

## **Thyroid Function Quiz**

*Please check off all that apply to you.*

- Do you have severe fatigue and find it hard to get up in the mornings?
- Do you have generalized low energy?
- Do you need caffeine and/or other stimulants to get you going?
- Do you have family history of thyroid disease?
- Is it easy for you to gain weight?
- Do you have difficulty losing weight?
- Do you have dry skin?
- Do you have constipation?
- Are your menstrual cycles irregular?
- Do you suffer from mood swings?
- Is your hair thinning?
- Is the outer third of your eyebrows missing or thinning?
- Is your hair dry/brittle?
- Do you have low sex drive?
- Do you note any forgetfulness?
- Do you have high cholesterol?
- Do you have low blood pressure?
- Do you suffer from depression?
- Is your skin yellow?

*These are only some of the symptoms of low thyroid function or hypothyroidism.*

*If you have answered yes to 3 or more of these questions, you should have your thyroid function tested.*