



Signs and Symptoms of Hypothyroidism

(Tick where appropriate and show your GP)

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

- Brittleness
- Flaking

Skin

- Dry
- Flaky
- Coarse patches
- Pallor (yellow tinge to skin)
- Boils and spots
- Eczema and psoriasis
- Bruising

Pain

- Migraines
- Pressure headaches
- Back and loin pain
- Wrist pain
- Carpal Tunnel Syndrome
- Foot pain
- Burning Feet Syndrome

Digestive Problems

- Alcohol intolerance
- Constipation
- Haemorrhoids
- Irritable Bowel Syndrome (IBS)
- Abdominal distension/flatulence

Blood Pressure & Pulse

- High blood pressure
- Slow/weak pulse

Menstrual Disorders

- Cessation of periods (amenorrhoea)
- Scanty periods (oligomenorrhoea)
- Heavy periods (menorrhagia)
- Low fertility
- PMT (premenstrual tension)

Visual Disturbances

- Poor focusing
- Double vision
- Dry eyes
- Gritty eyes
- Blurred vision

Any Other Physical Signs and Symptoms (add your own)

Mental

- Panic attacks
- Memory loss & confusion
- Mental sluggishness
- Poor concentration
- Noises and voices in head
- Phobias
- Loss of drive
- Post Natal Depression
- Nightmares

Emotional

- Easily upset
- Wanting to be solitary
- Mood swings
- Depression
- Nervousness/anxiety
- Personality changes
- Feelings of resentment
- Lack of confidence

Any Other Mental or Emotional Signs and Symptoms (add your own)

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