



Below are some common symptoms of thyroid dysfunction. Please check YES or NO next to the following symptoms.

Thyroid Symptom Checklist

	<u>YES</u>	<u>NO</u>
Mood swings, depression, nervousness, anxiety, irritability		
Difficulty sleeping		
Sensitivity to heat and/or cold		
Swelling in your neck from an enlarged thyroid (goiter), puffy face		
An irregular and/or unusually fast heart rate (palpitations)		
Twitching and/or trembling		
Unintentional weight loss/gain		
Fatigue, impaired memory, weakness		
Constipation		
Dry skin, thinning hair, hoarseness		
Muscle aches, tenderness, stiffness, pain/swelling of joints		
Heavier than normal and/or irregular periods		

If you would like to be contacted to receive more information or to schedule a consultation regarding the thyroid program, please leave your contact information below.

Name: _____

Date: _____

Phone Number: _____