



HYPOTHYROID QUESTIONNAIRE

	Yes	No
1. Do you have dry or scaly skin?		
2. Do you get fatigued easier than you used to?		
3. Do you have less than normal energy?		
4. Does cold temperature bother you more than others?		
5. Is your libido (sex drive) much lower than it should be?		
6. Have you had an unexplained decrease in weight recently		
7. Do you gain weight very easily and have difficulty getting it off again?		
8. Has your hair become drier, more brittle or coarse?		
9. Is your hair falling out?		
10. Have your nails become thin or brittle?		
11. Do you sweat less than you used to?		
12. Have you ever had pronounced swelling in your neck?		
13. Are your periods very heavy?		
14. Do you suffer from generalized muscle and joint pain or cramping?		
15. Do you feel your speech is slowed down—or has anyone commented on slowed speech.		
16. Do you take iodine or has any practitioners suggested you should?		
17. Have you ever been diagnosed as having thyroid disease?		
18. Have you ever been prescribed thyroid hormone replacement?		
19. Have you ever been prescribed carbimazole or methimazole?		
20. Has any of your blood relatives had a thyroid condition?		
21. Do you easily get mentally confused?		
22. Have you become sluggish or generally slowed down?		
23. Do you have a slower than normal heart rate (<60)?		
24. Do you have a faster than normal hear rate (>90)?		

