

# thyroid disease

## symptom checklist

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

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### 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, sensitivities 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

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- Coronary Artery Disease
- Elevated blood pressure
- Enlarged heart
- Fluid retention
- Hastened pulse, over 90 beats per minute
- Heart flutters or palpitations
- Irregular heartbeat caused by arrhythmia or fibrillation
- Low blood pressure
- Mitral Valve Prolapse
- Plaque buildup
- Poor circulation
- Slowed pulse, below 60 beats per minute
- Stroke or heart attack

### 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

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- 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
- Jumpiness or jitteriness

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- 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

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- 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

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### 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

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- 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

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- 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:

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