

Thyroid Disorder Symptoms

- I am gaining weight even though I don't eat fattening foods
- I'm unable to lose weight with diet/exercise
- I am constipated, or have difficulty having a bowel movement
- I feel cold when others do not, I need extra clothing to stay comfortable, I don't like cold weather or air conditioned buildings, etc.
- I feel fatigued, exhausted
- Feeling run down, sluggish or lethargic (any of these)
- My hair is coarse and dry, breaking, brittle, falling out
- My skin is coarse, dry, scaly, and thick
- My voice has become hoarse or gravelly
- I have puffiness and swelling around the eyes and face
- I have pains or aching in my 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, anxious, or have other emotional problems
- I feel restless
- My moods change easily
- I have feelings of worthlessness
- I have difficulty concentrating
- I have feelings of sadness for no good reason
- I seem to be losing interest in normal daily activities
- I'm more forgetful lately
- My hair is falling out
- I can't seem to remember things
- I have no sex drive
- I am getting more frequent infections, that last longer
- I'm snoring more lately
- I have/may have sleep apnea
- I feel shortness of breath and tightness in the chest – especially with exercise or excursion
- I feel the need to yawn to get oxygen
- I have an irregular heart beat
- My eyes feel gritty and dry
- My eyes are sensitive to light
- I have headaches, especially in the morning
- I have swelling in my neck or throat
- I mix up my words when speaking
- I have "brain fog". I can't think clearly.
- I have been diagnosed with chronic fatigue or fibromyalgia
- I have tinnitus (ringing in ears)
- I get recurrent sinus infections
- I have vertigo
- I feel some lightheadedness
- I get severe menstrual cramps

Please complete on the other side of this page

- I sweat easily
- I don't like hot weather or being in warm rooms
- I have frequent bowel movements or diarrhea
- I have sweaty palms
- I get short of breath with exercise or have difficulty tolerating exercise
- I have trouble getting to sleep or wake up and can't get back to sleep
- My fingers shake or tremble
- I get irritable or get angry over trivial matters
- I experience crying spells
- I have difficulty making decisions
- I have ADHD
- I have high cholesterol / on cholesterol medication
- I have become sensitive to criticism
- Sometimes I wish I were dead
- Restlessness
- Panic attacks
- Disorganized thinking
- Feelings of guilt
- Bipolar disorder, mania
- I feel like other people or life in general is against me
- I tend to focus on, or worry excessively about my physical symptoms
- I am taking thyroid medication but I still have a number of the symptoms listed above

If you have any of these symptoms, we recommend you call our office and meet with the doctor.

888-6138