

**Self Notes about Hypothyroid Symptoms  
TPAUK**

Symptoms	New, regular, long term	Notes
Very tired, feeling exhausted, fatigued falling asleep all the time		
Skin - dry, flaky, course patches, itchy, pale, flushed, sallow		
Musculoskeletal - muscle and joint pain, tendon issues, restless legs, weakness or giving way in legs		
Weight gain, weight loss, puffiness around eyes, face, hands, ankles, feet		
Headaches - migraines, head feeling as if it is going to explode		
Lower back pain, cramps		
Hair loss - hair, eyebrows, eyelashes, pubic, underarm		
Hair is fine or coarse, eczema		
Breathlessness, asthma		

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Symptoms	New, regular, long term	Notes
Heat/cold intolerance, overheating		
Low body temperature, cold extremities		
Slowing down, slow movement, speech slow, slurring speech, tongue tied		
Dizziness, palpitations, heart conditions - arrhythmias, ectopic heartbeats, slow heartbeat, episodes of fast heartbeat, occasionally fast heartbeat all the time		
Swallowing difficulties, lumpy swallowing - (choking fits)		
Hoarse voice, dry mouth, swollen tongue, sore throats		
Carpal tunnel syndrome		
Loss of libido		
Numbness in part of the body, Raynaud's, stabs of pain		
Visual disturbances - blurring,		

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Symptoms	New, regular, long term	Notes
poor focusing, double vision, hallucinations		
Dry eyes, gritty eyes, sore eyes, itchy eyes, watery eyes		
Deafness, tinnitus, oversensitive hearing		
Constipation, diarrhoea		
Menstrual disorders - heavy periods - cessation of periods		
Loss of appetite		
High/low blood pressure		
Sun sensitive		
Heavy eyelids, palm of hands red and burn		
Food sensitivity, alcohol intolerance		
Poor balance		

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Symptoms	New, regular, long term	Notes
Pins and needles, tingling, parathesia		
Digestive problems		
Bladder problems - frequency in passing water/loss of control		
Panic attacks, memory impaired, concentration poor - tired from conversation		
Emotional, cry easily, mood swings, angry		
Depressed, nervous, anxious		
Noises and voices in head, hallucinations		
Claustrophobia, agoraphobia, phobias eg death and old age		
Persecution complex and personality change		

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Symptoms	New, regular, long term	Notes
Resentfulness towards partner, family, friends		
Suspicious of people's motive/s, lack confidence		
Wanting to be on one's own  Reactive hypoglycaemia , insulin resistance (diabetes-like symptoms: hunger, heavy head, dizziness, tremors)		
Insomnia, difficulty getting to sleep, waking in the night		
Other		

This comprehensive list was inspired by Dr Skinner's list and some further symptoms added as reported by TPA members - the notes space is for you to make and keep a record of your symptoms.