

Practise Enrichment Clinic Tool...

Thyroid and Adrenal

Assessment Chart

Differences in the clinical presentation between adrenal fatigue and low thyroid Function

Note - A mixed presentation is common

Signs & Symptoms	Adrenal	Thyroid
Body Type	Often slim, can't gain weight	Weight gain, generalized or global, extremely hard to lose
Temperature	Thermal fluctuations (hot when it's warm and cold when it's cool). Poor thermoregulation. Tends to low body temperature around 36.5 or lower. Fluctuating pattern. Possibly sweats.	Stable, non-fluctuating pattern, average is usually lower than 36.5
Skin Quality	Dry, Thin (probable cause is low collagen level)	Poor healing, May bruise easily. Skin thickness is usually normal (not thin)
Fluids/Secretions	Little secretions. Can't hold on to water.	Good secretions. Skin may be oily. Tendency to fluid retention.
Cold Intolerance	Intolerance to cold or heat	May be present
Heat Intolerance	Intolerance to cold or heat	Usually present
Hands / Feet	Usually fluctuating between hot and cold	Usually cold
Sweating	May be excessive in early phase. Poor sweating in late phase.	Normal to increased, more oily than 'wet'
Eyebrows	Tend to be full	Very sparse outer 1/3 to 1/2
Tissue Around eyes	Sunken appearance, may have dark circles	Puffy around the eyes, often bags under the eyes
Blood Pressure	Tends to run low	Ranges from normal to high
Stress tolerance	Poor resilience	Moderate
General Reactivity: Emotional, physiological, etc.	Hyper-reactive (over)	Hypo-reactive (under)
Bowel Function	Tendency to be irritable, or hyperactive, transit time may be too fast (food exits stomach too fast causing poor [enzymatic] digestion)	Tendency to constipation, hypoactive, slow transit time (food leaves stomach too slowly) and poor mechanical digestion.

