



“... the most informative,
thorough guide to understanding
the thyroid you will ever read.”

—SUZANNE SOMERS

**Comprehensive
Solutions for All
Your Thyroid
Symptoms**

THE WOMEN'S GUIDE TO Thyroid Health

Up-to-date information to help you:

- * Understand your thyroid & its role in your endocrine system
- * Assess your thyroid & adrenal health
- * Make the best of medical treatment & complementary support options

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EXERCISE: Hypothyroidism Symptom Evaluation

This test will help you determine whether your thyroid gland may be underactive. Read the statements below, decide on the level of severity or frequency of each sign or symptom, and then circle the number that most accurately reflects how that statement applies to you:

0 = None or never

1 = Mild or occasionally

2 = Moderate or often

3 = Severe or always

At the bottom of each page, total up the points circled and write the page total. Carry these totals forward to the end of the section. Multiply the number of points in the first section by 2, then add the points from the second section to come up with a grand total.

Section I

- 0 1 2 3 My knees are weak or stiff.
- 0 1 2 3 My back or leg aches.
- 0 1 2 3 I've been diagnosed with fibromyalgia.
- 0 1 2 3 I've been diagnosed with carpal tunnel syndrome.
- 0 1 2 3 I get strange sounds in my ears: ringing, buzzing, clicking, or rumbling, or sounds of running water.
- 0 1 2 3 I have chronic constipation.
- 0 1 2 3 I've been losing a lot of hair.
- 0 1 2 3 I rarely perspire, no matter how hot it is or even if I'm exercising.
- 0 1 2 3 My heart appears enlarged on an X-ray.
- 0 1 2 3 I've been diagnosed with chronic fatigue syndrome.
- 0 1 2 3 The ends of my eyebrows (toward my temples) are getting much thinner and shorter.
- 0 1 2 3 I have deep-seated pain between my shoulder blades.
- 0 1 2 3 I have grooves on my fingernails.
- 0 1 2 3 I have a lot of aches and pains in my joints, hands, or feet.
- 0 1 2 3 I get a lot of sinus infections.

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- 0 1 2 3 My tongue seems to be getting bigger, and the sides of it are rippled from pressing against my teeth.
- 0 1 2 3 My voice is hoarse or weak a lot of the time.
- 0 1 2 3 I feel uncoordinated and have a tendency to fall for no reason.
- 0 1 2 3 I've started to talk very slowly, haltingly, and in a monotone.
- 0 1 2 3 I have a skin disorder such as psoriasis, eczema, or vitiligo.
- 0 1 2 3 I have ADHD (attention-deficit/hyperactivity disorder).
- 0 1 2 3 I have gout.
- 0 1 2 3 My neck is thickening or bulging in the front under my Adam's apple.
- 0 1 2 3 I sometimes have visual hallucinations such as small animals running across the room.
- 0 1 2 3 I have an autoimmune disease such as Crohn's disease, sarcoidosis, lupus, multiple sclerosis, scleroderma, rheumatoid arthritis, Sjögren's syndrome, diabetes, or myasthenia gravis.
- 0 1 2 3 I have Raynaud's syndrome.
- 0 1 2 3 I have emphysema.
- 0 1 2 3 I've had a hysterectomy.
- 0 1 2 3 I've been diagnosed with atherosclerosis (heart disease).

Total number of points for section 1: _____

Total number of points for section 1: _____ x 2 = _____

Section 2

- 0 1 2 3 My fingernails are soft and thin, and they crack and break easily.
- 0 1 2 3 I produce a lot of tartar on my teeth and have to have them cleaned often.
- 0 1 2 3 My neck often gets stiff.
- 0 1 2 3 I've started to have very heavy periods.
- 0 1 2 3 I'm gaining weight and neither diet nor exercise seems to control it.
- 0 1 2 3 I'm losing my eyelashes.
- 0 1 2 3 I've developed asthma.
- 0 1 2 3 My gums bleed easily or get red and swollen and have started to recede.

