

DO YOU SPEAK THYROID?

Good communication between physician and patient is vital. When done right, patients and their physicians are able to respect each other, share feelings, hold open and honest discussions, and agree on the right goals for treatment and care.¹ As a result, studies have shown that good communication leads to better treatment outcomes.^{1,2}

Remember, a healthy patient-physician relationship involves honest discussions about more than just treatment,³ so do make sure to share with your doctor information about your general wellbeing, symptoms, and any other health issues you might have.

This wellbeing diary can be used to help you track your symptoms and prepare for appointments.

Last TSH test:

Date: _____ Result: _____

Appointment outcomes (complete with your doctor)

Agreed treatment goals _____

Agreed care goals _____

symptom checklist⁴



Sadness, mood swings and depression



Muscle and joint pain



Abnormal menstrual periods and / or fertility problems



Fatigue



Weight gain despite lifestyle control



Thin and brittle hair or fingernails and / or dry flaky skin



Constipation

wellbeing diary

Monday

Wellbeing



Activity levels



Symptoms

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Other health issues

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.....
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Tuesday

Wellbeing



Activity levels



Symptoms

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Other health issues

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Wednesday

Wellbeing



Activity levels



Symptoms

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Other health issues

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Thursday

Wellbeing



Activity levels



Symptoms

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Other health issues

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Friday

Wellbeing



Activity levels



Symptoms

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Other health issues

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Saturday

Wellbeing



Activity levels



Symptoms

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Other health issues

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Sunday

Wellbeing



Activity levels



Symptoms

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Other health issues

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¹ Doctor-Patient Communication: A Review. Ochsner J. 2010 Spring; 10(1): 38-43.

² Patient satisfaction and quality of life in hypothyroidism: An online survey by the British Thyroid Foundation, 2021. Clinical Endocrinology, 94(3):513-520

³ Patient-centered Management of Hypothyroidism. Indian J Endocrinol Metab. 2017 May-Jun; 21(3): 475-477.

⁴ Thyroid UK. Signs & Symptoms of Hypothyroidism. Available at: <https://thyroiduk.org/if-you-are-undiagnosed/hypothyroid-signs-and-symptoms/>. Accessed April 2022.