

THYROID (Iodine/Adrenal) SYMPTOM SURVEY

PATIENT NAME: _____ DOB: _____ Ht: _____ Wt: _____ kg Date: _____

I understand that the Thyroflex™ uses a reflex hammer that may leave a bruise, as such;
I will not hold the Practitioner or Nitek Medical Inc. responsible for such any injury. _____ Initial here

Do you suffer from any of the following?

Rate your symptoms below from a scale of: 0 to 3 (0=None, 1-Mild, 2-Moderate, 3-Severe)

- ___ Tiredness & Sluggishness, lethargic
- ___ Dryer Hair or Skin (Thick, dry ,scaly)
- ___ Sleep More Than Usual
- ___ Weaker Muscles
- ___ Constant Feeling of cold (fingers / hands/ feet)
- ___ Frequent Muscle Cramps
- ___ Poorer Memory
- ___ More Depressed (mood Change easily)
- ___ Slower Thinking
- ___ Puffier Eyes
- ___ Difficulty with Math
- ___ Hoarser or Deeper Voice
- ___ Constipation
- ___ Coarse Hair / Hair loss / brittle
- ___ Muscle / Joint Pain
- ___ Low Sex Drive / Impotence
- ___ Puffy Hands and Feet
- ___ Unsteady Gait (bump into things)
- ___ Gain Weight Easy
- ___ Outer Third Of Eyebrows Thin
- ___ Menses More Irregular (should be 28 Days)
- ___ Heavier Menses (clotting / 3+ days)
- ___ Carpel Tunnel Syndrome

Total HYPO Score (8)

- ___ Palpitations (Skipping of heart beat)
- ___ Insomnia
- ___ Tachycardia (Rapid or irregular heart beat)
- ___ Shakiness
- ___ Increased Sweating
- ___ Brittle Nails
- ___ Loss of Appetite

Total HYPER Score (0)

- DHEA** ___ Constantly exhausted & tired
- ___ Cannot tolerate noise
 - ___ My Libido is low
 - ___ Muscles are getting flabby (Loosing muscle tone)

Total DHEA (2)

Adrenals (Cortisol)

- ___ Rapid heart beat
- ___ I'm stressed out
- ___ Have eczema, psoriasis, skin allergies, rashes
- ___ Digestive problems
- ___ Easily confused
- ___ Wake up tired (The following 6xQ's are: Y=1, N=0↓)
- ___ Wake up full of energy Y/N
- ___ 2 to 4 pm feel tired, seek snack/Tea/Coffee/Coke Y/N
- ___ Fall asleep in front of TV/reading/computer(before bed) Y/N
- ___ As soon as I go to bed - Drop straight to sleep Y/N
- ___ Need to read/TV -10 to 15 mins to drift into sleep Y/N

Total Adrenal (3)

Iodine/Iodide

- ___ Fibrocystic Breast / lumps/ ovarian cysts
- ___ Goiter Bulge or Band Around the Neck
- ___ Slow Speech
- ___ Enlarged tongue
- ___ Puffy Face Puffy Hands
- ___ Do you use salt with Iodine added Y=1 N=0
- ___ Number of days per week you eat seafood/shellfish*

Total I2 In (6) * (Excludes Salmon/Tilapia/Trout/Fresh water fish)

Melatonin

- ___ Upon waking feel tired
- ___ Wake up during the night
- ___ If awakening,(in middle of night),cannot get back to sleep
- ___ Trouble falling asleep
- ___ Use a sleep aid, or drink Alcohol to relax
- ___ My mind is busy when I want to sleep

Total Melatonin (2)

CoQ10 (1)

- ___ Do you have stamina Y=1, N=0

ACTH

- ___ Do you lack willpower & energy Y=1, N=0
- ___ Patches of hair loss Y=1, N=0
- ___ Pale complexion/sunburn easily Y=1, N=0
- ___ Often have Memory Loss Y=1, N=0

Total ACTH (0)

Check Here for : **Antibodies Test = If: (Hypo = 12+, Hyper = 7+, Includes-Tachycardia and or Palpitations) Yes / No**

Test Results:

Hypo/Hyper: ___ / ___ (8 / 0)

Reflex Time: ___ <Hyper = 52 =>Hypo = 136, (optimal 52-100) (B/L 120 - 136)

RMR: ___ (Women=2,250 cal/day, Men=2,750 +/- 250 cal/day for over/underweight or aged)

RMR: Will show a reading of about 400 calories below baseline (before treatment) DHEA ___ CoQ10 ___ ACTH ___ Mela ___

TREATMENT

Thyroid _____
Iodine/dide _____
Adrenal _____

Manifestation of misdiagnosed Hypothyroidism:

Neurological symptoms
Headache •
Paresthasias •
Cerebellar ataxia (incoordination) •
Deafness (nerve or conduction) •
Vertigo or Tinnitus (ringing in the ear) •
Cognitive Deficits
Calculation, memory, reduced attention span •
Sleep apnea •
Myxedema coma •

Psychiatric Syndromes

Depression •
Schizoid or affective psychoses •
Bipolar disorders •
Skeletal System
Arthralgias (joint stiffness) •
Joint Effusions & Pseudogout •
Carpal Tunnel Syndrome •
Other Risks
Essential Hypertension
Difficulty swallowing

Polymyalgia

Sudden Death •
High or Low blood pressure •
High Cholesterol & other blood fats •
Vascular (blood vessel) Disease •
Diabetes •
Neurological (Parkinson's like diseases) •
Double Alzheimer's Risk •
Arthritis and inflammatory diseases •
Miscarriage & Premature birth
Pregnancy Complications & birth defects