

## 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



## Comprehensive List of Thyroid Symptoms

- 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

### 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

## 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

### 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

- 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



## Comprehensive List of Thyroid Symptoms

### **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