



Cumbria Advisory Thyroid Service



INFORMATION SHEET

HYPERTHYROIDISM QUESTIONNAIRE

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| 1. Have your nails been brittle or splitting from the nail bed? | Yes | No |
| 2. Has your skin been unusually warm? | Yes | No |
| 3. Have you been sweating more than usual? | Yes | No |
| 4. Have you been experiencing hair loss? | Yes | No |
| 5. Have you become intolerant of heat? | Yes | No |
| 6. Have your menstrual periods become scanty? | Yes | No |
| 7. Have you been unusually hungry? | Yes | No |
| 8. Have you been experiencing diarrhoea or increasing bowel movements? | Yes | No |
| 9. Do your fingers shake constantly? | Yes | No |
| 10. Has your heartbeat been rapid at rest? | Yes | No |
| 11. Have you lost more than 5 pounds without changing diet/exercise? | Yes | No |
| 12. Do you get short of breath with exertion, or has your tolerance to exercise been reduced? | Yes | No |
| 13. Have you been experiencing generalised muscle weakness? | Yes | No |
| 14. Are your palms sweaty? | Yes | No |

*If you have answered yes to four or more of the above questions, you may be hyperthyroid.
If you have answered yes to six or more of the above questions, you are probably hyperthyroid?*

If you suspect that you have hyperthyroidism, then take this completed questionnaire to your G.P. and request that blood tests are taken. If the tests come back within a "normal range" and your symptoms are the same or even increase, then request another blood test, remembering that other conditions may have similar symptoms. If you are diagnosed as hyperthyroid then you will probably be referred to an Endocrinologist.

(n.b. – this is not a complete list of possible symptoms – but it gives a good indication towards diagnosis).

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.