



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/N)
- _____ 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/N
- _____ 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/N

ACTH

- _____ Do you lack willpower & energy Y/N
- _____ Patches of hair loss Y/N
- _____ Pale complexion/sunburn easily Y/N
- _____ Often have Memory Loss Y/N

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