

# Thyroid Health Questionnaire

The thyroid is one of the most important glands of the body, producing hormones that control our energy and metabolism. Unfortunately, low thyroid conditions are increasingly common in Australia, and are frequently misdiagnosed, mistreated, or missed altogether.



At Wellness Perth Natural Medicine we assist our patients to discover if they are suffering from a thyroid condition, as well as what the cause of the condition is, and how to correct your thyroid for long-term health and wellness.

This questionnaire, when utilised alongside the Basal Body Temperature Test, is designed to help you determine if you may be suffering from a low thyroid (hypothyroidism) condition.

If these tools indicate a low thyroid condition, further thyroid testing such as blood testing for TSH, T4, T3, Reverse T3, thyroid antibodies, plus urine testing for Tyrosine, Iodine and Selenium levels should be conducted by your practitioner.

## Instructions:

1. Answer each question that relates to you with a tick.
2. Once completed, add your ticks to form a total score.
3. Your score will lead you to a section which interprets the state of thyroid function based on your answers.

## Thyroid Symptom Questions:

- I have less energy than I would like.
- I struggle to keep up with others, or lack endurance of energy.
- I feel the cold, or commonly have cold hands and/or feet.
- I have low tolerance to cold and/or hot weather.
- I gain weight easily.
- I have difficulty losing weight.
- My skin is often dry, coarse, scaly or itchy.
- I take longer to heal from minor cuts and wounds.
- My nails are brittle, weak or break easily.
- My hair is dry, coarse, brittle, sparse or falling out.
- The outside section of my eyebrows is thinning, sparse or gone.
- My voice can be hoarse, dry or croaky, especially when I'm tired.
- I experience depression, low moods, or lack of motivation.
- I have difficulty concentrating or remembering things.



- I have low libido/sex drive.
- My eyes feel gritty, dry or light sensitive.
- I experience muscular aches, pains, tension or stiffness.
- My muscles are weaker than usual.
- My muscles hurt more than they should after exercise or exertion.
- I have high cholesterol, or cholesterol that continues to rise despite interventions.
- I don't tolerate stress as well as I would like.
- I can feel anxious, cranky, or snap easily, particularly when I feel fatigued.

**Total Score:** \_\_\_\_\_

## **Thyroid Questionnaire Results:**

### **Total Score 10-22:**

You are currently experiencing most symptoms of a low thyroid condition, and it is recommended you seek further investigation as soon as possible. Please call our office on (08) 9479 5310 to arrange for an appointment.

We also recommend you complete the Basal Body Temperature Test for at least 5 mornings, to assist your further investigations.

Investigations will allow your practitioner to understand the cause of your low thyroid condition, enabling specific treatment to correct your thyroid function and have you enjoying health and happiness into the future.

### **Total Score 5-9:**

You are currently experiencing many low thyroid symptoms, and further investigation is recommended. Please call our office on: (08) 9479 5310 to arrange for an appointment.

We also recommend you complete the Basal Body Temperature Test for at least 5 mornings, to assist your further investigations.

Even if your current symptoms appear minor or low grade, it is important to determine the reason behind your hormone disruption so that it will not worsen in the future. Correcting the underlying cause of your low thyroid condition will ensure you feel well, and continue to feel well long-term.

### **Total Score 1-4:**

You are experiencing several symptoms of low thyroid, and may be experiencing a low thyroid condition or other form of hormone disruption.

We recommend you complete the Basal Body Temperature Test for 5 mornings, to see if there is further evidence of a low thyroid condition.

Do not feel despair if it appears your thyroid is not the answer you've been searching for. There are many other areas of health that produce symptoms, all of which we will be able to assist you with. Please call our office on: (08) 9479 5310 to arrange an appointment.

With our experience in advanced health testing techniques, I feel confident we will be able to find solutions for your health concerns and soon have you feeling much better.

