

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

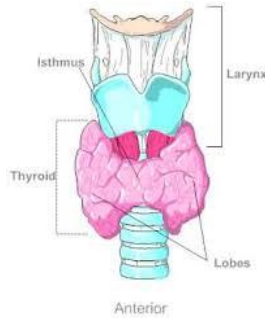
- 0 1 2 3 *doctor check if applicable
- Tiredness & Sluggishness, lethargic
 - Dryer Hair or Skin (Thick, dry, scaly)
 - Sleep More Than Usual
 - Weaker Muscles
 - Constant Feeling of cold (fingers / hands/ feet)
 - Frequent Muscle Cramps
 - Poorer Memory
 - More Depressed (mood Change easily)
 - Slower Thinking
 - Puffy 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 Titrate**
- 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)**

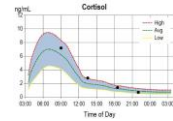
DHEA / D3 / Pregnen / GABA + B's

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