

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

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