

A Thyroid Malfunction May Cause Your Weight Challenge?

Each “Yes” is equal to 1 point. If your total score is 10 or higher, this may be an indication that your weight gain is related to a malfunctioning Thyroid.

Yes

1. ___ Do you tend to gain weight easily and fail to lose it, even with a calorie reduced diet?
2. ___ Are you chronically or frequently constipated?
3. ___ Is your skin pale, thick, dry, wrinkled, “waxy”, puffy, especially around the eyes?
4. ___ Do you feel lethargic, tired, dull, confused, or uninterested much of the time?
5. ___ Is the hair on the outer third of your eyebrows noticeably thinner or absent?
6. ___ Do you tend to feel better in the mornings and worse in the afternoon?
7. ___ Are you very sensitive to cold, or have cold hands and or/feet?
8. ___ Do you have ringing in your ears, or have noticed any hearing loss?
9. ___ Is your appetite very poor, yet you are not losing weight?
10. ___ Is your pulse rate slow (below 65 per minute)?
11. ___ Do you have weakness and aches in muscles?
12. ___ Is your hair thinning or falling out?
13. ___ Do you have very brittle finger & or/toe nails?
14. ___ Do you feel depressed much of the time?
15. ___ Do you have problems with menstruation or fertility?
16. ___ Have you lost interest in sex?
17. ___ Do you have headaches when focusing on problems?
18. ___ Do you have sticky eyelids, slow healing or frequent infections (especially of the Throat)?
19. ___ Do you have tingling in hands and feet?
20. ___ Have you noticed any changes in skin pigmentation?

_____ **TOTAL YES SCORES (Yes = 1 Point)**