

## THYROID (Core Hormone™) SYMPTOM SURVEY

**PATIENT NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Ht:** \_\_\_\_ **Wt:** \_\_\_\_ **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? Fill areas marked in Yellow and add total score for each section.**

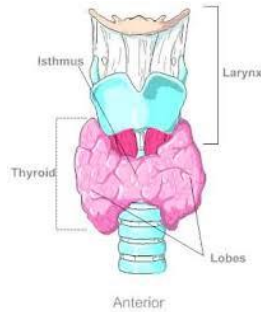
**Rate your symptoms below from a scale of: 0 to 3 (0= None, 1= Mild, 2= Moderate, 3= Severe)**

### Thyroid

- 0 1 2 3  \*doctor check if applicable
- 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

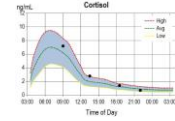
- TOTAL Total Up the Hypo Score (8)**  BIOTHROID 1G  2G  Titrated
- Palpitations (Skipping of heart beat)
  - Insomnia
  - Tachycardia (Rapid or irregular heart beat)
  - Shakiness
  - Increased Sweating
  - Brittle Nails
  - Loss of Appetite

- TOTAL Total Up the Hyper Score (0)**
- "Stress Modulators" DHEA / D3 / Pregnen / GABA + B's**
- Constantly exhausted & tired
  - Cannot tolerate noise\*\*
  - My Libido is low
  - Muscles are getting flabby (Loosing muscle tone)
- TOTAL Total Stress Modulator Score (2)**  D3  Preg  \*\*Gaba  B's



### Adrenals (Cortisol)

- 0 1 2 3  \*\* Probiotics 13 = RT3  Saliva  Hump
- Rapid heart beat
  - I'm stressed out
  - Easily confused
  - Digestive problems\*\*
  - Have eczema, psoriasis, skin allergies, rashes
  - Wake up tired (The following 6xQ's are: N=0, Y=1↓)
  - Wake up full of energy
  - 2-4 pm feel tired, seek snack salty/sweet, tea, coffee, soda
  - Fall asleep in front of TV/reading/computer(before bed)
  - As soon as I go to bed - Drop straight to sleep
  - Need to read/TV -10 to 15 mins to drift into sleep



- TOTAL Total Up the Adrenal Score (3)**  Bioadren  BioBiotic  Cytomel
- Iodine/Iodide 12.5 Maint**  6.25  50 protocol
- FBD/lumps/ ovarian cysts /uterine fibroids/prostate
  - Goiter Bulge or Band Around the Neck (Dr Confirm)
  - Slow Speech
  - Enlarged tongue / Teeth impressions (Dr Confirm)
  - Puffy Face Puffy Hands (Dr Confirm)

- TOTAL Total Up the Iodine/Iodide Symptoms Score (0)**
- Do you use salt with iodine added N=0 Y=1
  - Number of days per week you eat seafood/shellfish\*

- TOTAL Total Up Iodine In (6)** (Excl. Salmon/Tilapia/Trout/Fresh water fish)
- ### Melatonin, Serotonin, Tryptophan
- \*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 Total Up Melatonin Score \*2 = M \*\*2= 5HTP**  Mag  D3  Sleep
- CoQ10 (1) BIO COQ10**
- Do you have stamina N=0, Y=1 **Palp**  **Tach**
- ### ACTH
- Do you lack willpower & energy N=0, Y=1
  - Patches of hair loss (alopecia)
  - Pale complexion/sunburn easily
  - Often have Memory Loss
- TOTAL Total Up the ACTH Score(3)** **TEST**  (Dr. Challenge)

Aromatase Inhibitor/Chrysin  Sugar/Lipids: Berberine  Bio IGF  Bio Andro Test  BIO HGH  BIO Woman's Radiance-P  BIO Woman's Radiance-E  BIO Woman   
 BIO OXY  BIO Nox  BIO MAN  ED/NAC  Gluten Free  Paleo  BIO LDN  BioTumepepp  BIO Seriphos  BIO Weight  BioK  BIO DIM  Cytomel  Methimazole

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

Additional Blood Tests: Hashimoto's / Graves TRab & H-TBII Refer to Protocol's ... Start... Gluten free / Paleo BIOLDN RT3 Yes / No

**Test Results:** Practitioner's Name: \_\_\_\_\_ Patient's Menses start Date \_\_\_\_\_ A1C \_\_\_\_\_ Lipids \_\_\_\_\_ Fe \_\_\_\_\_ Iron \_\_\_\_\_

**Hypo/Hyper:** \_\_\_\_/\_\_\_\_ ( 8 / 0 )

**Reflex Time:** \_\_\_\_\_ Hyper = <50 .Hypo = >120. Reflex of 50 to 100 = (Optimal). 100 to 120 = (Satisfactory). 120 to 135 = B/L.(Supplements). 136+ = (Nat Hormones)

**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)

**Manifestation of Misdiagnosed, Untreated, & Underdosed Hypothyroidism:**

**Neurological symptoms**

- Headache •
- Paresthesias •
- 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