Signs and Symptoms of Hypothyroidism
**Physical**

**General**
- Excessive tiredness
- Weight gain
- High cholesterol
- Cold extremities
- Slow movements
- Slowed Achilles reflex
- Slow speech
- Pins & needles
- Breathlessness
- Palpitations
- Liver tenderness and enlargement
- Anaemia
- Lack of co-ordination - especially of hands and feet
- Insomnia
- Loss of libido
- Repeated urinary tract infections
- Albuminuria (protein in urine)
- Upper respiratory tract infections
- Pelvic Inflammatory Disease (PID)
- Poor response to treatments
- Candida
- Heavy eyelids
- Hoarse voice
- Goitre (enlargement of the thyroid gland)
- Muscle cramps and weakness
- Joint stiffness
- Heat/Cold intolerance
- Diminished sweating
- Low basal temperature
- Hypoglycaemia
- ADHD
- Vertigo
- Balance Problems
- Dizziness

**Puffiness of**
- Eyes
- Face
- Hands
- Feet
- Ankles

**Hearing Problems**
- Noises in ears (hissing)
- Deafness
- Tinnitus

**Nose, Mouth & Throat**
- Difficulty swallowing
- Sore throats
- Swollen tongue
- Scalloped tongue
- Choking fits
- Dry mouth
- Halitosis
- Sensation of lump in throat
- Post-nasal drip (PND)

**Numbness in**
- Legs
- Toes
- Arms
- Fingers
- Back

**Hair**
- Body hair loss
- Head hair loss
- Brittle hair
- Eyebrow loss (outer third)
- Eyelash loss

**Nails**
- Britteness
- Flaking

**Skin**
- Dry
- Flaky
- Coarse patches
- Pallor (yellow tinge to skin)
- Boils and spots
- Eczema and psoriasis
- Bruising
<table>
<thead>
<tr>
<th>Pain</th>
<th>Mental</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Migraines</td>
<td>Panic attacks</td>
<td>Easily upset</td>
</tr>
<tr>
<td>Pressure headaches</td>
<td>Memory loss &amp; confusion</td>
<td>Wanting to be solitary</td>
</tr>
<tr>
<td>Back and loin pain</td>
<td>Mental sluggishness</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Wrist pain</td>
<td>Poor concentration</td>
<td>Depression</td>
</tr>
<tr>
<td>Carpal Tunnel Syndrome</td>
<td>Noises and voices in head</td>
<td>Nervousness/anxiety</td>
</tr>
<tr>
<td>Foot pain</td>
<td></td>
<td>Personality changes</td>
</tr>
<tr>
<td>Burning Feet Syndrome</td>
<td></td>
<td>Feelings of resentment</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lack of confidence</td>
</tr>
<tr>
<td>Digestive Problems</td>
<td></td>
<td>Any Other Mental or Emotional Signs and Symptoms (add your own)</td>
</tr>
<tr>
<td>Alcohol intolerance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Constipation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haemorrhoids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Irritable Bowel Syndrome (IBS)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abdominal distension/flatulence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure &amp; Pulse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High blood pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slow/weak pulse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menstrual Disorders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cessation of periods (amenorrhoea)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scanty periods (oligomenorrhoea)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heavy periods (menorrhagia)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low fertility</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PMT (premenstrual tension)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Visual Disturbances</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor focusing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Double vision</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dry eyes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gritty eyes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blurred vision</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any Other Physical Signs and Symptoms</td>
<td>Any Other Mental or Emotional Signs and</td>
<td></td>
</tr>
<tr>
<td>(add your own)</td>
<td>Symptoms (add your own)</td>
<td></td>
</tr>
</tbody>
</table>

Last Updated: 10.05.13
Review Date: 11.05.16

If you would like to confirm that this is the latest version of this document please contact:

THYROID UK
Registered Charity Number: 1125270
32 Darcy Road, St Osyth, Clacton on Sea, Essex CO16 8QF
E-Mail: enquiries@thyroiduk.org
Website: www.thyroiduk.org