Section 2 page total: _____

- 0 1 2 3 I've had one or more miscarriages.
- 0 1 2 3 I'm getting fine wrinkles on my face and hands.
- 0 1 2 3 I sometimes feel as though bugs are crawling on my skin.
- 0 1 2 3 I sometimes get burning sensations in various parts of my body.
- 0 1 2 3 I have ingrown toenails or fungal infections of my toes.
- 0 1 2 3 I have problems with night vision.
- 0 1 2 3 I get dizzy sometimes or have been told I have vertigo.
- 0 1 2 3 I've developed knock-knees.
- 0 1 2 3 I get sprains easily.
- 0 1 2 3 My stomach is distended and I have a lot of gas.
- 0 1 2 3 I have a drinking or substance abuse problem.
- 0 1 2 3 I smoke cigarettes.
- 0 1 2 3 I don't tolerate alcohol well.
- 0 1 2 3 I have hypoglycemia.
- 0 1 2 3 I have swollen eyelids or swelling under my eyes.
- 0 1 2 3 My lips are pale.
- 0 1 2 3 I find myself clenching my teeth often, especially at night.
- 0 1 2 3 I find myself tapping my foot or jiggling my leg often.
- 0 1 2 3 I've been diagnosed with temporomandibular joint syndrome.
- 0 1 2 3 I get recurrent ear infections.
- 0 1 2 3 I have a lot of dental problems, including getting new cavities.
- 0 1 2 3 I've developed allergies.
- 0 1 2 3 I'm easily fatigued.
- 0 1 2 3 I have slow reflexes.
- 0 1 2 3 I get very depressed in the winter.
- 0 1 2 3 My lips appear swollen.
- 0 1 2 3 I've been diagnosed with sciatica.
- 0 1 2 3 I have prematurely gray hair.

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- 0 1 2 3 The skin on my legs is rough or scaly, particularly below my knees.
- 0 1 2 3 I have anemia.
- 0 1 2 3 I have diabetes.
- 0 1 2 3 My face is pale.
- 0 1 2 3 My hair is dry and brittle.
- 0 1 2 3 I have a lot of earwax.
- 0 1 2 3 I don't seem to be able to control my rage and fury, and sometimes I lash out at people.
- 0 1 2 3 I have a lot of moles and warts.
- 0 1 2 3 I have elevated LDL cholesterol and/or low HDL cholesterol.
- 0 1 2 3 My feet are getting flatter.
- 0 1 2 3 I have fibrocystic breasts and they get very tender and sore.
- 0 1 2 3 Sex doesn't interest me anymore.
- 0 1 2 3 I get very irritable and moody.
- 0 1 2 3 I'm almost always tired no matter how much sleep or rest I get.
- 0 1 2 3 My thoughts are getting strange.
- 0 1 2 3 I'm often anxious or agitated.
- 0 1 2 3 I get a lot of headaches.
- 0 1 2 3 My hands and feet feel swollen and it isn't due to weight gain.
- 0 1 2 3 My blood pressure is too high or too low.
- 0 1 2 3 Simple things have become confusing and sometimes overwhelming.
- 0 1 2 3 My PMS symptoms are getting worse.
- 0 1 2 3 I have a hard time concentrating much of the time.
- 0 1 2 3 I'm having a hard time getting pregnant or had a hard time getting pregnant.
- 0 1 2 3 My hands and feet get tingling pins-and-needles feelings.
- 0 1 2 3 I've started to get acne.
- 0 1 2 3 I have flaky, red patches on my face.
- 0 1 2 3 I look older than my age.

