

Thyroid Function Questionnaire

1. Do you have family history of hypothyroidism or other thyroid problems? Yes No
2. Is your skin dry without the use of lotion? Yes No
3. Do you suffer from constipation? Yes No
4. Are your menstrual cycles irregular? Yes No
5. Do you have high cholesterol? Yes No
6. Do you have low blood pressure? Yes No
7. Is your hair dry? Yes No
8. Are your nails brittle? Yes No
9. Is your hair thinning? Yes No
10. Is the outer third of your eyebrows missing or thinning? Yes No
11. Does your skin have a yellow tint? Yes No
12. Do you sometimes suffer from depression? Yes No
13. Do you suffer from mood swings? Yes No
14. Do you need caffeine and/or other stimulants to get you going? Yes No
15. Do you have low energy levels? Yes No
16. Do you have a low sex drive? Yes No
17. Do you note any forgetfulness? Yes No
18. Do you have difficulty losing weight? Yes No
19. Is it easy for you to gain weight? Yes No

Test

score

meaning:

If you have answered "yes" to 5 or more of these questions, you may have hypothyroidism (low thyroid hormone function) and require thyroid testing. The thyroid gland regulates metabolism and hormone function, and is important for numerous physiological functions in the body.