

Thyroid Questionnaire

Hypo

- Low energy levels and tire easily
- Cold hands and feet
- Temperature less than normal
- Depressed or apathetic
- Gain weight easily or hard time losing it
- Skin and hair stays dry
- Slow reflexes and reaction time
- Difficulty waking up in the morning
- Knuckles face forward as arms swing while walking
- Sensitive to cold / wet weather
- Lack of or diminished sex drive
- Constipated frequently

Hyper

- Insomnia
- Heart beats above 90 per minute at rest
- Unable to gain weight
- Night sweats
- Warm, moist skin
- Perspire easily without exercise
- Highly emotional
- Inward trembling
- Heart palpitations
- Nervousness
- Intolerant to heat
- Eyes appear bulging or swollen