

Thyroid Report - Assessment Instructions



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Private GP in Suffolk with special interest in Thyroid Health

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How to complete a Thyroid Assessment Form

Thank you for ordering a [new] thyroid report. We want to give you the best possible advice not only based on your most recent results, but also on your current symptoms.

To do this, we send you a link to complete an easy form. We do this via a method called "**Direct Message**".

A Direct Message (DM) allows us to send a message to you with an extra layer of security. It uses an email containing a link to the message and an SMS containing an access code to 'unlock' that message.

The first thing you will see in your inbox is this:

CountryHealth - You have received a direct message

When you open the message, you will see a text like this:

CountryHealth <noreply@writeupp.com>

Hi,

You have been sent a secure message (DMExxxF) by Dr Oliver Frey at CountryHealth. To view the message click on the link below and enter the access code that you will receive via SMS in the next few minutes.

Click here

IMPORTANT: If you have any concerns about the integrity of this message please contact us on 01473 218 373 and quote the message ID: DME9874F.

Thanks,

CountryHealth

Please click on the LINK in the message. You will then see a screen like this:

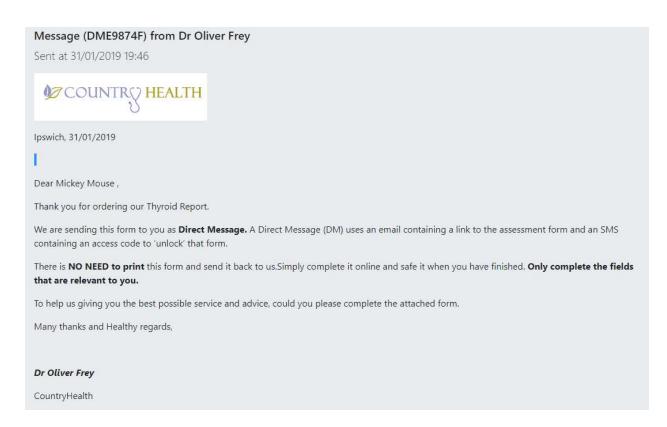


Shortly afterwards you will receive an SMS:

Your access code for message DMExxxx is XXXXX. CountryHealth

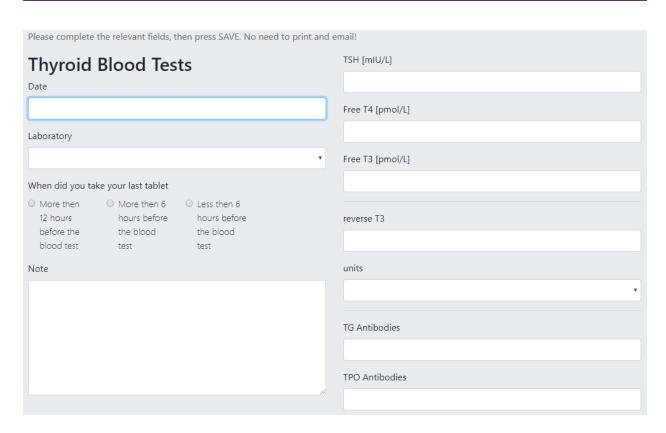
Please enter the access code in above box.

Now you will be in the practice software portal and see the following message:



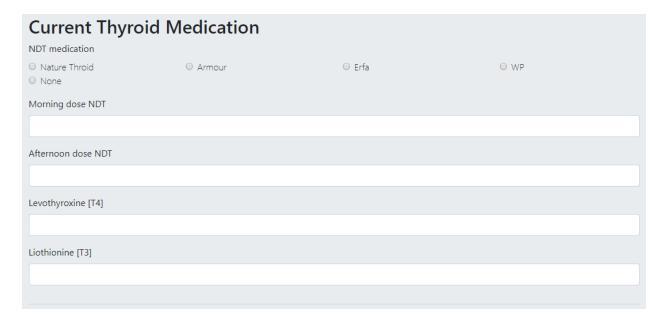
Under the message you see a form. It has several parts.

