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

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

Hair

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

Menstrual Disorders

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

Skin

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

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

Date updated: 17/06/21 (V1.2)
Review date: 13/06/22