

Carol Shwery DC, CCN

Axillary Temperature Test

Name: _____ Date of Birth: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

There is considerable evidence that the current tests for the diagnosis of hypothyroidism (low thyroid function) are insensitive and somewhat lacking in accuracy.

Broad Barnes, M.D., an Endocrinologist and thyroid specialist, in his book, Hypothyroidism, an Unsuspected Illness, explains his feelings and theories about this matter. He proposes that the most sensitive and accurate test for picking up the most people with low thyroid function is simple to check the most basic function of the thyroid. It's ability to regulate the metabolic furnace of the body, i. e.: create heat or control temperature. Dr. Barnes feels that recording basal body temperature daily for ten days is the most simple and best means of doing this. For accuracy, he insists that the patient be absolutely basal and totally relaxed.

Instructions are:

1. Use an oral thermometer which has been shaken down the night before and put on your bedside stand.
2. Put the thermometer in your armpit (for ten minutes) and record a temperature each morning for six days. Do this before you've gotten out of bed, urinated, had coffee, food, done anything or had any activity, mental or physical. He suggests using the axillary (armpit) temperature rather than the mouth, because so many people have low grade unsuspected sinus infections which generate heat only in that area, thereby falsely raising the oral temperature.
3. For women, additional consideration is needed during ovulation which elevates temperature somewhat. Because of this, women who menstruate should start the recording on the second or third day of their cycle. For men or women who are menopausal, it makes no difference which day is picked.

This temperature recording data will be correlated with your thyroid hormone level (when indicated), a photomolagram (where available), photomotagram, and your thyroid history questionnaire sheet. We are attempting to search out and find all the undiscovered hypothyroidism that our patients have, since this is such a common and easily treatable ailment. Barnes estimates that approximately 40% of the adult population has this problem and it can be associated with hypoglycemia and allergies, psoriasis, acne, undiagnosed skin problems, hypertension, obesity, depression, and many other ailments. If you have any unusual reaction while this is going on, or anything you wish to share, please indicate this on the recording sheet.

RECORD:	DATE	TEMPERATURE VALUE
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____

Bring this into the office for the doctor to look over. 97.8F or 36.5C or below is considered abnormal. If the majority of the temperature data is low, it probably suggests low thyroid function.