

# Symptom Journal

## Record Your Symptoms

Hypothyroidism can be more than just your TSH (thyroid stimulating hormone) number. It's bigger than just a blood test. It's also about your symptoms. That's why it's important to tell the doctor about how you're feeling.

Listen to your body. If something doesn't feel right, be sure to record any symptoms you might be experiencing and discuss with your doctor at your next scheduled visit.

<p><b>How I'm feeling</b></p> <p>Date: ___ / ___ / ___</p> <p>Time: _____ am pm</p> <p>TSH level: _____</p> <p>Other test results: _____</p> <p>_____</p> <p>Thyroid medication: _____ Dose: _____</p>	<p><b>Points to discuss with my doctor:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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