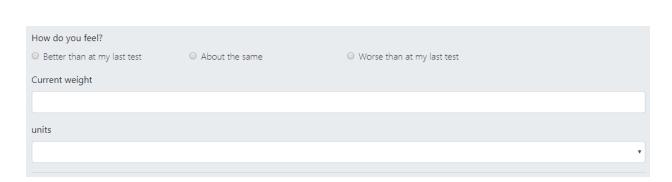
Please fill in all the information available / relevant to you. If you don't know the answer, either leave the field blank or make a little "-" in it.



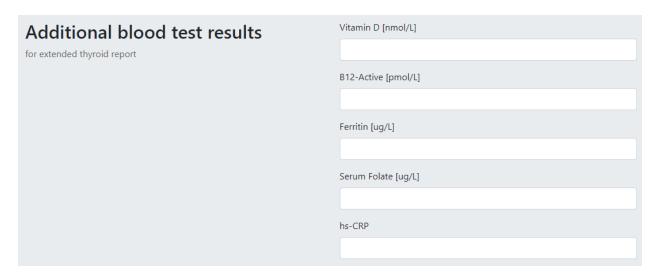
If you have received the blood results directly, please complete the above part of the form. If the results came directly to us, just fill when you took your last medication.

The next part of the form checks your current thyroid medication. Please choose which tablets you take [if at all]. [No need to calculate the amounts of FT4 and FT3 if you take NDT!]





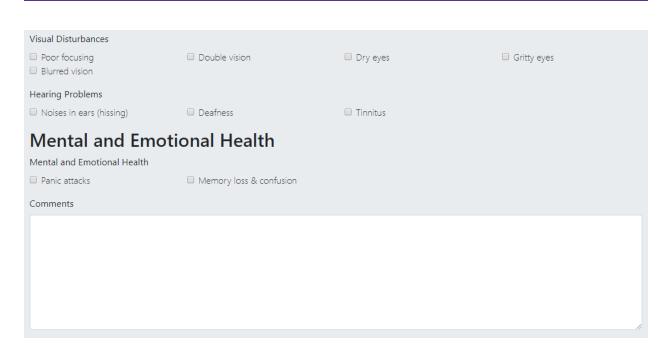
We would like to know whether the treatment is working. Please tick the relevant boxes in the above part of the form and enter your current weight.



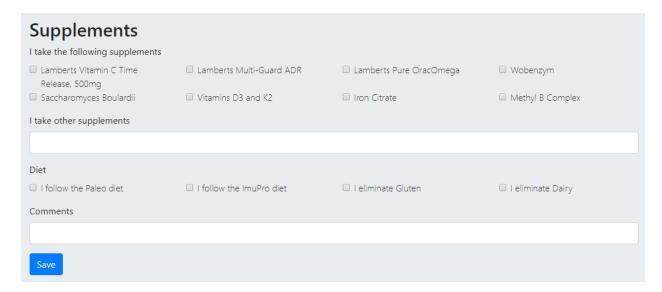
If you want to have an Extended Thyroid report and have received results for the above tests, please enter them here. Otherwise, just leave the fields blank.

An underactive thyroid can present with many symptoms. Please fill in the following parts of the form [simply tick the relevant boxes] to tell us how things are at the moment.

