

# HYPOTHYROID QUICK CHECK

Patient Name \_\_\_\_\_

Date \_\_\_\_\_

Rate the following on a scale of 0 through 5, with 0 being not present, and 5 being severe.

1. \_\_\_\_\_ Fatigue
2. \_\_\_\_\_ Muscle aches and pains
3. \_\_\_\_\_ Joint pains
4. \_\_\_\_\_ Fibromyalgia
5. \_\_\_\_\_ Feelings of weakness
6. \_\_\_\_\_ Lethargy, or loss of interest in daily activities
7. \_\_\_\_\_ Memory loss
8. \_\_\_\_\_ Concentration difficulties
9. \_\_\_\_\_ Mental sluggishness
10. \_\_\_\_\_ Low moods
11. \_\_\_\_\_ Depression
12. \_\_\_\_\_ Cold hands and feet
13. \_\_\_\_\_ Sensitivity to cold
14. \_\_\_\_\_ Tendency towards constipation
15. \_\_\_\_\_ Weight gain
16. \_\_\_\_\_ Low blood sugar /hypoglycemia
17. \_\_\_\_\_ Menstrual problems
18. \_\_\_\_\_ Heavy bleeding during menses
19. \_\_\_\_\_ Repeated colds and flu
20. \_\_\_\_\_ Skin problems (itching, eczema, psoriasis, acne, or coarse, dry, scaly skin)
21. \_\_\_\_\_ Do not perspire easily
22. \_\_\_\_\_ Hoarse voice
23. \_\_\_\_\_ Feeling of fullness in neck
24. \_\_\_\_\_ Swelling of the eyelids
25. \_\_\_\_\_ Hair loss
26. \_\_\_\_\_ Dry, coarse hair
27. \_\_\_\_\_ Loss of outer 1/3 of eyebrows
28. \_\_\_\_\_ I have about as many mental and emotional symptoms as physical symptoms

\_\_\_\_\_ TOTAL

A score of 20-40 suggests mild hypothyroidism; 40-70 suggests moderate hypothyroidism; and over 70 suggests significant hypothyroid problems.