

Thyroid Hormone Assessment



None	Mild	Moderate	Severe
0	1	2	3

Tiredness / Lack of energy

Dry Skin

Shortness of breath

Weight Gain or Difficulty losing weight

Sensitive to cold, always feeling cold

Chronic constipation

Hair loss or thinning scalp hair

Thinning of outer eyebrow hairs

Low sex drive

Foggy thinking or trouble concentrating

Deepening or hoarse voice

Difficulty swallowing

Depressed mood or irritability

Brittle nails

Muscle cramps or weakness

Puffiness or bags around eyes, swelling face

Swelling over the shins

Patient