



## 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)
- \_\_\_\_ Slower 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)**