Page total: _____

- 0 | 1 | 2 | 3 | I have a hard time falling asleep at night.
- 0 | 1 | 2 | 3 | I've been feeling very sad or depressed.
- 0 | 1 | 2 | 3 | I seem to get sick a lot and have a hard time bouncing back.
- 0 | 1 | 2 | 3 | I have restless legs at night.
- 0 | 1 | 2 | 3 | I have heart palpitations and skipped heartbeats.
- 0 | 1 | 2 | 3 | It sometimes feels as though I'm having a heart attack or panic attack.
- 0 | 1 | 2 | 3 | I feel like I'm going crazy sometimes.
- 0 | 1 | 2 | 3 | I've had an abnormal Pap test or have been diagnosed with cervical dysplasia.
- 0 | 1 | 2 | 3 | My skin has an overall puffy or "quilted" look; even my back looks puffy.
- 0 | 1 | 2 | 3 | My hands and feet are always cold.
- 0 | 1 | 2 | 3 | I'm extremely bothered by heat and/or cold.
- 0 | 1 | 2 | 3 | I seem to have almost no body hair anymore.
- 0 | 1 | 2 | 3 | I have hemorrhoids.
- 0 | 1 | 2 | 3 | I have a chronically low basal body temperature when measured with a thermometer.
- 0 | 1 | 2 | 3 | I bruise easily.
- 0 | 1 | 2 | 3 | I get frequent urinary tract or bladder infections.
- 0 | 1 | 2 | 3 | I have a weak, soft pulse.
- 0 | 1 | 2 | 3 | My face and eyelids are puffy.
- 0 | 1 | 2 | 3 | I have incredibly dry skin, especially on my feet.
- 0 | 1 | 2 | 3 | My vision has become variable and is sometimes blurry or shaky.
- 0 | 1 | 2 | 3 | Sometimes I can't hear well out of one or both ears.
- 0 | 1 | 2 | 3 | My skin is yellowish and pale or the whites of my eyes are yellowish.
- 0 | 1 | 2 | 3 | I'm often breathless, and it's hard to catch my breath even when I'm not exerting myself.
- 0 | 1 | 2 | 3 | The skin on my upper arms and the front of my thighs appears to be getting thicker when I pinch it.
- 0 | 1 | 2 | 3 | My urine is scant and often brightly colored.
- 0 | 1 | 2 | 3 | I've started to have irregular menstrual cycles.

Page total: _____

- 0 1 2 3 I have dyslexia.
- 0 1 2 3 I'm left-handed.
- 0 1 2 3 I have mitral valve prolapse.
- 0 1 2 3 I have ulcerative colitis.
- 0 1 2 3 I have tendinitis.
- 0 1 2 3 I've lost my appetite and often food doesn't appeal to me.
- 0 1 2 3 I've started to choke on small objects or have choking sensations.
- 0 1 2 3 My face has taken on a masklike, expressionless look.
- 0 1 2 3 Any wounds I get are very slow to heal.
- 0 1 2 3 I have a lot of nasal congestion.
- 0 1 2 3 I have nightmares or strange dreams.
- 0 1 2 3 I started my menstrual periods before age ten or after age fifteen.
- 0 1 2 3 My nail beds are pale.
- 0 1 2 3 I've had pneumonia.
- 0 1 2 3 I find myself yawning a lot.
- 0 1 2 3 I have varicose veins.
- 0 1 2 3 I've been diagnosed with a frozen shoulder.

Section 2 page total: _____

Total number of points for section 2: _____

Total number of points for section 1: _____

Total number of points: _____

Interpreting Your Results

If your total is between 10 and 15, you're beginning to show signs of possible hypothyroidism; if your total is between 16 and 21 your deficiency is getting more serious. If your score is over 22, you're most likely experiencing significant thyroid function deficiency (and possibly adrenal imbalance as well). With any of these results, you should have a complete physical, including a thyroid exam and lab tests to measure blood levels of free T3, free T4, TSH, and reverse T3, as well as thyroid antibodies if your doctor feels it's warranted. (See chapter 6 for more on these tests.) Since your thyroid is affected by your other endocrine glands, it is also important to measure levels of FSH, estrogen, progesterone, testosterone, DHEA (dehydroepiandrosterone) , and cortisol.