

THYROID SURVEY: HOW LIKELY IS IT YOU HAVE A THYROID ISSUE?

Please number 0 – 4: 0 = not at all, 1 = only occasionally, 2 = somewhat affects me daily, 4 = severely affects me daily

- already diagnosed with Hypothyroidism or Hyperthyroidism
- already diagnosed with autoimmune condition of any kind
- fatigue
- weight gain for no reason
- inability to lose weight
- brain fog/difficulty concentrating
- weight loss (without trying)
- loss of appetite, OR increased appetite without weight gain
- hair loss
- cold hands &/or feet
- heat OR cold intolerance
- need more sleep than usual
- low basal body temperature (below 97.8 at waking)
- poor immune system, get sick frequently
- poor sleep
- Type 2 diabetes
- hormone imbalance (PMS, retain water, PCOS, menopausal, low libido, low T)
- metabolic syndrome, insulin resistance, or sweet cravings
- adrenal issues (including adrenal fatigue, anxiety, night sweats, hot flashes)
- enlarged thyroid/lower neck (goiter)
- chronic dry, tickling cough
- thinning of outer 1/3 of eyebrows or eye lashes
- dry, itchy or scaly skin
- dry or brittle or coarsening hair
- don't eat seafood or sea vegetables
- bulging or swollen eyes
- brittle nails
- constipation
- food sensitivities or allergies
- Celiac disease or gluten sensitivity
- mood: depression, irritability, swings, anxiety
- heart palpitations or flutters

Add up your score here _____. If you have a score of 3 or more, this warrants testing with a complete thyroid panel. If you have a score of 4 or more, it is likely you have a thyroid condition.

DON'T WORRY! You have 5 things to help you start a path to wellness, and we can help you with everything else. Click or call for a consultation with Dr. Jennings. We work with clients virtually, & our mission is to help you feel great again! Dr. Jennings can explain why you feel this way, recommend the most accurate testing you need, and guide you on a path to wellness. We hope to meet you soon! (970) 377-9611