



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 Nittek 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 (2)

Adrenals (Cortisol)

- ___ 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

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

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 , + Mag

- ___ 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 (2)

CoQ10 (1)

- ___ Do you have stamina Y=1, N=0

ACTH

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

Total ACTH (2)

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

Test Results: Practitioner's Name: _____ PH #: _____ Last 4 #'s of PacI/D _____ Patient's Menses start Date _____

Hypo/Hyper: ___/___ (8/0)

Reflex Time: _____ Hyper = <50 .Hypo = >136. 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 Deficits
- Calculation, memory, reduced attention span
- Sleep apnea
- Myxedema coma

Psychiatric Svndromes

- 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