

HealthGuard T18 intake health condition progress record

Patient Name: _____	Age: _____
Sex: _____	Address: _____
First encounter with Thyroid Disorder: _____	_____
Conrad Health-Guard Membership: _____	Telephone: _____

Recommended course/dosage: _____	b	1	2	3	4	5	6
	e	m	m	m	m	m	m
	f	o	o	o	o	o	o
	o	n	n	n	n	n	n
	r	t	t	t	t	t	t
	e	h	h	h	h	h	h

Date started with HealthGuard T18: _____

Blood Test TSH Values: _____						
Blood Test T3/FreeT3 Values: _____						
Blood Test T4/FreeT4 Values: _____						

Present Prescriptive drugs/dosage: _____ Abnormal growth in the Thyroid Gland: _____
 No. of Radioactive Iodine treatment: _____ Surgery to remove partially the Thyroid Gland: _____

Thyroid disorder symptoms before and after taking HealthGuard T18
 (mark X for heavy symptoms and O for light symptoms)

1 Symptoms of Hypothyroidism For enquires, please email: qna@health-guard.net

Slow heartbeat (less than 60 per minute)						
Puffy face						
Enlarged Thyroid (Goiter)						
Dry and itchy skin						
Cold intolerance; not easy to sweat						
Low, crackling and unclear voice						
Loss appetite yet gain weight						
Constipation						
Cold hand and leg						
Frequent headache						
Deteriated hearing ability						
Forgetfulness						
Fatigue						
Muscle aches and cramp						
Slow in response						
Low productivity						
Brittle nails						
Thinning of eyebrows						
Dry, coarse hair and easy hair loss						
Heavy menstrual periods						

2 Symptoms of Hyperthyroidism

Rapid heartbeat (more than 80 per minute)						
Bulging eyes						
Redish and burning eyes						
Enlarged Thyroid (Goiter)						
Heat intolerance; easy to sweat						
Heart-rending						
Decreased concentration						
Nervousness and easily agitated						
Hypertension; insomnia						
Tremor of fingers and unstable hands						
Numbness of fingers						
Arthritis						
Pressured chest						
Dyspnea						
Easy to get tired but still high in spirit						
Good appetite yet loss weight						
Frequent bowel movements						
Fast growth of hair but thinning						
Abnormal blood pressure						
Scant menstrual periods						

Remarks:
 Please email us your current neck or Eyes problems related to Thyroid problems for record.