

Name: _____ Age: _____ Sex: _____ Date: _____

THYROID DISEASE RISK FACTORS: The following factors increase your risk of having a thyroid condition:

Age, Gender

- _____ Age over sixty
- _____ Female

Medical History

- _____ Past history of thyroid problems, radioactive iodine (RAI), thyroid surgery for goiter, nodules, Hashimoto's disease, or thyroid cancer
- _____ Family history of thyroid problems
- _____ Personal or family history of autoimmune disease
- _____ Currently or formerly a smoker
- _____ Allergies or sensitivity to gluten, wheat

Related Conditions: Currently or in the past

- diagnosed with the following diseases or conditions:
- _____ Other pituitary or endocrine disease (e.g., diabetes, pituitary tumor, polycystic ovary syndrome [PCOS], endometriosis, premature menopause)
- _____ Chronic fatigue syndrome
- _____ Fibromyalgia
- _____ Carpal tunnel syndrome, tendonitis, plantar fasciitis
- _____ Mitral valve prolapsed syndrome (MVPS) (heart murmur, palpitations)
- _____ Epstein-Barr virus (EBV)
- _____ Mononucleosis
- _____ Depression
- _____ Infertility, recurrent miscarriage
- _____ Celiac disease (gluten intolerance)
- _____ Lyme disease
- _____ Elevated cholesterol (hypercholesterolemia)
- _____ Tinnitus (ringing in ears)

Medications, Supplements

- _____ Currently or formerly treated with lithium
- _____ Currently or formerly treated with amiodarone

- _____ Currently taking supplemental iodine, kelp, bladder wrack, or bugleweed
- _____ Currently taking supplemental estrogen—birth control pills, or estrogen pills, patches, or creams

Dietary Factors

- _____ Live in Midwestern "goiter belt"
- _____ Significantly cut back or eliminated iodized salt from diet
- _____ Heavy consumer of soy products
- _____ Heavy consumer of raw goitrogenic foods—Brussels sprouts, rutabaga, turnips, kohlrabi, radishes, cauliflower, cassava, millet, cabbage, kale, and babassu

Toxic Exposures

- _____ Work at a rocket fuel, fireworks, or explosives production plant
- _____ Live in an area where there is currently or formerly a rocket fuel, fireworks, or explosives production plant
- _____ Excessively exposed to mercury
- _____ High exposure to pesticides
- _____ Drink and use fluoridated water

Radiation Exposure History

- _____ Work at a nuclear plant
- _____ Live near or downwind from a nuclear plant
- _____ Lived near or downwind from the Chernobyl nuclear disaster in 1986
- _____ Had radiation treatments to neck area (e.g., for Hodgkin's disease, nasal radium therapy, radiation to tonsils and neck area)

Hormonal Status

- _____ Perimenopause (above age 40)
- _____ Menopause (no periods for a year)
- _____ Postmenopausal
- _____ Had a baby within the last year

Trauma, Injury

- Have had a serious trauma to the neck, such as whiplash from a car accident or broken neck
- Carpal tunnel syndrome, or tendonitis in arms and legs
- Soles of the feet are painful
- Muscle pain and weakness, especially in the upper arms and thighs
- Unusually slow or fast reflexes

THYROID DISEASE SYMPTOMS

Energy, Mood, Thinking

- Exhaustion, fatigue
- Depressed, moody, sad
- Difficulty concentrating
- Thinking is fuzzy; difficulty remembering

Anxiety, Panic

- Heart palpitations
- Tremors in hands
- Panic attacks
- Erratic behavior
- Anxiety, irritability, nervousness, or panic attacks

Temperature

- Sensitive to cold, cold hands or feet
- Sweating more than usual, feeling hot when others are not, hot flashes

Weight

- Inappropriate weight gain, or having difficulty losing weight despite changes in diet and exercise
- Rapid weight loss, inability to gain weight

Hair, Nails, Skin

- Dry, easily tangles, or coarse hair
- Fine and brittle hair
- Hair loss, especially from the outer part of the eyebrows
- Dry or brittle nails

- Dry skin
- Thickening of skin in shin area of legs
- Itching, prickly hot skin, rashes, and hives (urticaria)

Muscles, Joints, Nerves

- Muscle and joint pains and aches
- Carpal tunnel syndrome, or tendonitis in arms and legs
- Soles of the feet are painful
- Muscle pain and weakness, especially in the upper arms and thighs
- Unusually slow or fast reflexes

Sex, Reproduction, Fertility, Menstruation

- Low sex drive
- Unexplained infertility, or recurrent miscarriages with no obvious explanation
- Recurrent donor egg or IVF failure
- Menstrual period is heavier than normal, or period is longer than it used to be or comes more frequently
- Periods have stopped
- Periods are very light and infrequent

Digestion

- Constipation
- Diarrhea

Neck, Throat

- Full or sensitive feeling in the neck
- Raspy, hoarse voice
- Enlarged thyroid
- Neck looks or feels swollen
- Neck or thyroid area may be tender to the touch
- Tight feeling in the throat
- Frequent coughing
- Difficulty swallowing
- Difficulty breathing and shortness of breath, especially at night
- Feeling that food is stuck in throat

Vital Signs

- Rapid pulse
- Elevated blood pressure
- Slow pulse
- Low blood pressure

Eyes

- Double vision
- Scratchy eyes, dry eyes, sensitivity, glare
- Eyes are bulging or more the white is showing than usual

Other Symptoms

- Lymph node swelling
- Face, eyes, arms, or legs are abnormally swollen or puffy
- Cholesterol levels are high and not responsive to diet and medication
- Allergies worsening
- Frequent infections, including yeast infections, thrush, or sinus infections
- Shortness of breath, sometimes difficulty drawing a full breath, or a need to yawn
- Difficulty falling asleep or staying asleep
- Antidepressant is not working
- Estrogen therapy for menopausal symptoms is not working

Thyroid Disease Risks and Symptoms Checklist

The Thyroid Diet Revolution, Mary J. Shomon ©2012

Additional resources:

1. **Why Do I Still Have Thyroid Symptoms When My Lab Tests Are Normal?** by Datis Kharrazian, DHSc, DC, MS. Garden City, NY: Morgan James Publishing c2010. (out of print, but available now on CD and at the library)
2. **A Thyroid Diet Revolution: Manage Your Master Gland of Metabolism For Lasting Weight Loss** by Mary J Shomon. New York: McGraw-Hill, c2009.
3. **Feeling Fat, Fuzzy, or Frazzled?: A 3-step program to beat hormone havoc, restore thyroid, adrenal and reproductive balance, feel better fast!** by Richard Shames, MD and Karillee Shames, PhD, RN. New York, NY: Hudson Street Press, c2005.