

NAME: _____

DATE: _____

Subclinical Hypothyroidism

Symptom Checklist

You can rate each symptom on a scale of 1-10. 10 being ideal --- 1 being terrible

- | | |
|-------------------------------|---------------------------------------|
| { } Fatigue | { } Abnormal throat sensations |
| { } Headaches | { } Sweating abnormalities |
| { } Migraines | { } Heat / Cold intolerance |
| { } PMS | { } Low self esteem |
| { } Irritability | { } Irregular periods |
| { } Fluid Retention | { } Severe menstrual cramps |
| { } Anxiety | { } Low blood pressure |
| { } Panic attacks | { } Frequent colds and sore throats |
| { } Hair loss | { } Frequent urinary tract infections |
| { } Depression | { } Light-headedness |
| { } Decreased Memory | { } Ringing in ears |
| { } Decreased concentration | { } Slow wound healing |
| { } Decreased sex drive | { } Easy bruising |
| { } Unhealthy nails | { } Acid reflux |
| { } Low motivation | { } Flushing |
| { } Constipation | { } Frequent yeast infections |
| { } IBS | { } Cold hands / feet (blue) |
| { } Weight gain | { } Poor coordination |
| { } Dry skin | { } Increased nicotine / caffeine use |
| { } Dry hair | { } Infertility |
| { } Insomnia | { } Hypoglycemia |
| { } Needing to nap during day | { } Increased skin infections / acne |
| { } Arthritis and joint aches | { } Abnormal swallowing sensation |
| { } Allergies | { } Changes in skin pigmentation |
| { } Asthma | { } Prematurely gray / white hair |
| { } Muscle aches | { } Excessively tired after eating |
| { } Itchy skin | { } Carpal tunnel syndrome |
| { } Elevated cholesterol | { } Dry eyes / blurred vision |
| { } Ulcers | { } Hives |
| { } Bad breath | |

Add up total score (both sides): { } / 600.

