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THYROID SURVEY

Name _____

Date _____

1. _____ Low energy
2. _____ Excessive fatigue
3. _____ Repetitive infections
4. _____ Chronic headaches
5. _____ Circulatory disturbances
6. _____ Chronic skin condition
7. _____ Poor memory
8. _____ Poor concentration
9. _____ Depression
10. _____ Course hair
11. _____ Brittle nails
12. _____ Extreme sensitivity to cold
13. _____ Chronic boils
14. _____ Eczema
15. _____ "Winter itch"
16. _____ "Fish skin"
17. _____ Psoriasis
18. _____ Frequent colds
19. _____ Frequent episodes of tonsillitis
20. _____ Frequent sinus infections
21. _____ Frequent ear infections
22. _____ Migraine headaches
23. _____ Tension headaches
24. _____ Irregular menstrual periods
25. _____ Painful menstrual periods
26. _____ Excessive bleeding with periods
27. _____ Infertility problem
28. _____ "Neurotic" tendency
29. _____ Irritability
30. _____ Nervousness
31. _____ Emotionally explosive
32. _____ Cold skin
33. _____ Sensitivity of cold at temperatures comfortable to others
34. _____ Skin pallor
35. _____ Hair loss
36. _____ Labored or difficult breathing
37. _____ Hoarseness
38. _____ Swelling of feet
39. _____ Swelling of eyelids
40. _____ Decreased sweating
41. _____ Constipation
42. _____ Palpitations
43. _____ Poor equilibrium
44. _____ Muscle aches and weakness
45. _____ Burning and pricking sensitivity
46. _____ Have/had silver amalgam fillings in teeth

BASAL TEMPERATURE STUDY FOR THYROID FUNCTION

The basal temperature test is quite accurate when the temperature is tested in the armpit each morning for a period of two days. The temperature is taken immediately upon awakening with the thermometer held in the armpit for a full ten minutes. If the temperature is consistently low then there is under function of the thyroid in spite of the laboratory analysis. Be sure to record the reading accurately. Bring the results to the office at the end of the week. It is your accuracy that determines the value of the test.

HOW TO TAKE YOUR OWN BASAL TEMPERATURES

At night, before retiring, shake down a thermometer and lay it beside your bed on a handy night table or chair. BE SURE IT IS SHAKEN DOWN.

Next morning, on awakening, reach over and place the thermometer under your bare arm, pressing your arm against your body with no clothing between. LEAVE IT THERE FOR TEN MINUTES BY THE CLOCK. Take it out and read it and report your result.

THIS RECORD OF YOUR EARLY MORNING BASAL TEMPERATURE IS A GREAT AID TO US IN MAKING PROPER DIAGNOSIS OF YOUR CASE. The normal reading when taken this way is between 97.8 - 98.2.

Date _____ Temperature _____ Date _____ Temperature _____

For MENSTRUATING FEMALES also do temperatures on the second and third days of your period.

Date _____ Temperature _____ Date _____ Temperature _____

ORAL TEMPERATURES

IN ADDITION TO THE ABOVE, PLEASE TAKE YOUR TEMPERATURE, ORALLY, FOR 5 MINUTES FOR THREE DAYS AT 3, 6 AND 9 HOURS AFTER AWAKENING.

DAY	3 HOURS	6 HOURS	9 HOURS
1			
2			
3			