Do you suffer from any of the following?
Rate your symptoms below from a scale of 0-3
(0 - None, 1 - Mild, 2 - Moderate, 3 - Severe)

- _____ Tiredness & Sluggishness
- _____ Dryer Hair & Skin
- _____ Sleep More Than Usual
- _____ Weaker Muscles
- _____ Constant Feeling of Cold (Fingers)
- _____ Frequent Muscle Cramps
- _____ Poorer Memory
- _____ More Depressed
- _____ Slower Thinking
- _____ Puffier Eyes
- _____ Difficulty with Math
- _____ Hoarser or Deeper Voice
- _____ Muscle / Joint Pain
- _____ Constipation
- _____ Coarse Hair / Hair Loss
- _____ Low Sex Drive / Impotence
- _____ Puffy Hands and Feet
- _____ Unsteady Gait -Bumping into things
- _____ Gain Weight Easy
- _____ Outer Third of Eyebrows Thin
- _____ Menses More Irregular (28 Days)
- _____ Heavier Menses

Total HYPO Score (8)

- _____ Tachycardia (Rapid Heart Beat)
- _____ Palpitations (Skipping of Heart Beat)
- _____ Insomnia
- _____ Shakiness
- _____ Increased Sweating
- _____ Brittle Nails
- _____ Loss of Appetite

Total HYPER Score (0)

- _____ Fibrocystic Breast Disease (Lumps)

Name _________________________ M/F____
Height _____ Weight _____ DOB

If you can answer YES to more than 3 of these, you may suffer from Sub-clinical Hypothyroid

Blood testing of thyroid hormone levels gives us information about how much hormone is available to your receptor sites in the hypothalamus in the brain. They also give us information about the conversion of the storage form of thyroid hormone (T4) into the active form of thyroid hormone (T3). In some situations, like Sub-Clinical Hypothyroid or in diseases that involve thyroid antibodies as in Grave’s Disease or Hashimoto’s Disease, serum tests are not accurate. They do not tell if the thyroid hormone is functional. In these clinical situations physiological measurements like Resting Metabolic Rates (RMR), Basal Body Temperature (BBT) or reflex time are more accurate estimations of thyroid function.
A simple 4-minute, non-invasive reflex test done in the office can show us if your thyroid functions are normal or if you are on an appropriate thyroid hormone replacement dosage with 98% accuracy.

Finding the thyroid dose that is right for you greatly lowers your health risk and helps you regulate your hormones, neurotransmitters, and immune functions. It also allows us to accurately estimate your Resting Metabolic Rate (RMR) or how fast you are burning calories.

**Be informed & take care of your health!** Fill out your thyroid symptom questionnaire today. If you score higher than 8, schedule for a Thyroflex with your healthcare practitioner.

**THYROFLEX™ REPORT**

The patient report shows the mean value of the Prefire (PF), the fire (F), the Reflex time, and the RMR.

Subclinical Hypothyroid patients will exhibit a low RMR and a delay in Reflex response indicated by the long Reflex time interval.

**Reference RMR & Reflex Response F-PF**

- **RMR. Woman** = 2,250 cals/day *
- **RMR. Men** = 2,750 cals/day *
- **Reflex** = 50-120 (msec)
  
  * (+/- 250 cal/day for an over/under weight or aged patient)

**Abnormal Reflex Response (F-PF)**

- **HYPOTHYROIDISM** = > 120 msec
- **HYPERTHYROIDISM** = < 50 msec

**Return to Normal RMR following Treatment**

RMR will increase about 400 calories above baseline (before treatment).

**YOUR TEST RESULTS**

<table>
<thead>
<tr>
<th>Symptom Score</th>
<th>Reflex Time</th>
<th>RMR</th>
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<td><em><strong><strong>/</strong></strong></em></td>
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