

Back In Action Chiropractic

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Hypothyroid Quick Check

NAME _____

Rate the following on a scale of 0 to 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. Mentally-sluggish
10. Low mood, Blues
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. Feelings of fullness in neck
24. Swelling of eyelids
25. Hair loss
26. Dry, coarse hair
27. Loss of outer 1/3 of eyelids
28. I have about as many mental and emotional symptoms as physical ones

Total: _____

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