

# Exploring Your Risk Factors for Hashimoto's



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**HOLISTIC THYROID CARE**



# Exploring Your Risk Factors for Hashimoto's

Female (8x more affected than men)	YES	NO	
Over the age of 40	YES	NO	
Autoimmune condition(s)	YES	NO	NOT SURE
Chronic infection(s)	YES	NO	NOT SURE
Lyme disease	YES	NO	NOT SURE
Epstein-Barr Virus (EBV)	YES	NO	NOT SURE
History of mononucleosis	YES	NO	NOT SURE
Polycystic Ovarian Syndrome (PCOS)	YES	NO	NOT SURE
Exposure to radiation	YES	NO	NOT SURE
Between the ages of 20 to 45 at onset of symptoms	YES	NO	
Experienced isolated emotional or physical trauma	YES	NO	
Experienced significant stress, loss, grief	YES	NO	
Experienced long-term/repeated emotional/physical stress	YES	NO	
Family member with thyroid disease (or symptoms of)	YES	NO	
Currently pregnant	YES	NO	NOT SURE
Pregnancy within one year at onset of symptoms	YES	NO	
Taking prescription thyroid hormone	YES	NO	
Smoker, present or previous	YES	NO	
Unfulfilled life dreams	YES	NO	
Repression of personal expression (needing to find one's voice or hiding true needs/desires/personality)	YES	NO	
Lack of creative expression (or creative frustration)	YES	NO	
Not free to express personal needs	YES	NO	
Exposure to iodine (medical tests, contrast dye, supplement, excess iodine-rich foods)	YES	NO	NOT SURE
Vegetarian or vegan	YES	NO	
Raw foodist	YES	NO	
Heavy green juicer (spinach, kale, etc)	YES	NO	
High intake of raw cruciferous vegetables	YES	NO	
Medical treatments such as immunosuppressant therapy, antiretroviral treatment, lithium, treatment for MS, recipient of donated organ or bone marrow	YES	NO	
Ongoing prescription medications	YES	NO	
Trauma to the thyroid i.e., surgery, injury, neck injury	YES	NO	POSSIBLY
Fluoridated water/toothpaste/dental supplementation	YES	NO	
Long-term use of Teflon or non-stick cooking pans	YES	NO	
Celiac disease	YES	NO	NOT SURE

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# Exploring Your Risk Factors for Thyroid Imbalance

Mercury or lead exposure, heavy metal toxicity	YES	NO	
Toxins such as PCB's, Phthalates, Heavy use of Plastics	YES	NO	
Exposure to pesticides	YES	NO	NOT SURE
Vitamin deficiencies, past or present	YES	NO	NOT SURE
Mineral deficiencies, past or present	YES	NO	NOT SURE
Excessive alcohol intake, past or present	YES	NO	
Surgery, past or present	YES	NO	
Regular consumption of soy and/or gluten	YES	NO	
Leaky gut syndrome (intestinal permeability)	YES	NO	NOT SURE
Food sensitivities	YES	NO	NOT SURE
Meniere's disease	YES	NO	NOT SURE
Adrenal fatigue	YES	NO	
Addison's disease	YES	NO	

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# Exploring Your Risk Factors for Thyroid Imbalance

*Did you have any risk factors? Please note that having risk factors does not necessarily mean that you have Hashimoto's or hypothyroidism.*

*Not having a risk factor does not necessarily rule out Hashimoto's or hypothyroidism.*

*However, Hashimoto's is the primary cause of hypothyroidism.*

*Hashimoto's is not a "thyroid" disease. It's an autoimmune condition just like MS, lupus, rheumatoid arthritis and many others.*

*Hypothyroidism is sometimes caused by other issues.*

*Nonetheless, Hashimoto's is often misdiagnosed or incorrectly diagnosed as basic hypothyroidism & treated (if at all) only with thyroid replacement hormone which doesn't address the underlying cause.*

*Treatment protocols differ for each.*

*The Hashi's Sister's Autoimmune Thyroid eCourse will help you in either situation.*

*Warmly,*

*Shannon Garrett, BS, RN, CN*

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