

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:
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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...		

Hypothyroidism		Date:	Date:
		/ /	/ /
Anemia (Pernicious): B12 deficiency			
Asthma, wheezing, dry cough			
Chest congestion, phlegmy cough			
Mouth: dry, increased thirst			
Eyes: dry and sore			
Hearing difficulties or ringing in ears			
Heartbeat irregularities, pauses, jumps			
Coronary heart disease			
Myxoedema: generalized body swelling			
Neck and shoulder stiffness and pain			
Easy strained muscles			
Poor muscle coordination, clumsiness			
Poor fine motor skills			
Numbness and tingling in hands and feet			
Carpal tunnel syndrome			
Swelling of legs, ankles or feet			
Period pain and cramping			
Periods: frequent, heavy and prolonged bleeding			
Severe PMS: mood swings, nausea			
Decreased libido			
Breast tenderness and pain			
Breast milk production excess (high Prolactin)			
Endometriosis			
Pulse: slow and weak			
Heart beat abnormally slow, more noticeable at night			
Shortness of breath on exertion and/or chest pain			
Sinus: chronic and painful			
Skin rashes, eczema, itchiness			
Skin: dry, rough, cracked or flaky			
Skin: pale or yellowish hue			
Small facial skin cysts			
Vitiligo: white patches on skin			
Sleep disturbances, or sleep apnoea			
Night blindness			
Stunted growth in children, slow bone development			
	Hypothyroid Symptoms Score:		
	Add Common Symptoms Score:		
	TOTAL SCORE:		
Medication:			
	Dosage:		
Thyroid Function Test Results		TSH:	TSH:
Reference Ranges:		ft4:	ft4:
		ft3:	ft3:

Signs and Symptoms

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

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

Hyperthyroidism		Date:	Date:
		/ /	/ /
Energy: Increased energy, exuberant but short lived			
Increased appetite			
Elevated body temperature			
Heat intolerance, increased sweating			
Insomnia, broken sleep patterns			
Increased anxiety, easily overwhelmed, panic attacks			
Easily distracted, difficulty focussing			
Irritability and/or aggressiveness			
Nervousness, fidgety, restlessness			
Thought processes: racing and confused			
Speech: fast and jumbled			
Erratic mood swings, manic behaviour, euphoria, hysteria			
Increased libido, or decreased libido over time			
Rapid, forceful heartbeat, more noticeable at night			
Pulse, strong and fast			
Spaced out feeling, unreality			
Dizziness, lightheaded			
Diarrhoea or frequent bowel movements			
Trembling and shakiness, especially hands			
Muscle weakness, esp. shoulders, hips and thighs			
Extreme and sudden muscle fatigue			
Paralysis episodes			
Hands and fingers: hot, sweaty or swollen			
Swollen finger tips; 'clubbing'			
Skin generally thin and moist, easy bruising			
Skin irregularities, white or tan patches			
Thickening skin and swelling over shin bones			
Soft tearing nails, faster growing			
Hair loss, soft, brittle and thinning			
Throat: sore or inflamed, swollen, goitre			
Eye irritations: watery, itchy, swollen or gritty			
Thyroid Eye Disease (TED), pain, inflammation, bulging			
Visual disturbances, double vision			
Periods: light, scanty or absent			
Weight loss, despite eating well or increased appetite			
	Hyperthyroid Symptoms Score:		
	Add Common Symptoms Score:		
	TOTAL SCORE:		
Medication:			
	Dosage:		
Thyroid Function Test Results		TSH:	TSH:
Reference Ranges:		fT4:	fT4:
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