VITALS VAULT

FREE GUIDE

Is it your thyroid?
What to note first

A list to fill in before your appointment. These signs have many causes, so this is a prompt for a conversation, not a diagnosis. There is no score.

MY HISTORY

- [ ] Thyroid disease in me or my family
- [ ] An autoimmune condition
- [ ] Past radiation to the head, neck or chest
- [ ] Fertility problems or miscarriage
- [ ] Changes that began after pregnancy

WHAT I'VE NOTICED, AND FOR HOW LONG

- [ ] Unexplained weight gain
- [ ] Tired most days
- [ ] Feeling cold
- [ ] Constipation
- [ ] Dry or brittle hair, skin or nails
- [ ] Thinning outer eyebrows
- [ ] Hoarse voice
- [ ] Aching joints or muscles
- [ ] Low mood
- [ ] Poor concentration
- [ ] Puffiness
- [ ] Irregular periods

QUESTIONS TO ASK

- [ ] Which thyroid tests would you run: TSH, free T4, free T3, antibodies?
- [ ] How should I prepare, and should I mention biotin or other supplements?
- [ ] What else could cause these symptoms?

Sources: Our own checklist. The symptoms listed are common and non-specific.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com