

# eWellness Questionnaire

Helping you one question at a time!

## THYROID PROBLEMS

|                               |                |
|-------------------------------|----------------|
| Name: First Name MI Last Name | Date of Birth: |
|                               | Patient Code:  |

Please do not select anything if the answer is no or negative.  
Select Rarely 'R' if this is an uncommon event or symptom.  
Select Frequent 'F' if this is a common event or symptom.  
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

### Section 1

- |   |                                   |
|---|-----------------------------------|
| 1. R F A Consume breads / pastas / starches | 3. R F A Nervousness or irritable |
| 2. R F A Unexplained weight loss            | 4. R F A Thinning of skin         |

### Section 2

- |                                       |   |
|---------------------------------------|---|
| 5. R F A A family history of diabetes | 11. R F A Consume white sugar           |
| 6. R F A Alcohol use extensively      | 12. R F A Consume refined carbs         |
| 7. R F A Do you use street drugs      | 13. R F A Consume wheat or gluten       |
| 8. R F A Smoke or use tobacco         | 14. R F A Consume artificial flavorings |
| 9. R F A Consume sweets               | 15. R F A Very little exercise          |
| 10. R F A Drink cow's milk            |   |

### Section 3

- |                             |                                  |
|-----------------------------|----------------------------------|
| 16. R F A Itchy or dry skin | 19. R F A Psoriasis              |
| 17. R F A Acne              | 20. R F A History of skin cancer |
| 18. R F A Eczema            |                                  |

### Section 4

- |                               |   |
|-------------------------------|---|
| 21. R F A Vertigo / dizziness | 24. R F A Cataracts                       |
| 22. R F A Light headedness    | 25. R F A Double vision or blurred vision |
| 23. R F A Glaucoma            | 26. R F A Dry or red eyes                 |

### Section 5

27. R F A Difficulty breathing deeply

### Section 6

- |  |                                     |
|--|-------------------------------------|
| 28. R F A Difficulty going to sleeping | 36. R F A Metabolic syndrome        |
| 29. R F A Difficulty staying asleep    | 37. R F A Thyroid problems          |
| 30. R F A Hungry all the time          | 38. R F A Too much stress / tension |
| 31. R F A Can't loose weight           | 39. R F A Heat / cold intolerance   |
| 32. R F A Can't gain weight            | 40. R F A Trouble sweating          |
| 33. R F A Slow metabolism              | 41. R F A Fatigued or tired         |
| 34. R F A Overweight                   | 42. R F A Diabetic medications      |
| 35. R F A Diabetes                     | 43. R F A Thyroid medication        |

### Section 7

- |                                |   |
|--------------------------------|---|
| 44. R F A Erectile dysfunction | 51. R F A Excessive period bleeding     |
| 45. R F A Pre-menopausal       | 52. R F A Mood swings                   |
| 46. R F A Peri-menopausal      | 53. R F A Bouts of depression           |
| 47. R F A Suffer from PMS      | 54. R F A Hot flashes / sweats          |
| 48. R F A Breast tenderness    | 55. R F A Thinning hair or brittle hair |
| 49. R F A Vaginal dryness      | 56. R F A Decrease in sex drive         |
| 50. R F A Irregular periods    | 57. R F A Hormone replacement           |

|  |                                 |  |                                   |
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| Section 8  |                                 |  |                                   |
| 58. R F A  | Chest pain / angina / tightness | 60. R F A  | Slow or fast heart beats at rest  |
| 59. R F A  | High blood pressure             |  |                                   |
| Section 9  |                                 |  |                                   |
| 61. R F A  | Poor circulation in your hands  | 63. R F A  | Bruise easily                     |
| 62. R F A  | Poor circulation in your feet   |  |                                   |
| Section 10   |                                 |  |                                   |
| 64. R F A  | Indigestion or bloating         | 66. R F A  | Inflamed intestine - "Leaky gut"  |
| 65. R F A  | Abdominal cramps or pain        | 67. R F A  | Constipation                      |
| Section 11   |                                 |  |                                   |
| 68. R F A  | Headaches or migraines          | 71. R F A  | Fibromyalgia                      |
| 69. R F A  | Stiffness or muscle spasms      | 72. R F A  | Chronic fatigue syndrome          |
| 70. R F A  | Difficulty exercising           |  |                                   |
| Section 12   |                                 |  |                                   |
| 73. R F A  | Anti-depressants                | 75. R F A  | Brain fog - lack of concentration |
| 74. R F A  | Numbness or tingling            |  |                                   |
| Section 13   |                                 |  |                                   |
| 76. R F A  | Anxiety / anxiousness           | 78. R F A  | Feelings of worthlessness         |
| 77. R F A  | Problems relaxing               |  |                                   |
| Section 14   |                                 |  |                                   |
| 79. R F A  | Allergies                       |  |                                   |
| Section 15   |                                 |  |                                   |
| 80. R F A  | Sick more often                 |  |                                   |
| Section 16   |                                 |  |                                   |
| 81. R F A  | Cholesterol problems            | 82. R F A  | Cholesterol medication            |