The thyroid is involved in nearly every bodily process, meaning that symptoms are widespread and extensive.

Because symptom assessment is a vital part of proper diagnosis and treatment, we’ve compiled a comprehensive thyroid disease symptom checklist to help you and your doctor make a proper diagnosis, as well as monitor your symptoms to ensure optimal treatment is being used.

How to Use the Checklist

For diagnosis: Go through the checklist in its entirety and put a mark next to a symptom you’re experiencing. If you have 7 or more symptoms marked, there is a good chance you are experiencing some form of thyroid dysfunction and should consider undergoing further testing.

For symptom monitoring: After undergoing thyroid treatment for 3 months or after 3 weeks of a medication change, reassess your symptoms by going through the checklist in its entirety and putting a mark next to a symptom you’re experiencing. Take note of any changes and discuss them with your treating physician.

Thyroid Checklist

Aches, Pain, and Discomfort:
  _ Carpal Tunnel Syndrome in the hands or forearms
  _ Chronic headaches
  _ Cramps
  _ Heel spurs
  _ Migraines
  _ Muscle and joint pain
  _ Numbness or tingling in the legs, hands, feet, arms, back, and face
  _ Plantar fasciitis or loss of foot arch
  _ Stiffness
  _ Tarsal Tunnel Syndrome in the legs
  _ Tendonitis
  _ Wrist pain

Ears:
  _ Deafness
  _ Dryness of the ear canal
  _ Hearing sensitivity
  _ Increased ear wax
  _ Internal ear itch
  _ Tinnitus or hearing noises such as hissing or ringing in ears
  _ Vertigo or dizziness and instability
thyroid disease
symptom checklist

Energy Level:
- Chronic fatigue
- Difficulty getting out of bed in the morning
- Easily fatigued
- Malaise or low energy
- Muscle weakness
- Requiring long periods of rest after even mild activity

Eyes:
- Difficulty focusing or blurred vision
- Dizziness caused by rapid changes in perspective
- Double vision
- Drooping eyelids
- Dry, achy, and gritty eyes
- Eye twitches or tics and eyelid spasms
- Inability to completely close eyelids
- Infrequent blinking
- Light sensitivity
- Poor night vision
- Reduced vividness of color
- Watery eyes

Gastrointestinal:
- Acid reflux
- Ascites or accumulation of protein-containing fluid in the abdomen
- Colitis or inflammation of the stomach lining
- Constipation
- Excess captured gas
- Food allergies, sensitives or intolerances i.e. gluten (celiac disease), lactose and alcohol
- Gastroesophageal reflux disease or GERD
- Hard stools
- Hemorrhoids
- Increased flatulence or burping
- Increased frequency of bowel movements
- Irritable Bowel Syndrome or IBS
- Nausea
- Painful swollen abdomen or stomach distention
- Ulcers

Heart:
- Atherosclerosis or fat deposits in the heart and arteries
- Chest pain
- Congestive Heart Failure
# Thyroid Disease Symptom Checklist

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary Artery Disease</td>
<td></td>
</tr>
<tr>
<td>Elevated blood pressure</td>
<td></td>
</tr>
<tr>
<td>Enlarged heart</td>
<td></td>
</tr>
<tr>
<td>Fluid retention</td>
<td></td>
</tr>
<tr>
<td>Hastened pulse, over 90 beats per minute</td>
<td></td>
</tr>
<tr>
<td>Heart flutters or palpitations</td>
<td></td>
</tr>
<tr>
<td>Irregular heartbeat caused by arrhythmia or fibrillation</td>
<td></td>
</tr>
<tr>
<td>Low blood pressure</td>
<td></td>
</tr>
<tr>
<td>Mitral Valve Prolapse</td>
<td></td>
</tr>
<tr>
<td>Plaque buildup</td>
<td></td>
</tr>
<tr>
<td>Poor circulation</td>
<td></td>
</tr>
<tr>
<td>Slowed pulse, below 60 beats per minute</td>
<td></td>
</tr>
<tr>
<td>Stroke or heart attack</td>
<td></td>
</tr>
</tbody>
</table>

### Immunity:
- Candida or other fungal infections
- Chronic illnesses
- Difficulty recovering from infections
- Frequent infections
- Frequent relapse of sinus, skin, ear, throat, and nose infections
- Frequently sick with the cold or flu
- Greater risk of bronchitis
- Infection of the upper respiratory tract
- Pelvic Inflammatory Disease or PID
- Recurring urinary tract infections

