

Iodine Symptom Survey

Patient Name _____ DATE _____

SYMPTOM	(0) I DO NOT HAVE THIS	(1) MILD	(2) MODERATE	(3) SEVERE
HYPO- SYMPTOMS				
Lumps in Breast				
More tired and sluggish than normal.				
Drier hair and skin than normal				
Sleep more than usual				
Weaker Muscles				
Colder than others				
Muscles cramp more than usual				
Poorer memory				
More depressed				
Slower thinking				
Eyes are more puffy				
Math is more difficult				
Hoarser or deeper voice				
Constipated more often				
Coarser Hair				
Puffy hands and feet				
Unsteady when walking				
Gain weight easily				
Outer third of eyebrow thin				
Menstruating Females Only				
Lumpy, Fibrous Breasts				
Menses more irregular				
Heavier Menses				
TOTAL				
HYPER- SYMPTOMS				
Tachycardia (heart racing)				
Palpitations (skipping of heart)				
Insomnia (don't sleep well)				
Tremors (shaking)				
Increased sweating				
Brittle nails				
Loss of appetite				
TOTAL				
Iodide Dose:	Ht:	Wt:	RMR:	CRMR:

Urine Iodide _____ Salivary Iodide _____ Serum Iodide _____