# 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

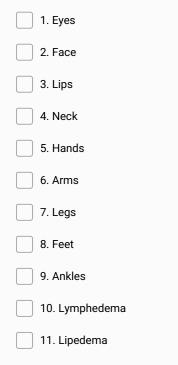
2. Chronic illness
3. Low immune system
4. Frequent colds
5. Frequent flus
6. Susceptibility to bronchitis
7. Hard time recovering from infections
8. Recurrent sinus infections
9. Recurrent skin infections
10. Recurrent ear infections
11. Recurrent nose infections
12. Recurrent throat infections
13. 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:



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

area

# **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
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
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# Ears

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

# Eyes

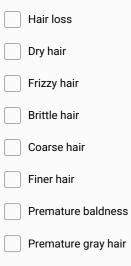
Poor focus

Double vision

Dry eyes

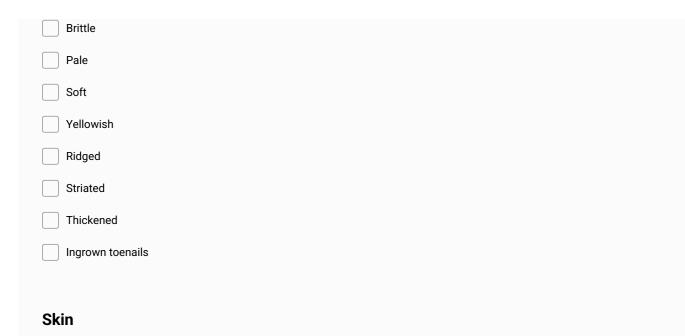
Gritty eyes
Achy eyes
Blurred vision
Drooping eyelids
Sensitive to light
Frequent eye tics
Eyelid spasms
Bulging of the eyeballs
Red eyes (inflamed)
Dark rings under the eyes
Puffiness around the eyes
A rapidly shifting gaze that makes you feel dizzy
Problems with night vision
Glaucoma
Cataracts

#### Hair



- Changes in the hair texture
- Body-hair loss
- Eyelash loss
- Facial hair in women
- Thinning or loss of outside third of the eyebrows

#### Nails



- 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

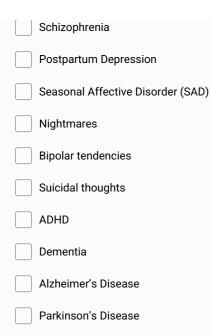
## Brain

- 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

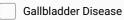
Personality disorders



# **Kidney And Bladder**

- Albuminuria (protein in urine)
- 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



Gallstones

## Liver

Liver tenderness and enlargement

Congestion of the liver

Elevated liver enzymes

## 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	Make and Share Free Checklists checkli.com			