

Quick Checklist: Over 300 Symptoms Of Hypothyroidism

Who would imagine that when the little butterfly shaped Thyroid gland in our neck goes out of whack, it can, potentially, trigger system-wide effects in our bodies. The hypothyroidism symptoms checklist is unbelievably long for this very reason.



11 Hypothyroidism Symptoms Related To Energy And Sleep:

- ☐ 1. Chronic fatigue
- ☐ 2. Having lesser stamina than most people
- ☐ 3. Long recovery period after an activity
- ☐ 4. An inability to concentrate
- ☐ 5. Sleep apnea
- ☐ 6. Snoring
- ☐ 7. Insomnia
- ☐ 8. Needing naps in the afternoon
- ☐ 9. Weakness
- ☐ 10. Waking up tired
- ☐ 11. Frequently oversleeping

9 Signs Of Weight-Related Symptoms Of Hypothyroid:

- ☐ 1. Weight gain

- ☐ 2. Inability to lose weight
- ☐ 3. Ascites (abdominal fluid accumulation)
- ☐ 4. Metabolic Syndrome
- ☐ 5. Weight loss
- ☐ 6. Anorexia
- ☐ 7. Heightened appetite
- ☐ 8. Diminished appetite
- ☐ 9. Obesity

13 Changes In Body Temperature (Which May Point To Hypothyroidism):

- ☐ 1. Cold extremities
- ☐ 2. Cold sweats
- ☐ 3. Night sweats
- ☐ 4. Heat intolerance
- ☐ 5. Cold intolerance
- ☐ 6. Internal shivering
- ☐ 7. Hypothermia
- ☐ 8. Cold hands
- ☐ 9. Clammy palms
- ☐ 10. Cold feet
- ☐ 11. Excessive perspiration
- ☐ 12. Little perspiration
- ☐ 13. Low basal body temperature (below 97.8 degrees Fahrenheit)

4 Signs Of Slow Reflexes Due To Hypothyroid:

- ☐ 1. Slow movements
- ☐ 2. Slowed Achilles reflex
- ☐ 3. Diminished reflexes
- ☐ 4. Slow speech

16 Infection-Related Symptoms Of Hypothyroidism:

- ☐ 1. Frequent infections

- ☐ 2. Chronic illness
- ☐ 3. Low immune system
- ☐ 4. Frequent colds
- ☐ 5. Frequent flus
- ☐ 6. Susceptibility to bronchitis
- ☐ 7. Hard time recovering from infections
- ☐ 8. Recurrent sinus infections
- ☐ 9. Recurrent skin infections
- ☐ 10. Recurrent ear infections
- ☐ 11. Recurrent nose infections
- ☐ 12. Recurrent throat infections
- ☐ 13. Candida (yeast)
- ☐ 14. Pelvic Inflammatory Disease (PID)
- ☐ 15. Repeated urinary tract infections
- ☐ 16. Upper respiratory tract infections

22 Underlying Autoimmune Or Endocrine Diseases Associated With Hypothyroidism:

- ☐ 1. Hashimoto's Disease
- ☐ 2. Graves' Disease
- ☐ 3. Celiac disease
- ☐ 4. Type 1 Diabetes
- ☐ 5. Type 2 Diabetes
- ☐ 6. Insulin Resistance
- ☐ 7. Addison's disease
- ☐ 8. Cushing's disease
- ☐ 9. Pernicious Anemia
- ☐ 10. Premature ovarian decline
- ☐ 11. Premature ovarian failure
- ☐ 12. Alopecia
- ☐ 13. Reynaud's syndrome
- ☐ 14. Sjögren's syndrome
- ☐ 15. Chronic fatigue syndrome
- ☐ 16. Rheumatoid arthritis

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- ☐ 17. Systemic lupus erythematosus
 - ☐ 18. Multiple sclerosis
 - ☐ 19. Sarcoidosis
 - ☐ 20. Scleroderma
 - ☐ 21. Vitiligo
 - ☐ 22. Psoriasis

Swelling & Thickened Skin In These 11 Areas – Hypothyroid Symptoms:

- ☐ 1. Eyes
- ☐ 2. Face
- ☐ 3. Lips
- ☐ 4. Neck
- ☐ 5. Hands
- ☐ 6. Arms
- ☐ 7. Legs
- ☐ 8. Feet
- ☐ 9. Ankles
- ☐ 10. Lymphedema
- ☐ 11. Lipedema

Symptoms Of Hypothyroidism Related To Changes In Various Parts Of The Body:

Mouth And Throat

- ☐ Difficulty swallowing
- ☐ Sensation of a lump in the throat
- ☐ Sensation of pressure on the throat
- ☐ Pain and tenderness in the neck and/or thyroid area
- ☐ Difficulty taking deep breaths
- ☐ Goiter
- ☐ Thyroid nodules
- ☐ Burning sensation in the throat
- ☐ Sore throat

- ☐ Swollen tongue
- ☐ Choking fits
- ☐ Distorted sense of taste (Dysgeusia)
- ☐ Salt cravings
- ☐ Sweet cravings
- ☐ Speech problems
- ☐ Dry mouth
- ☐ Halitosis (bad breath)
- ☐ Propensity for cavities
- ☐ Propensity for gum disease
- ☐ Low, husky, hoarse voice
- ☐ Bleeding gums
- ☐ Receding gums
- ☐ Irritated gums
- ☐ Swollen gums
- ☐ Persistent teeth clenching
- ☐ TMJ

Ears

- ☐ Oversensitive hearing
- ☐ Noises in the ears (hissing, ringing)
- ☐ Deafness
- ☐ Tinnitus
- ☐ Internal itching of ears
- ☐ Dry, scaly ear canal
- ☐ Excess earwax
- ☐ Vertigo

Eyes

- ☐ Poor focus
- ☐ Double vision
- ☐ Dry eyes

- ☐ Gritty eyes
- ☐ Achy eyes
- ☐ Blurred vision
- ☐ Drooping eyelids
- ☐ Sensitive to light
- ☐ Frequent eye tics
- ☐ Eyelid spasms
- ☐ Bulging of the eyeballs
- ☐ Red eyes (inflamed)
- ☐ Dark rings under the eyes
- ☐ Puffiness around the eyes
- ☐ A rapidly shifting gaze that makes you feel dizzy
- ☐ Problems with night vision
- ☐ Glaucoma
- ☐ Cataracts

Hair

- ☐ Hair loss
- ☐ Dry hair
- ☐ Frizzy hair
- ☐ Brittle hair
- ☐ Coarse hair
- ☐ Finer hair
- ☐ Premature baldness
- ☐ Premature gray hair
- ☐ Changes in the hair texture
- ☐ Body-hair loss
- ☐ Eyelash loss
- ☐ Facial hair in women
- ☐ Thinning or loss of outside third of the eyebrows

Nails

- ☐ Brittle
- ☐ Pale
- ☐ Soft
- ☐ Yellowish
- ☐ Ridged
- ☐ Striated
- ☐ Thickened
- ☐ Ingrown toenails

Skin

- ☐ Dry skin
- ☐ Dry and itchy scalp
- ☐ Flaky skin
- ☐ Cracked heels
- ☐ Coarse patches
- ☐ Yellowish or amber tint to the skin
- ☐ Dry mucous membranes
- ☐ Pale skin
- ☐ Pale lips
- ☐ Boils
- ☐ Pigmentation in skin creases
- ☐ Rashes
- ☐ Skin tags
- ☐ Dermographia (wheals)
- ☐ Eczema
- ☐ Impetigo
- ☐ Cellulitis
- ☐ Easy bruising
- ☐ Tendency to form blood clots
- ☐ Slow wound healing
- ☐ Hemophilia
- ☐ Bumps on legs
- ☐ Acne

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- ☐ Breakouts on the chest and the arms
 - ☐ Raynaud's Phenomenon (discoloration of digits)\
 - ☐ Chronic itching
 - ☐ Varicose veins
 - ☐ Premature aging
 - ☐ Parchment-like fine wrinkles
 - ☐ Red butterfly patch over cheeks and nose
 - ☐ Absence or diminished perspiration
 - ☐ Moles and warty growths
 - ☐ Lichen Sclerosus
 - ☐ Vitiligo
 - ☐ Allergies
 - ☐ Hives

