

Hypothyroid Questionnaire

My risk factors for hypothyroidism include:

- I have a family history of thyroid disease
- I have had my thyroid "monitored" in the past to watch for changes
- I had a previous diagnosis of goiters/nodules
- I currently have a goiter
- I was treated for hypothyroidism in the past
- I had a temporary thyroiditis in the past
- I have another autoimmune disease
- I have had part/all of my thyroid removed due to cancer
- I have had part/all of my thyroid removed due to nodules
- I have had part/all of my thyroid removed due to Graves' Disease/hyperthyroidism
- I have had radioactive iodine due to Graves' Disease/hyperthyroidism
- I have had anti-thyroid drugs due to Graves' Disease/hyperthyroidism

I have the following symptoms of hypothyroidism, as detailed by the Merck Manual, the American Association of Clinical Endocrinologists, and the Thyroid Foundation of America:

- I am gaining weight inappropriately
- I'm unable to lose weight with diet/exercise
- I am constipated, sometimes severely
- I have hypothermia/low body temperature (cold hands and feet)
- I feel fatigued, exhausted
- Feeling run down, sluggish, lethargic
- My hair is coarse and dry, breaking, brittle
- I lost my outer portion of my eye brows
- My skin is coarse, dry, scaly, and thick
- I have a hoarse or gravelly voice
- I have puffiness and swelling around the eyes and face (myxedema)
- I have pains, aches in joints, hands and feet
- I have developed carpal-tunnel syndrome, or it's getting worse
- I feel depressed
- I feel restless
- My moods change easily
- I have feelings of worthlessness
- I have difficulty concentrating
- I seem to be losing interest in normal daily activities
- I'm more forgetful lately
- I experience muscle cramps while at rest
- I have poor circulation and numbness in my hands and feet
- I have a morning headache that sometimes wears off throughout the day

I also have the following additional symptoms, which have been reported more frequently in people with hypothyroidism:

- My hair is falling out
- I have no sex drive
- I am getting more frequent infections, that last longer (low immune function)
- I'm snoring more lately
- I have/may have sleep apnea
- I have insomnia
- I often need to get up in the middle of the night to go to the bathroom
- I feel shortness of breath and tightness in the chest
- I feel the need to yawn to get oxygen
- My eyes feel gritty and dry
- My eyes feel sensitive to light
- My eyes get jumpy/tics in eyes, which makes me dizzy/vertigo and have headaches
- I have strange feelings in neck or throat
- I have tinnitus (ringing in ears)
- I get recurrent sinus infections
- I have vertigo
- I feel some lightheadedness
- I have high cholesterol
- I have diabetes
- I have hypertension (high blood pressure)
- I have osteoporosis
- I have blood pressure irregularities
- I have a low pulse (under 70 beats per minute)
- I often feel puffy
- I tend to gain weight around my mid-section
- I have a slow Achilles tendon reflex

Women Only

- I have P.M.S.
- I am having irregular menstrual cycles (longer, or heavier, or more frequent)
- I have severe menstrual cramps
- I have taken the birth control pill – Duration: _____
- I am currently taking the birth control pill – Duration: _____
- I have/had endometriosis or cystic breasts/ovaries
- I have had a baby in the past nine months
- I have or had infertility issues
- I had post-partum thyroiditis in the past
- I have a history of miscarriage

Source: http://thyroid.about.com/cs/basics_starthere/a/hypochecklist.htm and *Hypothyroidism Type 2* by Dr. Mark Starr