

**CELEBRATION OF HEALTH ASSOCIATION
HYPOTHYROIDISM
THYROID FUNCTION EVALUATION**

PATIENT _____ SEX _____ D.O.B. ____/____/____ DATE ____/____/____

This questionnaire lists symptoms commonly found in individuals with hypothyroidism or low thyroid function.

SECTION A: MAJOR SYMPTOMS

For each symptom that is present, record a score of **6** points on the line.

1. FATIGUE _____
2. COLD INTOLERANCE _____
3. DIFFICULTY LOSING WEIGHT _____
4. DRY SKIN _____
5. GOITER (swelling of thyroid gland) _____
6. LOW TEMPERATURE _____
7. ELEVATED CHOLESTEROL _____

TOTAL SCORE, SECTION A _____

SECTION B: COMMON SYMPTOMS

For each symptom that is present, record a score of **4** points on the line.

1. WEAKNESS _____
2. CONSTIPATION _____
3. HEAVY MENSTRUAL PERIODS _____
4. PUFFY FACE AND EYELIDS _____
5. DRY OR THINNING HAIR, THINNING OF LATERAL EYEBROWS _____
6. SWOLLEN ANKLES _____
7. LOW BLOOD PRESSURE _____

TOTAL SCORE, SECTION B _____

SECTION C: MINOR SYMPTOMS

For each symptom that is present, record a score of **2** points on the line.

1. DEPRESSION _____
2. SLOW HEARTBEAT _____
3. THIN, BRITTLE NAILS _____
4. MUSCLE CRAMPS _____

5. SNORING _____
6. THICKENING OF FACIAL FEATURES _____
7. ANEMIA (low red blood cell count) _____
8. FAMILY HISTORY OF THYROID PROBLEMS _____

TOTAL SCORE, SECTION C _____

SECTION D: OTHER SYMPTOMS

For each symptom that is present, record a score of **1** point on the line.

1. FORGETFULNESS _____
2. HEADACHES _____
3. HOARSENESS / CHANGE IN VOICE _____
4. PALE COMPLEXION _____
5. SLOW SPEECH _____
6. ABSENCE OF SWEATING _____
7. DECREASE SENSE OF TASTE AND SMELL _____
8. SHORTNESS OF BREATH _____
9. THICK TONGUE _____
10. LOSS OF APPETITE _____
11. HIGH BLOOD PRESSURE _____

TOTAL SCORE, SECTION D _____

TOTAL SCORE, SECTION C _____

TOTAL SCORE, SECTION B _____

TOTAL SCORE, SECTION A _____

GRAND TOTAL OF A,B,C,D _____

The grand total will help determine if your symptoms may be connected to low thyroid function. This questionnaire serves as a helpful tool for you and your physician but does not provide a definite 'yes' or 'no' answer. A full examination including a comprehensive medical history, physical examination and laboratory tests are all important to properly determine the cause of your symptoms.

Low thyroid function is very likely present with a grand total score **over 40**.

Low thyroid function is probably present with a grand total score **over 30**.

Low thyroid function is possibly present with a grand total score **over 20**.

Low thyroid function is unlikely to be present with a grand total score **below 20**.