

THYROID DEFICIENCY

SIGNS, SYMPTOMS AND ASSOCIATIONS OF HYPOTHYROIDISM
(Printout and circle any symptoms you have)

<p>Physical:</p> <ul style="list-style-type: none"> • Falling asleep all the time • Weight gain • Slow movements • Slow speech • Pins and needles • Breathlessness • Dizziness • Palpitations • Sensitive to sun • Unsteadiness on feet • Trembling • Insomnia • Nightmares • Loss of Libido • Cystitis • Numbness • Puffy Eyes /Face • Puffy Hands /Feet /Ankles • Muscle cramps • Intolerance to heat/cold • Autoimmune diseases • Over sensitive to noise • Migraines/headaches • Carpel tunnel syndrome <p>Emotional:</p> <ul style="list-style-type: none"> • Cry easily • Agoraphobia • Wanting to be on ones own • Angry • Mood swings • Depressed • Nervousness/anxiety • Personality changes • Resentfulness towards family/partner/friends • Lack of confidence • Suspicious of people's motives <p>Digestive problems:</p> <ul style="list-style-type: none"> • Loss of appetite • Food sensitivity • Alcohol intolerance • Constipation / Diarrhoea • Addictions to stimulants 	<p>Visual disturbances:</p> <ul style="list-style-type: none"> • Poor focusing • Heavy eyelids • Double vision • Dry, gritty eyes <p>Mouth:</p> <ul style="list-style-type: none"> • Hoarse voice • difficulty swallowing • Sore throats • Swollen tongue • Dry mouth • Scalloped tongue • Tongue biting <p>Hair, Nails & Skin</p> <ul style="list-style-type: none"> • Hair loss • Brittle hair • Eyebrows (outer third) • Brittle, flaky nails • Dry flaky skin • Hives, psoriasis, eczema <p>Heart/Circulation:</p> <ul style="list-style-type: none"> • High/low blood pressure • High cholesterol • Tendency to bruise easily • Anaemia <p>Mental:</p> <ul style="list-style-type: none"> • Panic attacks • Forgetfulness • Mental sluggishness • Concentration poor • Noises and voices in head • Decreased interest • Phobias • Slow thoughts • Post Natal Depression <p>Menstrual disorders:</p> <ul style="list-style-type: none"> • Cessation of periods • Scanty periods • Heavy periods • Infertility • PMS • Uterine fibroids
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