



Cumbria Advisory Thyroid Service

INFORMATION SHEET



HYPOTHYROIDISM QUESTIONNAIRE

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| 1. | <i>Has your hair become dry, or are you losing your hair?</i> | Yes | No |
| 2. | <i>Have your menstrual periods been heavy in recent months?</i> | Yes | No |
| 3. | <i>Have you been suffering from joint aches and pains?</i> | Yes | No |
| 4. | <i>Are your nails brittle?</i> | Yes | No |
| 5. | <i>Have you been experiencing muscle cramps?</i> | Yes | No |
| 6. | <i>Have you noticed a continual weakness in your muscles?</i> | Yes | No |
| 7. | <i>Has your skin become dry?</i> | Yes | No |
| 8. | <i>Have your face and eyes been puffy?</i> | Yes | No |
| 9. | <i>Have you been experiencing cold intolerance?</i> | Yes | No |
| 10. | <i>Have you gained more than 5 pounds?</i> | Yes | No |
| 11. | <i>Has your skin become coarse?</i> | Yes | No |
| 12. | <i>Have you been constipated?</i> | Yes | No |
| 13. | <i>Do your fingers tingle?</i> | Yes | No |
| 14. | <i>Do you sweat less?</i> | Yes | No |
| 15. | <i>Has your voice become hoarse?</i> | Yes | No |
| 16. | <i>Have you noticed a milky discharge from your breasts recently?</i> | Yes | No |
| 17. | <i>Has your hearing gotten worse?</i> | Yes | No |
| 18. | <i>Has your heartbeat been slow?</i> | Yes | No |
| 19. | <i>Have you been experiencing stiffness?</i> | Yes | No |
| 20. | <i>Have you been fatigued?</i> | Yes | No |
| 21. | <i>Have your eyes felt dry?</i> | Yes | No |
| 22. | <i>Have you been experiencing shortness of breath during exercise or reduced tolerance to exercise?</i> | Yes | No |

If you have answered yes to four or more of the preceding questions, you may be hypothyroid – in other words your thyroid is not producing enough hormones to balance and metabolise your body. If you have answered yes to six or more of the questions, you probably are hypothyroid.

If you suspect that you have hypothyroidism, then take this completed questionnaire to your G.P. and request that blood tests giving TSH levels, T4 levels and if possible, T3 levels are ascertained to give diagnosis and base for treatment.

If the test come back within the “normal range” – it may be that you will have to wait a further six weeks, then re-take this questionnaire (amending any change to the above symptoms), and request another set of blood tests from your G.P. All patients are entitled to seek another medical opinion, and in some cases it may be necessary to be referred to an Endocrine Specialist.

(n.b. – this is not a complete list of possible symptoms – but it gives a good indication (i.e. depression may give a sign of thyroid dysfunction).

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.