# Thyroid Symptom Checklist and Neck Check

If you are wondering whether you have a thyroid problem, there are two steps you can take prior to making your first doctor's appointment.



## Step One: Review a Symptom Checklist

- [ ] Review this checklist, mark your symptoms, and then bring this list to your doctor's appointment.

## Hypothyroidism/Underactive Thyroid Symptoms

- [ ] **Symptoms on this list may be signs of hypothyroidism. ----**
- [ ] I am gaining weight inappropriately
- [ ] I am unable to lose weight with diet/exercise
- [ ] I am constipated, sometimes severely
- [ ] I have hypothermia/low body temperature
- [ ] I feel fatigued, exhausted
- [ ] I am feeling run down and sluggish
- [ ] My hair is coarse and dry, breaking, brittle, and/or falling out
- [ ] My skin is coarse, dry, scaly, and/or thick
- [ ] I have a hoarse or gravely voice
- [ ] I have puffiness and swelling around the eyes and face
- [ ] I have pains, aches in joints, hands, and feet
- [ ] I have developed carpal-tunnel syndrome, or it's getting worse

- [ ] I am having irregular menstrual cycles (longer, or heavier, or more frequent)
- [ ] I am having trouble conceiving a baby
- [ ] I feel depressed
- [ ] I feel restless
- [ ] My moods change easily
- [ ] I have feelings of worthlessness
- [ ] I have difficulty concentrating
- [ ] I have more feelings of sadness
- [ ] I seem to be losing interest in normal daily activities
- [ ] I'm more forgetful lately
- [ ] I can't seem to remember things
- [ ] I have a low sex drive
- [ ] I am getting more frequent infections
- [ ] I'm snoring more
- [ ] I have/may have sleep apnea
- [ ] I feel shortness of breath and tightness in the chest
- [ ] I feel the need to yawn to get oxygen
- [ ] My eyes feel gritty and dry
- [ ] My eyes feel sensitive to light
- [ ] My eyes get jumpy/tics in eyes
- [ ] I feel dizzy or have vertigo
- [ ] I have regular headaches
- [ ] I have strange feelings in neck or throat
- [ ] I have tinnitus (ringing in ears)
- [ ] I get recurrent sinus infections
- [ ] I have vertigo
- [ ] I feel some lightheadedness

## Hyperthyroidism/Overactive Thyroid Symptoms

- [ ] **This list of symptoms points to hyperthyroidism. ---**
- [ ] My heart feels like it's skipping a beat, racing, and I feel like I'm having heart palpitations
- [ ] My pulse is unusually fast

- [ ] My pulse, even when resting or in bed, is high
- [ ] My hands are shaking, I'm having hand tremors
- [ ] I feel hot when others feel cold, I am feeling inappropriately hot or overheated
- [ ] I am having increased perspiration
- [ ] I am losing weight inappropriately
- [ ] I am losing weight, but my appetite has increased
- [ ] I feel like I have a lot of nervous energy that I need to burn off
- [ ] I am having diarrhea or loose or more frequent bowel movements
- [ ] I feel nervous or irritable
- [ ] My skin looks or feels thinner
- [ ] My muscles feel weak, particularly the upper arms and thighs
- [ ] I am having difficulty getting to sleep, staying asleep, or going back to sleep after awakening in the middle of the night
- [ ] My hair is coarse and dry, breaking, brittle, falling out
- [ ] My skin is coarse, dry, scaly, thin
- [ ] I have a hoarse voice
- [ ] I have pains, aches in joints, hands, and feet
- [ ] I am having irregular menstrual cycles (shorter, longer, or heavier, or more frequent, or not at all)
- [ ] I am having trouble conceiving a baby
- [ ] I have had one or more miscarriages
- [ ] I feel depressed
- [ ] I feel fatigued, exhausted
- [ ] I feel restless, or anxious
- [ ] I have had panic attacks
- [ ] I've recently been diagnosed as having panic disorder, anxiety disorder, or panic attacks
- [ ] I have puffiness and swelling around the eyes and face
- [ ] My eyes seem to be enlarging or getting more "bug-eyed" looking
- [ ] My eyes are very dry
- [ ] I am having double vision or blurred vision
- [ ] My moods change easily
- [ ] I have feelings of worthlessness
- [ ] I have difficulty concentrating or focusing
- [ ] I have more feelings of sadness
- [ ] I seem to be losing interest in normal daily activities

- [ ] I'm more forgetful lately
- [ ] I can't seem to remember things
- [ ] I have no sex drive, or am having sexual performance problems
- [ ] I am getting more frequent infections, that last longer
- [ ] I feel shortness of breath and tightness in the chest

## Other Potential Thyroid Symptoms

- [ ] My neck is enlarged, or I have a visible lump or irregularity
- [ ] My neck is sensitive
- [ ] Scarves, ties, turtlenecks and jewelry around my neck are uncomfortable

## Step Two: Thyroid Neck Check

- [ ] One self-check that may detect some thyroid problems is called the “thyroid neck check.” To perform this test, hold a mirror up so that you can see your neck, just below your Adam's apple and above your collarbone. Then, tip your head back, and keeping an eye on this area, take a drink of water and swallow.
- [ ] As you swallow, look at your neck. Watch carefully for any bulges, enlargement, protrusions, or unusual appearances in this area. Repeat this process several times. If you see any bulges, protrusions, lumps or anything unusual, see your doctor for a full evaluation.
- [ ] It's important to note that the thyroid neck check can't rule out the possibility that you have a thyroid condition. It can, however, help you to identify a particularly enlarged thyroid or visible thyroid nodules.

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