

# Signs and Symptoms of Hyperthyroidism

## Physical

### General

- |  |  |
|--|--|
| <input type="checkbox"/> Increased sweating                                      | <input type="checkbox"/> Hair loss                                 |
| <input type="checkbox"/> Sensation of warmth                                     | <input type="checkbox"/> Goitre (enlargement of the thyroid gland) |
| <input type="checkbox"/> Oversensitivity to heat                                 | <input type="checkbox"/> Shakiness/trembling                       |
| <input type="checkbox"/> Warm, moist palms                                       | <input type="checkbox"/> Shortness of breath                       |
| <input type="checkbox"/> Palpitations  | <input type="checkbox"/> Overactivity                              |
| <input type="checkbox"/> Increased appetite                                      | <input type="checkbox"/> Tiredness/exhaustion                      |
| <input type="checkbox"/> Diarrhoea   | <input type="checkbox"/> Increased sex drive                       |
| <input type="checkbox"/> Weight Loss   | <input type="checkbox"/> Enlargement of breasts in men             |
| <input type="checkbox"/> Pretibial myxedema (red swollen skin on shins and feet) | <input type="checkbox"/> Dry, thin skin that flushes easily        |

### Menstrual Disorders

- Cessation of periods (amenorrhoea)
- Longer or shorter cycle
- Infertility

### Muscles

- Weak, less defined muscles (wasting)
- Loss of muscle strength
- Aches and pains

### Visual Disturbances

- Staring eyes
- Conjunctivitis
- Corneal ulceration
- Dry/gritty eyes
- Painful eyes
- Double vision

**Any other Physical Signs and Symptoms (add your own)**

## Non-Physical

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Mood changes | <input type="checkbox"/> Insomnia        |
| <input type="checkbox"/> Nervousness  | <input type="checkbox"/> Racing thoughts |
| <input type="checkbox"/> Anxiety      | <input type="checkbox"/> Excitability    |

**Any other Non-Physical Signs and Symptoms (add your own)**

For information on hyperthyroidism click [here](#)

To download a pdf of this list that you can tick off click [here](#)

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