**ARE THYROID PROBLEMS CONTRIBUTING TO YOUR HEALTH PROBLEMS?**

A SELF-ASSESSMENT TOOL: ***Score one point for each yes.***

**Symptoms**
~Are your skin and fingernails thick? ­­­­­­­­­­­­­­­­­­­­­ \_\_\_\_
~Do you have dry skin? \_\_\_\_
~Do you have a hoarse voice? \_\_\_\_
~Do you have thinning hair, hair loss, or coarse hair? \_\_\_\_
~Are you sensitive to cold? \_\_\_\_
~Do you have cold hands and feet? \_\_\_\_
 ~Is your basal body temperature lower than 97.8 degrees first thing in the morning? \_\_\_\_
 (Underarm basal body thermometers are available at most drug stores.)
~Do you have muscle fatigue, pain, or weakness? \_\_\_\_
~Do you have heavy menstrual bleeding, worsening of premenstrual syndrome, other menstrual problems, and/or infertility? \_\_\_\_
~Have you experienced a loss of sex drive (decreased libido)? \_\_\_\_
~Do you have severe menopausal symptoms (such as hot flashes and mood swings)? \_\_\_\_
~Have you experienced fluid retention (swelling of hands and feet)? \_\_\_\_
~Do you experience fatigue? \_\_\_\_
~Do you have low blood pressure and heart rate? \_\_\_\_
~Do you have elevated cholesterol? \_\_\_\_
~Do you have trouble with memory and concentration or brain fog? \_\_\_\_
~Do you wake up tired and have trouble getting out of bed in the morning? \_\_\_\_
~Do you have a loss of or thinning of the outer third of your eyebrows? \_\_\_\_
~Do you have trouble losing weight, or have you experienced recent weight gain? \_\_\_\_
~Do you experience depression and apathy or anxiety? \_\_\_\_
~Do you experience constipation? \_\_\_\_
~Have you been diagnosed with autoimmune disease (e.g., celiac disease, rheumatoid arthritis, multiple sclerosis, lupus, allergies, yeast overgrowth--all of which can affect thyroid function)? \_\_\_\_
~Are you or have you been exposed to radiation treatments? \_\_\_\_
~Are you or have you been exposed to environmental toxins? \_\_\_\_
~Do you have a family history of thyroid problems? \_\_\_\_
~Do you drink chlorinated or fluoridated water? \_\_\_\_

**Scoring Key**
**0 to 1** means your thyroid is healthy and you probably don’t need to be
concerned.
**2 to 4** means you are at mild risk for thyroid problems.
**> 4** means you have a significant risk for thyroid problems.

If you have no symptoms of thyroid problems, it is unlikely (though not
impossible) that you have a problem with your thyroid function. However, if you
score anywhere over 2, I strongly recommend that you get the basic testing for
thyroid function and check your basal body temperature.