### Kidney, Bladder, and Gallbladder:
- Chronic bladder issues
- Chronic kidney failure
- Decreased urine volume
- Frequent urination
- Gallbladder disease
- Gallstones
- Incontinence
- Irritable bladder syndrome
- Kidney stones
- Protein expelled in the urine
- Recurring kidney or bladder infections
- Urination while sleeping

### Liver:
- Hypoglycemia or low blood sugar
- Increased liver enzyme prevalence
thyroid disease
symptom checklist

__ Liver congestion
__ Tenderness and enlargement of the liver

Lungs and Breathing Conditions:
__ Air hunger
__ Asthma
__ Bronchitis
__ Chest tightness
__ Difficulty catching breath
__ Emphysema
__ Fluid around the lungs or pleural effusion
__ Pneumonia

Menstruation:
__ Bleeding throughout menstruation
__ Excessive bloating and water retention
__ Excessively challenging menopause
__ Extreme cramping
__ Hysterectomy
__ Inability to ovulate
__ Irregular periods that may fall in the following categories: absence of periods or amenorrhea, light periods or oligomenorrhea, heavier periods or menorrhagia
__ Ovarian fibroids
__ Premature puberty and/or menopause
__ Premenstrual syndrome or PMS
__ Premenstrual tension or PMT
__ Shortened or extended cycles

Mood and Mental Conditions:
__ Addictions and substance abuse
__ Anxiety
__ Changes in personality
__ Confusion
__ Delusions
__ Depression and thoughts of suicide
__ Desire to avoid social contact
__ Difficulty making decisions
__ Difficulty paying attention or staying focused
__ Difficulty with reading and calculations
__ Dyslexia
__ Hallucinations
__ Irritability
__ Jumppiness or jitteriness
thyroid disease
symptom checklist

__ Loss of motivation
__ Low confidence
__ Mania
__ Memory loss and difficulty remembering things
__ Mood swings
__ Nervousness
__ Nightmares
__ Obsessions
__ Panic attacks
__ Personality disorders i.e. bipolar
__ Phobia
__ Rage
__ Resentment
__ Tension

Mouth:
__ Dry mouth
__ Dysgeusia or changes in sense of taste
__ Frequent occurrence of cavities
__ Halitosis or bad breath
__ Often thirsty
__ Receding, bleeding, or inflamed gums
__ Recurrent gum disease
__ Speech difficulties or impediments
__ Teeth clenching
__ Thickening or trembling of the tongue

Reproduction:
__ Abnormally high birth weight
__ Decreased sperm count
__ Difficulty breastfeeding or low breast milk production
__ Donor egg failure
__ Erectile dysfunction
__ Excessive vomiting and nausea
__ Extended labor
__ Failure of in vitro fertilization
__ Fibrocystic breast disease
__ Gestational diabetes
__ Inability to dilate
__ Irregular or abnormal estrogen, progesterone, and/or testosterone levels
__ Long gestation
__ Loss of libido
__ Male or female infertility
__ Maternal anemia or iron deficiency while giving birth, which can contribute to low birth weight
thyroid disease
symptom checklist

__ Miscarriage
__ Newborns with conditions including jaundice, autism, ADD/ADHD, or birth defects
__ Newborns with impaired development
__ Pain located in or around C-section scar
__ Painful sex
__ Postpartum depression
__ Postpartum hemorrhage
__ Preeclampsia, a pregnancy specific condition associated with high blood pressure, protein in urine, and damage to other organs
__ Premature birth
__ Producing breast milk while not lactating or breastfeeding
__ Separation of placenta from the uterine lining or placental abruption
__ Sexual dysfunction
__ Still birth
__ Vaginal dryness

Skin:
__ Cellulite
__ Chronic itching
__ Dermographia or wheals, a subset of hives frequently triggered by scratches
__ Dry mucous membranes specifically around the mouth and eyes
__ Dry, itchy, scaly, and flaky skin
__ Easily bruised
__ Fine wrinkles
__ Frequent blood clot formation
__ Grey and/or brown patches on the skin known as melasma
__ Hives
__ Increased allergic reactions
__ Lightening or whitening of skin known as vitiligo
__ Rashes
__ Skin tags, moles, or wart-like growths
__ Varicose veins

