Comparing signs and symptoms of thyroid conditions

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.

Hyperthyroidism is more difficult to diagnose as the signs and symptoms are similar to hypothyroidism which slows it down.

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

Table comparing hypothyroid and hyperthyroid signs and symptoms

Read a more comprehensive list of the signs and symptoms of hypothyroidism and hyperthyroidism.

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