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Part I. Basal Body Temperature Record (Patient Instructions)- BRODA BARNE'S

Patient Name: _____

Date: ____/____/20____

D.O.B ____/____/____

The purpose of this procedure is to obtain information about your thyroid gland's function. Please keep a **5 day record of your axillary (armpit) temperature**, along with your associated symptoms, if any, below. ***The following procedure should be carefully adhered to:***

- 1.) A glass/mercury thermometer should be shaken down to below 96.0 the night before the and left near the bedside in a glass where it can easily be reached **WITHOUT GETTING OUT OF BED!!** Basal body temperature should ideally reflect a "sleeping state" of bed rest for at least three hours. A clock or watch should be available for timing purposes.
- 2.) **For women:** If scheduling allows, it is ideal for a woman to record her axillary temperature during the menstrual cycle (temperature should be taken during the first 3 to 5 days of menstrual flow). Otherwise, any 5 days may be used.
- 3.) When you awaken, ***DO NOT GET UP OR MOVE AROUND A LOT.*** The thermometer should be placed in the armpit against the skin for 10 minutes. Press your arm against your body to hold the thermometer in place firmly. Be sure not to roll over on that side to prevent the possibility of breaking the thermometer.
- 4.) Record your temperature to the nearest tenth of a degree (for example 97.8). Log these temperatures in the spaces provided below and ***bring them with you to your next visit.***

Normal Axillary Temperature: (97.8°F to 98.2°F) **Normal Oral Temperature:** (98.2°F to 98.6°F)

Day #1 ____/____/20____ Notable Symptoms _____

Day #2 ____/____/20____ Notable Symptoms _____

Day #3 ____/____/20____ Notable Symptoms _____

Day #4 ____/____/20____ Notable Symptoms_____

Day #5 ____/____/20____ Notable Symptoms_____

How many blankets do you use?_____

Do you have a sore throat, cold or other infection?_____

Do you have a chronic sinus problem and or post-nasal drip?_____

Part II. Thyroid Self-Assessment: *(Taken with Permission from Dr. Richard Shames)*

The following is a list of symptoms, conditions, and signs that could be indicators of low thyroid function. Take this self-assessment to see if there is a likelihood that you are suffering with a low functioning thyroid. ***Simply mark/circle any of the symptoms in the four categories below that you feel apply to you. Then, add up you score as described on page 3 (scoring your self-assessment)***

1. *Additional Symptoms*

Do you have :

- **Significant fatigue, lethargy, sluggishness, or history of low thyroid at an earlier age.**
- hoarseness for no particular reason
- chronic recurrent infection(s)
- decreased sweating even with mild exercise
- depression, to the point of being a bothersome problem
- a tendency to be slow to heat up, even in a sauna
- constipation despite adequate fiber and liquids in diet
- brittle nails that crack or peel easily
- high cholesterol despite good diet
- frequent headaches (especially migraine)
- irregular menses, PMS, ovarian cysts, endometriosis
- unusually low sex drive
- red face with exercise
- accelerated worsening of eyesight or hearing
- palpitations or uncomfortably noticeable heartbeat
- difficulty in drawing a full breath, for no apparent reason
- mood swings, especially anxiety, panic or phobia
- gum problems
- mild choking sensation or difficulty swallowing
- excessive menopause symptoms, not well relieved with estrogen
- major weight gain

- aches and pains of limbs, unrelated to exertion
- skin problems of adult acne, eczema, or severe dry skin
- vague and mildly annoying chest discomfort, unrelated to exercise
- feeling off balance
- infertility
- annoying burning or tingling sensations that come and go
- the experience of being colder than other people around you
- difficulty maintaining standard weight with a sensible food intake
- problems with memory, focus, or concentration
- more than normal amounts of hair come out in the brush or shower
- difficulty maintaining stamina throughout the day

2. *Related Conditions*

Have you ever had:

- **Any of these autoimmune disorders: diabetes, rheumatoid arthritis, lupus, sarcoidosis, scleroderma, Sjogren's syndrome, biliary cirrhosis, myasthenia gravis, multiple sclerosis, Crohn's disease, ulcerative colitis, thrombocytopenia (decreased blood platelets)**
- prematurely gray hair
- anemia, especially the B₁₂ deficiency type
- dyslexia
- persistent visual changes
- rapid cycle bipolar disorder (manic-depressive illness)
- Raynaud's syndrome (white or blue discoloration of fingers or toes when cold)
- mitral valve prolapse
- carpal tunnel syndrome
- persistent tendinitis or bursitis
- atrial fibrillation
- alopecia (losing hair, especially in discrete patches)
- calcium deficiency
- attention deficit disorder (ADD)
- vitiligo (persistent large white patches on skin)
- neck injury, such as whiplash or blunt trauma

3. *Family History*

Have any of your blood relatives ever had:

- **high or low thyroid, or thyroid goiter**
- prematurely gray hair
- complete or partial left-handedness
- diabetes
- rheumatoid arthritis
- lupus
- sarcoidosis

- scleroderma
- Sjogren's syndrome
- biliary cirrhosis
- myasthenia gravis
- multiple sclerosis
- Crohn's disease
- ulcerative colitis
- thrombocytopenia (decreased blood platelets)

4. Physical Signs

Have you or your doctor observed any of the following:

- **low basal temperature in early morning (average of less than 97.6 degrees over 7 days).**
- slow movements, slow speech, slow reaction time
- muscle weakness
- thick tongue (seemingly too big for mouth)
- swelling of feet
- swelling of eyelids or bags under eyes
- decreased color of lips or yellowing of skin
- swelling at base of neck (enlarged thyroid gland)
- asymmetry, lumpiness, or other irregularity of thyroid gland
- swelling of face
- excess ear wax
- dry mouth and/or dry eyes
- noticeably cool skin
- excessively dry or excessively coarse skin
- especially low blood pressure
- decreased ankle reflexes or normal reflexes with slow recovery phase
- noticeably slow pulse rate without having exercised regularly
- loss of outer one-third of eyebrows

SCORING YOUR SELF-ASSESSMENT:

For Category I: Additional Symptoms

Give yourself 5 points for significant fatigue, and one point for each additional "yes" answer.

For Category 2: Related Conditions

Give yourself 5 points for autoimmune illness, and one point for each additional "yes" answer.

For Category 3: Family History

Give yourself 5 points for blood relatives ever having a thyroid problem, and 1 point for each additional "yes" answer

For Category 4: Physical Signs

Give yourself 5 points for low basal temperature, and 1 point for each additional “yes” answer.

INTERPRETING YOUR POINT SCORE

Add up your grand total of points from all four categories above.

- **5 Points** = only mildly indicative low thyroid
Possible action: follow conservative suggestions (see your physicians)

- **10 points** = somewhat suspicious for low thyroid
Possible Action: obtain TSH level as first screening test

- **15 points** = very suspicious for low thyroid
Possible Action: obtain additional tests, if TSH is normal

- **20 points** = likely to be low thyroid
Possible Action: obtain all possible blood testing to help confirm a diagnosis

- **25 points** = very likely to be low thyroid
Possible Action: obtain a trial of thyroid medicine, regardless of blood test results.

Our Suggested Panel of Thyroid Tests: (the minimum amount of testing we think is needed before you can be told, “It doesn’t look like low thyroid is causing your symptoms)

1. TSH
2. Basal Temperature Test
3. T-4 Panel (Total T-4, T-3 Uptake, Free Thyroxine Index)
4. T-3 Total
5. Thyroid Peroxidase (microsomal) Antibody