



Hypothyroid Symptom Checklist

- My facial skin looks or feels thinner
- My muscles feel weak, particularly the upper arms and thighs
- I am having difficulty getting to sleep or staying asleep
- I feel fatigued, exhausted all the time
- I frequently require more than 8 hours of sleep at night
- I feel better if I am able to take an afternoon nap every day
- I am unable to tolerate exercise
- I have less stamina or energy than others
- My hair is coarse and dry, breaking, brittle, falling out
- My skin is coarse, dry, scaly, thin
- My eyebrows are thinning, especially the outer 1/3
- I frequently struggle with constipation or hard stools
- I am always colder than others around me
- I typically wear a sweater, even in the summer
- I am having more breakouts or acne
- I have pains, aches in joints, hands and feet
- I experience numbness or tingling in my hands & fingers
- I am having irregular periods (women)
- I am having trouble maintaining erection (men)
- I am having trouble conceiving a baby
- I have had one or more miscarriages
- I feel depressed most of the time
- I feel restless, or anxious
- I have puffiness and swelling around the eyes and face
- My moods change easily
- I have difficulty concentrating or focusing
- I have more feelings of sadness
- 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
- My eyes feel gritty and dry
- My eyes feel sensitive to light
- I am having difficulty swallowing or feeling a lump in my throat
- I have a hoarse or gravelly voice
- I have tinnitus (ringing in ears)
- I feel some lightheadedness or dizziness
- I have severe menstrual cramps