Comprehensive List of Thyroid Symptoms

Thyroid / Throat / Neck / Mouth

___ I have a goiter
___ My thyroid/neck is enlarged
___ I can feel a lump -- or what appears to be some sort of fullness or growth -- in my neck or thyroid area
___ I have enlarged and/or tender lymph nodes
___ I find neckties, turtlenecks, necklaces and or scarves around my neck uncomfortable
___ I have a "buzzy" feeling in my neck/thyroid area
___ I sometimes feel like I am choking or have something stuck in my throat
___ Sometimes it's hard to swallow
___ My tongue feels thick and/or trembles
___ I have pain and tenderness in my neck and/or thyroid
___ My voice has become hoarse, husky, or gravelly.

Weight Changes / Appetite Changes

___ I feel thirsty much of the time
___ I am unusually hungry
___ I have no appetite
___ I am losing weight, even though I haven't changed my diet and exercise
___ I have experienced rapid and/or dramatic weight loss without particularly dieting
___ I am losing weight during pregnancy
___ I am craving and/or eating more carbohydrates (bread, rice, pasta, sweets, fruits, sugary foods, etc.)
___ I'm a diabetic, and having symptoms of poor blood sugar control (hunger, shakiness when hungry)
___ I am able to eat more and not gain weight
___ I am able to eat more and am still losing weight
___ I can't gain weight, even if I eat more
___ I am gaining weight without a change in diet or exercise
___ I am unable to lose weight, despite proper diet and exercise
___ I am having excessive vomiting and nausea -- accompanied by weight loss -- in pregnancy
___ I have had a baby in the last year and experienced a rapid and/or dramatic weight loss without dieting
___ I have recently been diagnosed as anorexic

Bloating/Fluid in the Abdomen

___ I have rapidly gained weight in the abdominal area
___ My ankles are swollen
___ I am experiencing abdominal discomfort and distention
___ I'm experiencing shortness of breath (a.k.a. “air hunger”)

Temperature

___ I am very intolerant of any temperature extremes -- hot or cold
___ I am very sensitive to cold
___ I have a low-grade fever
___ I have been diagnosed as having hypothermia (low body temperature).
___ I feel cold, especially in the hands and/or feet.
___ I'm frequently thirsty
___ My "normal" basal body temperature is lower than 97.8 to 98.2 degrees Fahrenheit.
___ I feel warm or hot when others are cold, or cold when others are warm
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___ I'm experiencing hot flashes
___ I'm sweating excessively, or much less than normal

Slowness

___ My movements are slower than normal
___ My speech is slower than normal

Heart

___ My pulse rate is particularly low or high (insert beats per minute here
   ___ ( _____ bpm)
___ I have unusually low or high blood pressure
___ I feel like my heart is racing or pounding
___ I feel like I can "hear" my heartbeat in my head
___ I have occasional chest pain
___ I feel heart palpitations, flutters, skipped beats, strange patterns or rhythms
___ I have frequent headaches
___ I often feel breathless
___ I frequently feel dizzy

Gastrointestinal System

___ I have more frequent bowel movements
___ My bowel movements are looser than normal
___ I have diarrhea
___ I have pain in the upper right abdominal area
___ I have constipation
___ I have to urinate more frequently
___ I am experiencing nausea and/or vomiting

Breathing

___ I experience periods of shortness of breath
___ I have tightness in the chest
___ Occasionally, I feel the need to yawn to get oxygen

Dizziness

___ Vertigo and dizziness
___ Lightheaded feeling, dizziness

Hearing/Tinnitus

___ I have tinnitus (ringing in ears).
___ I have sudden hearing loss or onset of deafness
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Energy / Muscles / Joints

___ I feel fatigued more than normal.
___ I feel weak, run down, sluggish, lethargic.
___ I feel like I can't get enough sleep
___ My muscles feel weak
___ My arms, shoulders and/or legs feel week
___ I am more fatigued and sore than normal after exercise
___ I have developed carpal-tunnel syndrome, or my existing carpal tunnel syndrome is getting worse.
___ I need very little sleep
___ I have experienced one or more episodes of extreme weakness, i.e., difficulty walking
___ I have had an unusual increase in energy
___ I'm feeling a need to exercise far more than usual
___ I have pains, aches, and stiffness in various joints, hands, and feet
___ I have developed tarsal-tunnel syndrome (legs), or my existing condition is getting worse.
___ I have developed plantar's fasciitis (balls of feet) or my existing condition is getting worse.

Skin/Face

___ My skin is smooth, young looking, and/or velvety
___ I have worsening acne, breakouts
___ My mucous membranes (i.e. mouth, eyes) are especially dry
___ I have a dull facial expression
___ I have puffiness around my eyes
___ My face, throat, palms and/or elbows are flushed
___ My coloring and/or lips are pale
___ I have patches of unpigmented skin (vitiligo)
___ I have waxy, reddish-brown lesions on my lower legs, feet, toes, arms, face, shoulders and/or trunk.
___ My skin is rough, coarse, dry, scaly, itchy, and thick.
___ I get painful, inflamed boils in my armpits or groin
___ I'm bruising easily
___ I have prominent spider veins on my face or neck
___ I have blister-like bumps on my forehead and/or face
___ My skin is yellowish
___ I'm getting hives frequently
___ I'm experiencing itching
___ I have puffy/swollen eyes and/or face.
___ I have swollen eyelids.

