



# THYROID (Core Hormone) SYMPTOM SURVEY

PATIENT NAME: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Ht: \_\_\_\_\_ Wt: \_\_\_\_\_ Date: \_\_\_\_\_

I understand that the Thyroflex uses a reflex hammer that may leave a bruise, as such; I will not hold the Practitioner or Nitek Medical, Inc. responsible for such any injury. \_\_\_\_\_ initial here

*Do you suffer from any of the following?*

Rate your symptoms below from a scale of: 0 to 3 (0= None, 1= Mild, 2= Moderate, 3= Severe)

### Thyroid

- Tiredness & Sluggishness, lethargic
- Dryer Hair or Skin (Thick, dry, scaly)
- Sleep More Than Usual
- Weaker Muscles
- Constant Feeling of cold (fingers / hands/ feet)
- Frequent Muscle Cramps
- Poorer Memory
- More Depressed (mood Change easily)
- Slower Thinking
- Puffier Eyes
- Difficulty with Math
- Hoarser or Deeper Voice
- Constipation
- Coarse Hair / Hair loss / brittle
- Muscle / Joint Pain
- Low Sex Drive / Impotence
- Puffy Hands and Feet
- Unsteady Gait (bump into things)
- Gain Weight Easy
- Outer Third Of Eyebrows Thin
- Menses More Irregular ( should be 28 Days)
- Heavier Menses (clotting / 3+ days)
- Carpel Tunnel Syndrome

**Total HYPO Score (8)**

- Palpitations (Skipping of heart beat)
- Insomnia
- Tachycardia (Rapid or irregular heart beat)
- Shakiness
- Increased Sweating
- Brittle Nails
- Loss of Appetite

**Total HYPER Score (0)**

### DHEA / D3 / Pregnen / GABA + B's

- Constantly exhausted & tired
- Cannot tolerate noise\*\*
- My Libido is low
- Muscles are getting flabby (Loosing muscle tone)

**Total DHEA /D3 /Preg /Gaba /B's (2)**

### Adrenals (Cortisol)

Dr. + \*\* Probiotics. 13 = RT3, + Saliva + Hump

- Rapid heart beat
- I'm stressed out
- Have eczema, psoriasis, skin allergies, rashes
- Digestive problems\*\*
- Easily confused
- Wake up tired (The following 6xQ's are: Y=1, N=0; )
- Wake up full of energy Y/N
- 2 to 4 pm feel tired, seek snack/Tea/Coffee/Coke Y/N
- Fall asleep in front of TV/reading/computer(before bed) Y/N
- As soon as I go to bed - Drop straight to sleep Y/N
- Need to read/TV -10 to 15 mins to drift into sleep Y/N

**Total Adrenal (3)**

### Iodine/Iodide

(12.5 Maint) (6.25) (50 protocol)

- Fibrocystic Breast/lumps/ ovarian cysts /Fibroids/Prostate
- Goiter Bulge or Band Around the Neck (Dr Confirm)
- Slow Speech
- Enlarged tongue / Teeth impressions (Dr Confirm)
- Puffy Face Puffy Hands (Dr Confirm)

**Total Iodine/Iodide Symptoms (0)**

- Do you use salt with iodine added Y=1 N=0
- Number of days per week you eat seafood/shellfish\*

**Total Iodine In (6)\*(Excludes Salmon/Tilapia/Trout/Fresh water fish)**

### Melatonin, Serotonin, Tryptophan ,

Dr. + Mag + D3

- \*Upon waking feel tired
- \*Wake up during the night
- \*If awakening,( in middle of night),cannot get back to sleep
- \*\*Trouble falling asleep
- \*\*Use a sleep aid, or drink Alcohol to relax
- \*\*My mind is busy when I want to sleep

**Total Melatonin**

Dr. (\*2 = M) (\*\*2= 5HTP)

### CoQ10 (1)

- Do you have stamina Y=1, N=0 (Dr.-Palp / Tach)

### ACTH

- Do you lack willpower & energy Y=1, N=0
- Patches of hair loss (alopecia) Y=1, N=0
- Pale complexion/sunburn easily Y=1, N=0
- Often have Memory Loss Y=1, N=0

**Total ACTH (3)**

( Dr. Challenge )

• Aromatase Inhibitor..... Chrysin \_\_\_\_\_ \* Sugar.....Berberine \_\_\_\_\_ \* ED.....NAC \_\_\_\_\_ \* Gluten Free \_\_\_\_\_ \* Paleo \_\_\_\_\_

Check Here for : **Antibodies Test** (TPOab/Tgab) = If: (Hypo = 12+, Hyper = 7+, Includes-Tachycardia and or Palpitations) **Yes / No**

Hashimoto's / Graves Refer to Protocol's Start. Gluten free Paleo

**Test Results:** Practitioner's Name \_\_\_\_\_ PH # \_\_\_\_\_ Last 4 #'s of Pac I/D \_\_\_\_\_ Patient's Menses start Date \_\_\_\_\_

Hypo/Hyper: \_\_\_\_\_ / \_\_\_\_\_ ( 8 / 0 )

Reflex Time: \_\_\_\_\_ Hyper = <50 .Hypo = >120. Reflex of 50 to 100 = (Optimal). 100 to 120 = (Satisfactory). 120 to 135 = B/L.(Supplements). 136+ = (Nat Hormones)

RMR\*: \_\_\_\_\_ (Women=2,250 cal/day, Men=2,750 +/- 250 cal/day for over/underweight or aged)

\*RMR: Will show a reading of about 400 calories below baseline (before treatment)

#### Manifestation of Misdiagnosed Hypothyroidism:

Neurological symptoms  
Headache •  
Paresthesias •  
Cerebellar ataxia (incoordination) •  
Deafness (nerve or conduction) •  
Vertigo or Tinnitus (ringing in the ear) •

#### Cognitive Diffculty

Calculation, memory, reduced attention span •  
Sleep apnea •  
Myxedema coma •

#### Psychiatric Symptoms

Depression •  
Schizoid or affective psychoses •  
Bipolar disorders •

#### Skeletal System

Arthralgias (joint stiffness) •  
Joint Effusions & Pseudogout •  
Carpal Tunnel Syndrome •

#### Other Risks

Essential Hypertension  
Difficulty swallowing  
Polymyalgia

Sudden Death •  
High or Low blood pressure •  
High Cholesterol & other blood fats •  
Vascular (blood vessel) Disease •  
Diabetes •  
Neurological (Parkinson's like diseases) •  
Double Alzheimer's Risk •  
Arthritis and inflammatory diseases •  
Miscarriage & Premature birth  
Pregnancy Complications & birth defects