Brain

- ☐ Depression
 - ☐ Panic attacks
 - ☐ Memory loss
 - ☐ Confusion
 - ☐ Brain fog
 - ☐ Mental sluggishness
 - ☐ Poor concentration
 - ☐ Noises and/or voices in head
 - ☐ Hallucinations
 - ☐ Delusions
 - ☐ Mania
 - ☐ Phobias
 - ☐ Obsessions
 - ☐ Alcohol and substance abuse
 - ☐ Rage
 - ☐ Loss of drive
 - ☐ Personality disorders
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- ☐ Schizophrenia
- ☐ Postpartum Depression
- ☐ Seasonal Affective Disorder (SAD)
- ☐ Nightmares
- ☐ Bipolar tendencies
- ☐ Suicidal thoughts
- ☐ ADHD
- ☐ Dementia
- ☐ Alzheimer's Disease
- ☐ Parkinson's Disease

Kidney And Bladder

- ☐ Albuminuria (protein in urine)
- ☐ Urinary incontinence
- ☐ Frequent need to urinate
- ☐ Decreased output of urine
- ☐ Interstitial cystitis (chronic bladder problems)
- ☐ Urinary incontinence while sleeping
- ☐ Kidney stones
- ☐ Recurrent kidney infections
- ☐ Recurrent bladder infections
- ☐ Irritable bladder syndrome
- ☐ Chronic kidney failure

Gallbladder

- ☐ Gallbladder Disease
- ☐ Gallstones

Liver

- ☐ Liver tenderness and enlargement
- ☐ Congestion of the liver
- ☐ Elevated liver enzymes

☐ Hypoglycemia

Lungs

☐ Asthma

☐ Bronchitis

☐ Emphysema

☐ Difficulty breathing

☐ Air hunger

☐ Pleural effusion (fluid around the lung)

☐ Shortness of breath

☐ Tightness in chest

☐ Pneumonia

Heart

☐ High blood pressure

☐ Low blood pressure

☐ Slow/weak pulse (under 60 bpm)

☐ Fast pulse (over 90 bpm at rest)

☐ Arrhythmia (irregular heartbeat)

☐ Skipped heartbeats

☐ Heart flutters

☐ Heart palpitations

☐ Chest pain

☐ High cholesterol

☐ High triglycerides

☐ High LDL (bad) cholesterol

☐ Mitral Valve Prolapse

☐ Atherosclerosis

☐ Coronary Artery Disease

☐ Elevated C-Reactive Protein

☐ Fibrillations

☐ Plaque buildup

- ☐ Fluid retention
- ☐ Poor circulation
- ☐ Enlarged heart
- ☐ Congestive Heart Failure
- ☐ Stroke

Other Related Conditions Which Could Be Signs Of Hypothyroid:

- ☐ Adrenal Fatigue
- ☐ Anemia
- ☐ Hyponatremia (low blood sodium)
- ☐ Lack of coordination
- ☐ Clumsiness
- ☐ Tendency to fall
- ☐ Dizziness
- ☐ Fainting episodes
- ☐ Vertigo
- ☐ Tremors
- ☐ Growth disturbances in children
- ☐ Chronic allergies
- ☐ Chemical sensitivities
- ☐ Restless Leg Syndrome
- ☐ Restless Leg Syndrome
- ☐ Scoliosis
- ☐ Osteoporosis
- ☐ Hernia

Numbness And Tingling In The Following:

- ☐ Legs
- ☐ Feet
- ☐ Arms
- ☐ Back
- ☐ Face

Other Hypothyroidism Symptoms Triggered In Various Parts Of The Body:

- ☐ Pain
- ☐ Digestion
- ☐ Menstrual Disorders
- ☐ Reproductive Disorders And Pregnancy
- ☐ Emotional Troubles
- ☐ Cancer

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