

## Comparing signs and symptoms of thyroid conditions

[Hyperthyroidism](#) is more difficult to diagnose as the signs and symptoms are similar to other conditions. Hyperthyroidism can accelerate your body's metabolism, in contrast to hypothyroidism, which slows it down.

The signs and symptoms of [hypothyroidism](#) vary, depending on the severity of your hormone deficiency. At first, you may not notice or you may simply blame them on getting older. But as your metabolism continues to slow, the signs and symptoms become more obvious.

<b>Hyperthyroid</b>	<b>Hypothyroid</b>
Difficulty sleeping	Fatigue
Sensitive to heat	Sensitive to cold
Diarrhoea	Constipation
Sweating	Dry skin
Weight loss	Weight gain
Trembling in hands	Joint pain
Eye problems	Puffy face
Heart palpitations	Slow heart rate
Fine or brittle hair	Thinning hair
Cycle length changes	Heavy periods
Anxiety	Depression

Table comparing hyperthyroid and hypothyroid signs and symptoms

Read a more comprehensive list of the signs and symptoms of [hyperthyroidism](#) and [hypothyroidism](#).

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