



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)**