



**MIDWEST SINUS-ALLERGY
SPECIALISTS**

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The thyroid gland is critical for proper body function. It produces several hormones that help to regulate our body. We can have “too little” or “too much” of these hormones. Having “low thyroid” is common and can cause a variety of signs and symptoms, often undiagnosed.

This survey will give us more information to determine if you have a thyroid problem

NAME: _____ DATE: _____

- | | |
|---|---|
| <input type="checkbox"/> Unusual fatigue/low energy | <input type="checkbox"/> Voice changes |
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Trouble losing weight | <input type="checkbox"/> Hair loss/dry hair |
| <input type="checkbox"/> Cool, when others are not | <input type="checkbox"/> Low pulse rate |
| <input type="checkbox"/> “Foggy” thinking/unfocused | <input type="checkbox"/> Low sex drive |
| <input type="checkbox"/> Family history of thyroid | <input type="checkbox"/> Recurrent infections |
| <input type="checkbox"/> Infertility/menstrual irregularities | <input type="checkbox"/> Low body temperature |

Have you been on thyroid medication? Yes No

Name and dosage of the medication you have been taking? _____

Daily Temperature/Heart Rate Log

Patient Name: _____

Date	Temp	Heart Rate	Dose of Thyroid Medication Taken	Comments/Name of Medication

Instructions:

1. Take your temperature first thing in the morning before you get up.
2. Count your heart rate first thing in the morning before you get up. Count your heart rate for a full 60 seconds.
3. Record both numbers on the above chart.
4. Add comments as needed.
5. Bring this with you to your next appointment.