

HYPOTHYROIDISM SYMPTOMS CHECKLIST

PHYSICAL

General:

- Excessive tiredness
- Weight gain
- Weight loss
- Obesity
- Cold extremities
- Cold sweats
- Night sweats
- Slow movements
- Slow speech
- Pins & needles
- Breathlessness
- Difficulty drawing a full breath
- Dizziness
- Palpitations
- Sensitivity to the sun
- Lack of co-ordination, especially of hands and feet
- Trembling
- Insomnia
- Loss of libido
- Repeated urinary tract infections
- Upper respiratory tract infections
- Pelvic Inflammatory Disease (PID)
- Poor response to treatments
- Candida (thrush)
- Heavy eyelids
- Hoarse voice
- Goitre
- Muscle cramps
- Joint stiffness
- Loss of stamina
- Heat intolerance
- Cold intolerance
- Low basal temperature (morning)
- Exercise intolerance
- Salt cravings

- Sweet cravings
- Hypoglycaemia
- Fainting episodes
- 3.00pm crash
- Jumpiness
- Unrefreshing sleep
- Asthma
- Internal shivering
- Lupus
- Rheumatoid arthritis
- Radioactive iodine treatment
- Surgery on thyroid

Puffiness or swelling of:

- Eyes
- Face
- Hands
- Feet
- Ankles

Mouth and throat:

- Difficulty swallowing
- Sensation of lump in throat
- Sensation of pressure on throat
- Burning sensation in throat
- Sore throats
- Swollen tongue
- Choking fits
- Dry mouth
- Halitosis (bad breath)

Hearing problems:

- Oversensitive hearing
- Noises in ears (hissing, ringing)
- Deafness

Hair:

- Body hair loss
- Head hair loss

- Brittle hair
- Eyebrow loss (outer third)
- Eyelash loss

Nails:

- Brittleness
- Flaking
- Peeling

Skin:

- Dry
- Flaky
- Coarse patches
- Sallow in colour
- Pallor
- Dark rings under eyes
- Pigmentation in skin creases
- Rashes & dermatographia (wheals)

Numbness and tingling:

- Legs
- Feet
- Arms
- Hands
- Back
- Face

Pain:

- Migraines
- Pressure headaches
- Back and loin pain
- Wrist pain
- Muscles and joint pain
- Carpal Tunnel Syndrome
- Tendinitis
- Heel spur / plantar fasciitis

Digestive problems:

- Loss of appetite

- Food allergy / sensitivity
- Alcohol intolerance
- Constipation
- Haemorrhoids
- Irritable Bowel Syndrome (IBS)
- Abdominal distention / flatulence
- High cholesterol
- Diabetes

Blood pressure & pulse:

- High blood pressure
- Low blood pressure
- Slow/weak pulse (under 60 bpm)
- Fast pulse (over 90 bpm at rest)

Menstrual disorders:

- Cessation of periods (amenorrhoea)
- Scanty (light) periods (oligomenorrhoea)
- Heavy periods (menorrhagia)
- Infertility
- Premenstrual syndrome/tension (PMS/PMT)
- Endometriosis

Visual disturbances:

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

MENTAL

- Panic attacks
- Memory loss
- Confusion
- Mental sluggishness
- Poor concentration
- Noises and/or voices in head
- Hallucinations

- Phobias
- Loss of drive
- Post Natal Depression (PND)
- Nightmares

EMOTIONAL

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

ENVIRONMENTAL

- Exposure to fluoridated water
- Exposure to PCBs (Polychlorinated biphenyls)
- Use of products containing fluoride (toothpastes)
- High consumption of soya products
- High consumption of broccoli, cauliflower, Brussels sprouts, cabbage

MEDICATIONS

- Use of medications containing fluorine (Prozac, generic fluoxetine)
- Certain anti-depressants
- Lithium – used to treat psychiatric disorders
- Epilepsy drugs like phenytoin and carbamazepine

- Amiodarone - used to treat abnormal heart rhythms
- Drugs used in chemotherapy or to fight infections (interleukins, sulfamethoxazole and other sulfa drugs, and interferon alpha and ribavirin)