



# Hypothyroidism

## SIGNS AND SYMPTOMS RELATED TO HYPOTHYROIDISM

(Circle any symptoms you have)

Dry hair or hair loss	Constipation	Heavy menstrual periods
Milky discharge from breasts	Joint aches and pains	Sweating less
Brittle nails	Hoarse voice	Muscle cramps
Tingling or numbness in fingers or feet	Dry skin	Hearing becoming worse
Puffy eyes and face	Slow heartbeat	Cold intolerance
Experiencing stiffness	Weight gain of more than 5 lbs.	Feeling more fatigued
Skin becoming more coarse	Dry eyes/dry mouth	Baggy eyelids
Shortness of breath during mild exertion	Slow speech and movement	Sleep Apnea
Low blood pressure	Decrease in memory	Problems swallowing
Carpal tunnel syndrome	Headaches and migraines	Uterine fibroids
Exaggerated PMS/Menopause symptoms	Yellow skin in palms	Scalloped tongue
Increased cholesterol/triglycerides/LDL	Cold hands / feet	Yeast infections
Loss of outside 1/3 of eyebrows	Depression/Anxiety	Swelling of hands & feet
Infertility	Slow thinking	Miscarriages
Autoimmune disease (Rheumatoid Arthritis, Lupus, Crohn's, etc)	Reliance on coffee or other stimulants	Low sex drive
Lumps in breast	Gum problems	Anemia
Redness in face with exercise	Raynaud's syndrome (Pain & blueing of fingers with exposure to cold)	Tongue biting
Tendonitis/Tennis elbow	Low endurance	Thick tongue
No energy for evening activities	Throat clearing	Cracking in skin of heels
Diabetes	Alopecia (patches of hair loss)	Premature graying of hair
Stroke	Blocked arteries	Polymyalgia