

Thyroid Matters

Australia



Signs and Symptoms Checklists

The signs and symptoms that may appear due to an underactive or overactive thyroid gland can be many and varied, and will obviously differ from one individual to another. Having a cluster of many of the following health issues may be more indicative of thyroid dysfunction than other medical conditions, and this is why it is important to have it thoroughly investigated, clearly diagnosed and carefully monitored.

Determining whether you are suffering with hypothyroidism or hyperthyroidism can sometimes be difficult due to the fact that many symptoms overlap or present in a similar way. These symptoms are often common to both conditions, and this is where thorough blood tests are required to confirm the correct diagnosis.

The below checklists of symptoms will shed light on how thyroid dysfunction is affecting an individual. It will aid a patient and doctor in monitoring symptoms and responses to treatments, and help in determining optimal thyroid hormone levels that render a patient 'euthyroid' (normal thyroid function), being as symptoms free as possible.

How many of the following conditions do you relate to?

Please rate the following symptoms according to how they affect your life.

0 - None 1 - Mild 2 - Moderate 3 - Severe

Begin with the **Common Symptoms** of thyroid dysfunction, and then rate those in either **Hypothyroidism or Hyperthyroidism**, depending on which thyroid condition you have been diagnosed with, or suspected of having.

Once completed, add all numbers down the vertical column to reach a total score from the two sections that relate to you. Obviously, with time and appropriate treatment, your symptoms will diminish in intensity and your overall score will lower.

If at any stage during treatment you feel your symptoms have changed and are presenting the opposite way, fill out the symptoms list for the contrary thyroid condition to determine whether your thyroid hormones are now too high or too low.

Titration of thyroid hormone levels for the individual is a fine art, therefore, symptoms along with blood test results need to be assessed together for a more accurate picture of thyroid health.

Signs and Symptoms

Please rate the following symptoms according to how they affect your life:

0 - None 1 - Mild 2 - Moderate 3 - Severe

Common Symptoms		Date:	Date:
		/ /	/ /
Goitre: enlarged thyroid gland			
Thyroid nodule, or multinodular goitre			
Lump in throat: irritation, hard to swallow			
Neck: sore or tender in front			
Constant cough, tickle in throat			
Fatigue and exhaustion			
Aches and pains: general whole body			
Poor exercise endurance			
Breathlessness, and/or chest pain			
Heart palpitations, rhythm regularities, atrial fibrillation			
Muscle cramps, twitches and spasms			
Muscle weakness, tenderness, pain			
Joint pain, inflammation and stiffness			
Feet: swollen and painful			
Depression, low mood			
Anxiety, feeling stressed			
Paranoia, psychosis, visual hallucinations			
Headaches and migraines			
High blood pressure			
Anemia: iron deficiency			
Blood sugar regulation problems			
Digestive disturbances, indigestion			
Stomach pains and nausea			
Irritable bowel syndrome (IBS)			
Hair loss, and/or prematurely greying			
Eyes: puffy and swollen, bloodshot			
Teeth: increased sensitivity or decay			
Skin rashes, swollen itchy skin, hives: red itchy welts			
Sinusitis, or post nasal drip			
Vertigo			
Sensitivity to light and sound			
Sensitivity to alcohol, caffeine, smoking			
Sensitivity to medications, herbs, environmental toxins			
Swollen enlarged tongue			
Infertility and/or miscarriages			
Common Symptoms Score:			
Medication:			
	Dosage:		
Thyroid Function Test Results		TSH:	TSH:
Reference Ranges:		fT4:	fT4:
		fT3:	fT3:
		© ThyroidMatters 2021	

Signs and Symptoms

Please rate the following symptoms according to how they affect your life:

0 - None 1 - Mild 2 - Moderate 3 - Severe

Hypothyroidism		Date:	Date:
		/ /	/ /
Tiredness, unrelenting (even after 12 hours sleep)			
Sleepiness, or unrefreshing sleep			
Lethargic with little energy			
Sluggish, unmotivated and feeling flat			
Indecisiveness and confused thoughts			
Poor memory and concentration			
Thought processes: slow and foggy			
Speech: slow and slurred			
Voice: deep, hoarse, husky, croaky			
Reflexes: slow, delayed reactions			
Loss of Appetite			
Weight gain or difficulty losing weight			
High cholesterol and triglycerides			
Increased abdominal fat; adipose tissue			
Fluid retention, whole body			
Ear aches and infections			
Gums: tender, sensitive or bleeding			
Chronic constipation, hardened stools			
Stomach bloating, swelling, discomfort and reflux			
Stomach and intestinal infections and imbalances			
Thrush: oral or vaginal fungal infections			
Urinary frequency and infections			
Low blood pressure			
Faintness, light headed			
Increased yawning			
Low body temperature			
Circulation: poor to extremities, cold hands & feet			
Cold intolerance: difficulty keeping warm			
Cold chills and creeping sensations over skin			
Decreased sweating			
Easy bruising and slow healing			
Brittle, weak, flaking nails			
Fingernails lined and grooved			
Loss of body hair			
Eye brows thinning, particularly outer 2/3rds			
Hair loss: dry, coarse or brittle hair			
Lymph glands: swollen and sore			
Infections: frequent colds and flu's, longer lasting			
Throat: frequent infections and inflammation			
Throat: constantly sore and dry			
Allergies or intolerances, food sensitivities			
continues...			

