/> Poor circulation, white fingers, cold hands & feet	<input type="checkbox"/> Abnormal size thyroid
<input type="checkbox"/> Intolerance to heat, cant sweat easily	<input type="checkbox"/> Atrophic thyroid
Sleep	<input type="checkbox"/> Thyroid hyperplasia
<input type="checkbox"/> Snoring at night, sleep apnoea	<input type="checkbox"/> Goiter, nodules
<input type="checkbox"/> Difficulty getting out of bed in morning	Arms, legs, skin
<input type="checkbox"/> Sleepy during day	<input type="checkbox"/> Dry, rough, thick skin, carotenaemia
Food	<input type="checkbox"/> Follicular hyperkeratosis
<input type="checkbox"/> Poor appetite, maybe anorexia yet overweight	<input type="checkbox"/> Thick muscles
<input type="checkbox"/> Excess use of caffeine drinks for energy	Elbows
Fluid balance	<input type="checkbox"/> Keratosis (dry, scaly)
<input type="checkbox"/> Decreased thirst (oligodipsia)	Hands
<input type="checkbox"/> Deceased urination (oliguria)	<input type="checkbox"/> Cold hands
Hair	<input type="checkbox"/> Swollen hands
<input type="checkbox"/> Dry hair	<input type="checkbox"/> Excess laxity of fingers
<input type="checkbox"/> Slow growing hair	<input type="checkbox"/> Yellowish palms (carrot)
<input type="checkbox"/> Diffuse hair loss (some loss all over head)	<input type="checkbox"/> Brittle slow growing nails
Head	Abdomen
<input type="checkbox"/> General headaches, migraines	<input type="checkbox"/> Bloating (achlorhydria)
<input type="checkbox"/> Tinnitus, (buzzing in ears)	<input type="checkbox"/> and constipation
Voice	Calves
<input type="checkbox"/> Morning hoarse voice	<input type="checkbox"/> Thick swollen calves
Skin, Nails	<input type="checkbox"/> Non-pitting edema
<input type="checkbox"/> Dry skin	Feet
<input type="checkbox"/> Brittle slow growing nails	<input type="checkbox"/> Cold feet
Digestion	<input type="checkbox"/> Swollen feet (pitting or non-pitting)
<input type="checkbox"/> Bloating abdomen, tender sometimes, indigestion	<input type="checkbox"/> Carotenemia
<input type="checkbox"/> Constipation	<input type="checkbox"/> Flatfeet
Joints, Muscles	Heart and BP
<input type="checkbox"/> Muscle and joint stiffness upon waking	<input type="checkbox"/> Bradycardia
<input type="checkbox"/> General sore muscles or sore joints. Worse in morning	<input type="checkbox"/> Faint heart sounds
<input type="checkbox"/> Feet or leg cramps at night	<input type="checkbox"/> High diastolic BP
<input type="checkbox"/> Carpal tunnel syndrome (pins needles numb hand)	<input type="checkbox"/> Narrow differential systolic and diastolic
<input type="checkbox"/> Low back pain	<input type="checkbox"/> Slow pulse rate
Mind, Emotions	Reflexes
<input type="checkbox"/> Slowness	<input type="checkbox"/> Slow archilles reflexes, & others
<input type="checkbox"/> Apathy (lack of interest, poor initiative)	ECG
<input type="checkbox"/> Morning depression	<input type="checkbox"/> Long QRS, Brady, Cardiac enlargement
<input type="checkbox"/> Slow thinking and reaction	
<input type="checkbox"/> Easily distracted, poor concentration, poor attention	
<input type="checkbox"/> Poor memory, poor learning performance	