Sleep and Rest:
__ Difficulty falling asleep
__ Frequently sleeping through alarms or oversleeping
__ Insomnia
__ Requiring regular naps during the day
__ Restless sleep
__ Sleep apnea
__ Slow healing injuries
__ Snoring
__ Waking up and not feeling rested
thyroid disease
symptom checklist

Sluggishness:
__ Adrenal fatigue
__ Delayed reflexes
__ Poor Achilles reflex (when the doctor taps your knee with the rubber mallet)
__ Poor coordination and clumsiness
__ Slow to complete actions
__ Slowed speech
__ Sluggish muscle movement or response

Temperature Regulation:
__ Basal body temperature falling below the standard 97.8 degree Fahrenheit
__ Clamminess
__ Cold extremities, i.e. hands and feet
__ Cold sweats
__ Hot flashes
__ Hypothermia
__ Intolerance to cold (generally seen in hypothyroidism)
__ Intolerance to heat (generally seen in hyperthyroidism)
__ Lack of perspiration
__ Night sweats or increased perspiration
__ Shivering

Throat and Neck:
__ Difficulty breathing or taking deep breaths
__ Difficulty swallowing
__ Feeling like a lump is present in the throat
__ Fits of choking
__ Hoarseness or lost voice
__ Pain and tenderness in neck region
__ Pressure on the throat
__ Sore or burning sensation in throat
__ Thyroid nodules

Visual Indicators:
__ Acne that may occur on chest and arms
__ Browning and pigmentation of skin creases, frequently under the arms
__ Changes in hair texture (brittle, coarse, frizzy, fine, or dry)
__ Changes in nail texture (brittle, ridged, striated, or thickened)
__ Cracking heels
__ Dark rings under eyes
__ Eczema
__ Female facial hair growth
__ Goiter or visible growth near the neck
thyroid disease
symptom checklist

__ Hair loss
__ Ingrown toenails
__ Lipedema or irregular fat distribution beneath the skin (typically seen in the buttocks and legs)
__ Loss of body and eyelash hair
__ Lymphedema or swelling in the arms and legs
__ Pale or yellowing nails, skin, and lips
__ Premature baldness or graying hair
__ Puffiness and redness around eyes
__ Raynaud’s Phenomenon or discoloration of the fingers and toes
__ Swelling around the face, lips, neck, hands, feet and ankles
__ Swollen or bulging eyes
__ Thickened skin around the neck, hands, arms, legs, feet, and ankles
__ Thinning eyebrows
__ Tremors

Weight:
__ Anorexia
__ Cravings for salt and/or sugar
__ Difficulty or inability to lose weight
__ Increased or decreased appetite
__ Metabolic Syndrome (a condition resulting in increased blood sugar, high blood pressure, accumulation of body fat near the abdomen and waist, heightened cholesterol and/or triglycerides)
__ Obesity
__ Weight gain (generally seen in hypothyroidism)
__ Weight loss (generally seen in hyperthyroidism)

Related Conditions:
__ Addison’s disease
__ Alopecia
__ Cancers including: skin, thyroid, prostate, endocrine, lung, and breast
__ Cataracts
__ Celiac disease
__ Chronic fatigue syndrome
__ Cushing’s disease
__ Diverticulosis
__ Endometriosis
__ Fibromyalgia
__ Glaucoma
__ Graves’ Disease
__ Hashimoto’s Disease
__ Hemophilia
__ Hernia
__ Impetigo
__ Insulin Resistance
thyroid disease
symptom checklist

__ Multiple sclerosis
__ Neurodegenerative disorders including dementia, Alzheimer’s Disease, and Parkinson’s Disease
__ Osteoporosis
__ Pernicious Anemia
__ Polycystic ovary syndrome (PCOS) or small growths within the ovaries
__ Premature ovarian decline
__ Premature ovarian failure
__ Psoriasis
__ Restless leg syndrome
__ Reynaud’s syndrome
__ Rhabdomyolysis or skeletal muscle degradation and loss
__ Rheumatoid arthritis
__ Sarcoidosis
__ Schizophrenia
__ Scleroderma
__ Scoliosis
__ Seasonal Affective Disorder (SAD)
__ Sjögren’s syndrome
__ Systemic lupus erythematosus
__ TMJ (Temporomandibular Joint Disorders) or limited jaw movement and difficulty moving jaw without pain
__ Type 1 Diabetes
__ Type 2 Diabetes

Notes:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________