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## Thyroid Quick Check

Rate the following from 0 to 5, with 0 being no problem and 5 being a severe problem.

- |   |  |
|---|--|
| 1. ___ Fatigue  | 16. ___ Low Blood Sugar/<br>Hypoglycemia                                       |
| 2. ___ Lethargy or Loss of Interest<br>In Daily Activities            | 17. ___ Menstrual Problems   |
| 3. ___ Muscle Aches & Pains   | 18. ___ Weight Gain  |
| 4. ___ Joint Pains  | 19. ___ Heavy Bleeding During<br>Menses  |
| 5. ___ Fibromyalgia   | 20. ___ Feeling of Fullness<br>in the Neck                                     |
| 6. ___ Feelings of Weakness   | 21. ___ Repeated Colds & Flu   |
| 7. ___ Memory Loss  | 22. ___ Do Not Perspire Easily   |
| 8. ___ Concentration Difficulties                                     | 23. ___ Loss of Outer 1/3<br>of Eyebrows                                       |
| 9. ___ Mental Sluggishness  | 24. ___ Have about as many Emotional &<br>Mental Symptoms as Physical Symptoms |
| 10. ___ Skin Problems (Itching, Acne,<br>Psoriasis, Eczema, Dry Skin) | 25. ___ Hair Loss  |
| 11. ___ Tendency towards<br>Constipation                              | 26. ___ Dry, Coarse Hair   |
| 12. ___ Low Moods   | 27. ___ Swelling of the Eyelids  |
| 13. ___ Depression  |  |
| 14. ___ Cold Hands & Feet   |  |
| 15. ___ Sensitivity to Cold   |  |

TOTAL \_\_\_\_\_

score of 20 – 40 suggests mild hypothyroidism; 40 – 70 suggests moderate hypothyroidism;  
over 70 suggests significant hypothyroid problems

Start building your health today! Call our office 337-478-1313 – See how we can help.