



Thyroid Self-Assessment

1. Do you often feel tired or fatigued, even after a good night's sleep?
2. Do you have an unexplained weight gain or weight loss?
3. Are you experiencing frequent mood swings, depression or anxiety?
4. Do you feel unusually cold, even in warm environments, or unusually hot, even in cold environments?
5. Have you observed changes in your hair, such as thinning or excessive shedding?
6. Is your skin dry and rough or clammy and sweaty?
7. Do you suffer from constipation or other digestive issues?
8. Are you experiencing muscle weakness, cramps or joint pain without a clear cause?
9. Are your menstrual cycles irregular or heavier than usual (for those assigned female at birth)?
10. Do you have difficulty concentrating or memory problems?
11. Have you experienced any noticeable voice changes, like hoarseness?

If you answered yes to any of these questions, please schedule a thyroid consultation with us.