



THYROID (Core Hormone) SYMPTOM SURVEY

PATIENT NAME: _____ DOB: ___/___/___ Ht: _____ Wt: _____ Date: _____

I understand that the Thyroflex™ uses a reflex hammer that may leave a bruise, as such; I will not hold the Practitioner or NiTek Medical Inc. responsible for such any injury. _____ (Initial here)

Do you suffer from any of the following?

Rate your symptoms below from a scale of: 0 to 3 (0 = None, 1 = Mild, 2 = Moderate, 3 = Severe)

Thyroid

- ___ Tiredness & sluggishness, lethargic
- ___ Drier hair or skin (thick, dry, scaly)
- ___ Sleep more than usual
- ___ Weaker muscles
- ___ Constant feeling of cold (fingers/hands/feet)
- ___ Frequent muscle cramps
- ___ Poorer memory
- ___ More depressed (mood change easily)
- ___ Lower thinking
- ___ Puffier eyes
- ___ Difficulty with math
- ___ Hoarser or deeper voice
- ___ Constipation
- ___ Coarse hair/hair loss/brittle
- ___ Muscle/joint pain
- ___ Low sex drive/impotence
- ___ Puffy hands and feet
- ___ Unsteady gait (bump into things)
- ___ Gain weight easy
- ___ Outer third of eyebrows thin
- ___ Menses more irregular (should be 28 days)
- ___ Heavier menses (clotting 3+ days)
- ___ Carpel tunnel syndrome

___ **Total HYPO Score (8)**

- ___ Palpitations (skipping of heart beat)
- ___ Insomnia
- ___ Tachycardia (rapid or irregular heart beat)
- ___ Shakiness
- ___ Increased sweating
- ___ Brittle nails
- ___ Loss of appetite

___ **Total HYPER Score (0)**

DHEA / D3 / Pregnen/GABA + B's

- ___ Constantly exhausted & tired
- ___ Cannot tolerate noise
- ___ My libido is low
- ___ Muscles are getting flabby (losing muscle tone)

___ **Total DHEA (2)**

Adrenals (Cortisol)

- ___ Rapid heart beat
- ___ I'm stressed out
- ___ Have eczema, psoriasis, skin allergies, rashes
- ___ Digestive problems
- ___ Easily confused

The following 6 questions answer: "1" for YES and "0" for NO

- ___ Wake up tired
- ___ Wake up full of energy
- ___ 2 to 4 pm feel tired, seek snack/tea/coffee/coke
- ___ Fall asleep in front of TV/reading/computer (before bed)
- ___ As soon as I go to bed - drop straight to sleep
- ___ Need to read/TV - 10 to 15 mins to drift into sleep

___ **Total Adrenal (3)**

Iodine/Iodide

- ___ Fibrocystic Breast/lumps/ovarian cysts/fibroids/prostate
- ___ Goiter bulge or band around the neck
- ___ Slow speech
- ___ Enlarged tongue/teeth impressions
- ___ Puffy face puffy hands

___ **Total Iodine/Iodide Symptoms (0)**

The following question answer: "1" for YES and "0" for NO

- ___ Do you use salt with Iodine added
- ___ Number of days per week you eat seafood/shellfish*

*(Excludes Salmon/Tilapia/Trout/Freshwater fish)

___ **Total Iodine In (6)**

Melatonin, Serotonin, Tryptophan, + Mag

- ___ Upon waking feel tired
- ___ Wake up during the night
- ___ If awakening (in middle of night), cannot get back to sleep
- ___ Trouble falling asleep
- ___ Use a sleep aid, or drink alcohol to relax
- ___ My mind is busy when I want to sleep

___ **Total Melatonin (2)**

The following 5 questions answer: "1" for YES and "0" for NO

CoQ10 (1)

- ___ Do you have stamina

ACTH

- ___ Do you lack willpower & energy
- ___ Patches of hair loss
- ___ Pale complexion/sunburn easily
- ___ Often have memory loss

___ **Total ACTH (2)**