

# Signs and Symptoms of Hypothyroidism

## Physical

### General

- Fatigue
- Weight gain
- High cholesterol
- Cold extremities
- Slow movements
- Slowed Achilles reflex
- Slow speech
- Pins and needles
- Breathlessness
- Palpitations
- Liver tenderness and enlargement
- Anaemia
- Repeated urinary tract infections
- Albuminuria (protein in urine)
- Lack of co-ordination – especially of hands and feet
- Upper respiratory tract infections
- Pelvic Inflammatory Disease (PID)
- Poor response to treatments
- Candida
- Heavy eyelids
- Hoarse voice
- Goitre (enlargement of the thyroid gland)
- Muscle cramps and weakness
- Joint stiffness
- Heat/cold intolerance
- Diminished sweating
- Hypoglycaemia
- ADHD
- Vertigo
- Balance problems
- Dizziness

### Digestive Problems

- Alcohol intolerance
- Constipation
- Haemorrhoids
- Irritable Bowel Syndrome (IBS)
- Abdominal distension/flatulence

### Hair

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

### Skin

- Dry
- Flaky
- Coarse patches
- Pallor (yellow tinge to skin)
- Boils and spots
- Eczema
- Psoriasis
- Bruising

### Nose, Mouth & Throat

- Difficulty swallowing
- Sore throats
- Swollen tongue
- Scalloped tongue
- Choking fits
- Dry mouth
- Halitosis
- Sensation of lump in throat
- Post-nasal drip (PND)

### Menstrual Disorders

- Cessation of periods (amenorrhoea)
- Scanty periods (oligomenorrhoea)
- Heavy periods (menorrhagia)
- Infertility
- PMS (premenstrual syndrome)

### Visual Disturbances

- Poor focusing
- Double vision
- Dry/gritty eyes
- Blurred vision

### **Numbness in**

- Legs
- Toes
- Arms
- Fingers
- Back

### **Puffiness of**

- Eyes
- Face
- Hands
- Feet
- Ankles

### **Hearing Problems**

- Noises in ears (hissing)
- Deafness
- Tinnitus

### **Blood Pressure & Pulse**

- High blood pressure
- Slow/weak pulse

### **Nails**

- Brittleness
- Flaking

### **Pain**

- Migraines
- Pressure headaches
- Back and loin pain
- Wrist pain
- Carpal Tunnel Syndrome
- Foot pain
- Burning Feet Syndrome

## **Non-Physical**

- Panic attacks
- Memory loss and confusion
- Mental sluggishness
- Poor concentration
- Noises and voices in head
- Phobias
- Loss of drive
- Postnatal depression
- Nightmares
- Insomnia

- Easily upset
- Wanting to be solitary
- Mood changes
- Depression
- Nervousness
- Anxiety
- Personality changes
- Feelings of resentment
- Lack of confidence
- Loss of libido

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