Nails / Hands

___ My nails are more shiny than usual
___ My nails are dry, more brittle, break more easily
___ My nails are softer
___ My hands and palms are warm and moist.
___ My nail bed is separating from my finger
___ I have swollen hands, pain in finger joints
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Hair Changes

___ My hair is falling out more than usual
___ I'm losing body hair
___ I'm losing hair from the outer edge of my eyebrows
___ My hair has become thinner
___ My hair has become finer
___ My hair has become softer
___ My hair can no longer hold a perm or a curl
___ My hair has become rough and coarse
___ My hair has become dry
___ My hair has been breaking and has become brittle

Legs/Feet/Toes

___ My toes are swelling and becoming wider
___ I have pain in the joints of my toes
___ I have swollen feet
___ I have tarsal tunnel syndrome (pain in leg)
___ I have plantar’s fasciitis (pain in the ball of the feet)
___ I have waxy, reddish-brown lesions on my lower legs, feet, toes
___ I have significantly calloused heels

Eyes

___ My eyes feel uncomfortable
___ My eyes feel dry, and/or gritty
___ It feels as if there is something in my eye
___ My eyes are tearing and watering frequently
___ There are visible blood vessels in my eyes
___ My upper and lower eyelids look irritated and puffy
___ I feel an achiness or pain behind my eyes
___ I frequently have a headache in the eye area
___ My eyeballs are bulging or protruding
___ I can't completely close my eye during sleep
___ My upper eyelids are retracting, giving me a wide-eyed, startled look
___ I have tics, twitches and/or tremor in my eyes and/or eyelids
___ I have a noticeable "stare"
___ I don't blink frequently
___ My eyes get jumpy (tics in eyes)
___ When I shift my gaze quickly, I feel dizzy or disoriented
___ My vision is blurred and/or worsening
___ My vision is blurry, but eyedrops help
___ I have double vision
___ I find colors are less vivid and/or brightness is diminishing
___ I have poor night vision
___ I'm light sensitive
___ I see "flashing lights" or "floaters"
___ My eyelids are puffy
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Depression

___ I feel sad, empty, worthless and/or hopeless
___ I feel hopeless or pessimistic
___ I feel guilty and/or helpless
___ I am withdrawing emotionally
___ I've lost interest or pleasure in activities and hobbies
___ I've lost interest or pleasure in sex
___ I have thoughts of death or suicide
___ I have mood swings
___ I'm feeling unusually elated
___ I'm feeling unusually self-confident
___ I'm having hallucinations
___ I'm taking an antidepressant, but it doesn't seem to be working.

Mood/Thinking/Cognition

___ My moods change easily.
___ My mind feels like I’m in a "fog," I have "brain fog"
___ I find it difficult to focus or concentrate
___ I find it difficult to make decisions
___ I'm feeling confused and my thinking is disorganized
___ I have dyslexia
___ I'm having difficulty with reading and/or calculating
___ I have memory problems, and am forgetting things
___ I feel like my mind is going blank regularly
___ My mind is racing, I can't shut my thoughts off

Anxiety/Panic

___ Sometimes I am acting erratically, overemotionally
___ I feel uncontrollable and/or irrational anger or aggressiveness at times when it's not appropriate
___ I feel anxious, nervous, restless, irritable, on edge
___ I feel inexplicably frightened at times
___ I'm frequently worrying, and I find it hard to stop
___ I'm jumpy, easily startled
___ My reflexes are particularly fast
___ I have tremors, my hands are shaky
___ I'm having panic attacks
___ I'm always moving, jiggling, tapping a foot, drumming my fingers -- can't sit still

Sleep Problems

___ I find it hard to fall asleep
___ After I've fallen asleep, I frequently wake up
___ When I wake up in the middle of the night, I find it hard to fall back asleep
___ I have insomnia and can't sleep
___ I wake feeling tired and unrefreshed
___ I frequently oversleep
___ I am frequently exhausted
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___ I snore
___ I have sleep apnea

Menstruation

___ I have developed premenstrual syndrome (PMS) or my PMS seems to have gotten worse
___ My menstrual periods have stopped
___ My menstrual periods have become unusually light
___ My menstrual periods have become unusually short
___ My menstrual periods are coming less frequently
___ My menstrual periods have become unusually heavy
___ My menstrual periods have become unusually long
___ My menstrual periods are coming more frequently

Sex Drive

___ My sex drive is low or nonexistent
___ I have difficulty reaching orgasm
___ I have a suddenly "raging libido"/very high sex drive
___ I'm behaving in a sexually obsessive way
___ I have chronic yeast infections
___ I have constant excessive vaginal lubrication

Fertility

___ I'm unable to get pregnant
___ I've had a miscarriage or multiple miscarriages
___ I'm showing signs that I'm not ovulating
___ I have an in vitro fertilization failure
___ I've had donor egg failure

Symptoms in Pregnancy

___ I am vomiting excessively
___ I am losing weight or not gaining appropriately
___ I have an extreme case of morning sickness
___ I am gaining excessive weight during pregnancy
___ I am extremely fatigued
___ My hair is falling out
___ I'm feeling unusually depressed

Post-Partum Symptoms

___ I have had or am having difficulty breastfeeding
___ I am having difficulty losing weight
___ I'm experiencing depression and mood swings
___ I am losing large amounts of hair
___ I'm having brain fog, memory lapses, and difficulty concentrating
___ I am abnormally fatigued
Breast Changes

___ My breasts are leaking milk, but I'm not lactating or breastfeeding

Menopause/Perimenopause

___ My perimenopause symptoms have gotten worse
___ My menopause symptoms have gotten worse