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

- [ ] 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

- [ ] 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

- [ ] 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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