



Download File: Hypothyroid Questionnaire

HYPOTHYROID QUESTIONNAIRE

Do You Have That Age Old Excuse?

Having an under active thyroid is fairly common in women, but it seems that it is often confused with simply having a slow metabolism, and is frequently misdiagnosed as an excuse for being overweight.

Hypothyroidism is a serious health condition where your thyroid gland doesn't produce enough of the hormone thyroxin. This is the hormone responsible for regulating the metabolism, so if there isn't enough then your metabolism will slow down. This condition inevitably leads to weight gain as the metabolism isn't able to break down and burn the food as efficiently and so it is stored as fat instead. This condition can be treated effectively, once diagnosed, but needs to be caught before any complications arise.

It is easy to confuse hypothyroidism with just having a sluggish metabolism due to poor diet and lifestyle. If you're overweight and feel that you don't eat enough to lead to your weight gain then you may want to take the following questionnaire to see if you either need medical diagnosis or just a motivational kick up your backside!

Answer the following questions with a **Yes** or **No** and keep a note of your answers.

- Do you frequently feel tired and lethargic during the day after a good night's sleep?
- Have you gained weight?
- Do you find that you generally feel colder than other people most of the time?
- Do you suffer from dry skin even in the summer?
- Do you frequently suffer from constipation and regularly don't have a bowel movement for longer than a day?
- Do you have a slow pulse (less than 65 beats per minute)?

- Do you feel that you sleep excessively and often need to sleep during the day?

- Has your skin become noticeably thicker and your hair coarser?
- Have your eyebrows become thinner and sparse, and your arm hairs become stubbly?
- Are your nails flakier than usual and split sometimes?
- Has your voice become hoarse and croaky?
- Do you suffer from muscle aches and cramping constantly?
- Do you ever experience pins and needles in your fingers?
- Has your menstrual cycle changed in any way? Has it become heavier, longer or stopped suddenly?
- If trying to conceive have you had any fertility problems?
- Do you regularly get a puffy face and eye bags?
- Do you feel that you are generally a little slower in speech and thoughts?
- Do you feel generally low in mood or suffer from depression?
- Do you find it difficult to remember things and to concentrate?
- Have you been diagnosed with high cholesterol?
- Have you noticed any swelling in the front of the neck or feel that you have a lump in the throat all the time?
- Has your libido declined?

If you have answered **Yes** to more than **5** of these questions you may want to think about going to your GP to discuss the possibility of being tested for hypothyroidism.