

## **THYROID QUESTIONNAIRE (Men and Women)**

### **Thyroid Deficiency:**

Cold Body Temperature  
Cold hands and feet  
Weight Gain – Can't lose weight  
Hair Loss, Dry, Breaking brittle hair  
Dry, Breaking, Brittle nails  
Fatigue – Feeling “Burned Out”  
Bone, Muscle, strength loss  
Thinning papery skin  
Vertical ridges on fingernails  
Sad or Depressed without cause  
Inability to focus or concentrate  
Memory Lapses – forgetfull  
Poor Concentration  
Edema with puffy face and eyes  
Low blood pressure  
Decreased sweating  
Malaise or fatigue  
Heart Palpitations  
'Crash' every day around 3:00 PM  
Retaining fluid  
Decreased sex drive  
Outer third of eyebrows thinning  
Family history of thyroid problems

### **Thyroid Excess:**

Rapid weight loss  
Panic Attacks  
Anxiety  
Erratic behavior  
Irritability  
Rapid Heart Rate  
Bulging or protruding eyes  
Unusual sweating  
Insomnia  
Decreased concentration  
Tremor  
Neck mass