Physical Health	1		
-	3 1) [
Please tick all that apply to you			
General Health			
Excessive tiredness	Weight gain	Cold extremities	Slow movements
Slow speech Lack of co-ordination - especially of hands and feet	Pins & needles Insomnia	■ Breathlessness ■ Loss of libido	Palpitations Repeated urinary tract infections
Upper respiratory tract infections	☐ Candida	☐ Heavy eyelids	☐ Hoarse voice
Goitre (enlargement of the thyroid gland)	☐ Muscle cramps and weakness	☐ Joint stiffness	Heat/Cold intolerance
Diminished sweating	■ Vertigo	Balance problems	Dizziness
Puffiness of:			
Eyes Ankles	□ Face	☐ Hands	☐ Feet
Nose, Mouth & Throat			
Difficulty swallowing	Sore throats	Swollen tongue	Scalloped tongue
Choking fits	Dry mouth	Sensation of lump in throat	Post-nasal drip (PND)
Numbness in:			
☐ Legs	☐ Toes	Arms	Fingers
Hair			
□ Body hair loss□ Eyelash loss	■ Head hair loss	☐ Brittle hair	Eyebrow loss (outer third)
Nails			
☐ Brittleness	☐ Flaking		
Skin			
☐ Dry	□ Flaky	Coarse patches	Pallor (yellow tinge to skin)
☐ Boils and spots	☐ Eczema and psoriasis	☐ Bruising	
Pain			
☐ Migraines	☐ Pressure headaches	☐ Back and loin pain	☐ Wrist pain
Carpal Tunnel Syndrome	Foot Pain	☐ Burning Feet Syndrome	
Digestive Problems			
☐ Alcohol intolerance ☐ Abdominal distension/flatulence	☐ Constipation	☐ Haemorrhoids	☐ Irritable Bowel Syndrome (IBS)
Blood Pressure & Pulse			
low blood pressure	☐ Slow / weak pulse		
Menstrual Disorders			
Cessation of periods (amenorrhoea)PMT (premenstrual tension)	Scanty periods (oligomenorrhoea)	☐ Heavy periods (menorrhagia)	☐ Low fertility



Finally, we would like to check whether you take any supplements and how your diet looks like.



When you finished, simply click on the blue SAVE button. This will file the form directly into your patients records.

If all went well, you will see the following screen message



Thanks!

CountryHealth has been notified that you have completed this form.

If you have any questions please contact us on

01473 218 373

Many thanks for your help!

CountryHealth

How did we do?

We always strive to provide you with the best service possible and would appreciate your opinion on our service. It will only take a few seconds. Please click **HERE** to take our short survey.

We would also appreciate if you could give us a **testimonial** on our website and a 5* review on **Google**.

Let's stay in touch

- Please join our #thyroidpreneurs facebook group to keep you updated with thyroid health news
- Please sign up for our <u>Thyroid Health News</u> for important reminders
- Join CountryHealth on <u>Facebook</u>
- Join us on Twitter

Support our Charity

We are collecting money for our chosen charity **East Anglian Air Ambulance**. Since their launch in 2000 they have attended over 20,000 lifesaving missions, touching the lives of many thousands of people. Help us to help them saving more lives and click **HERE**.

Join our Thyroid Club and save £££

If you want to save some money, our Thyroid Club is just right for you. For a small monthly payment you are entitled to the following benefits:

- Save an extra 5% on your Lamberts Healthcare Vitamin orders
- Save the booking fees when you order tests or services over the phone rather than online.
- Only £ 9.97 per month, via secure Direct Debit, no ties attached.

JOIN HERE

About CountryHealth



Private GP Practice with Focus on Functional Medicine

Our patients usually get in touch when they need help that the NHS cannot provide. We can advise you on symptoms, organise specialist tests that are often not available on the NHS and can also refer you privately to specialists. We want to find the root cause of your problems, not just cover the symptoms with medication.

As a private medical patient, you can expect more personal, friendly consultations and appointments at times that suit YOU.

To fully explore your concerns, we don't limit you to "one problem per 10 minute appointment". Instead our appointments take typically 30-60 minutes. Unfortunately, we cannot offer A&E services.

Our approach is different. We want to find the root cause of your problems, not just cover the symptoms with medication.

We offer a range of services to our clients to help them to Get Well and Stay Well.

- Health Screenings
- Genetic Testing
- Nutritional / Functional Therapy
- Food Intolerance Testing

To find out more, please visit our website: www.CountryHealth.co.uk

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