

Hypothyroid Signs & Symptoms

Physical appearance	weight gain <input type="checkbox"/>	Weight gain not explained by diet and lifestyle, e.g., fluid retention
	course, dry skin <input type="checkbox"/>	Dry, flaking skin
	periorbital edema <input type="checkbox"/>	Swelling under eyes
	hoarseness <input type="checkbox"/>	Gradual onset of hoarseness, loss of voice range
	puffiness <input type="checkbox"/>	puffiness or swelling of face, swollen eyelids
	non-pitting edema <input type="checkbox"/>	Swelling of lower legs / ankles that does not leave an impression (dent) when pressed
	macroglossia, scalloped tongue <input type="checkbox"/>	Tongue is swollen and wavy on the edges (scalloped), instead of smooth and pink
	glossitis <input type="checkbox"/>	Swollen, inflamed tongue
	salivary gland enlargement <input type="checkbox"/>	Swollen salivary glands
	Sign of Hertoghe <input type="checkbox"/>	Thinning or loss of outer third of eyebrows
	alopecia, often as telogen effluvium <input type="checkbox"/>	Diffuse hair loss involving entire scalp, may involve hair loss on lower legs, arms, armpits
	changes in lip colour <input type="checkbox"/>	Pale lips, bluish lips

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Neuropsychiatric	depression <input type="checkbox"/>	depressed mood
	decreased mental function <input type="checkbox"/>	difficulty concentrating, general mental slowing, memory problems
Neuromuscular	physical tiredness <input type="checkbox"/>	Lack of energy (lethargy) and fatigue
	paresthesia <input type="checkbox"/>	burning or prickling sensation that is usually felt in the hands,
	hypokinesia <input type="checkbox"/>	Decreased degree of movement, e.g. difficulty rising from a chair, getting out car, turning in bed, poor dexterity in brushing teeth, putting on makeup, shaving
	hypoflexia <input type="checkbox"/>	muscle weakness, decreased muscle tone
	myalgia <input type="checkbox"/>	muscle and joint pain

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Cardiovascular	Bradycardia <input type="checkbox"/>	slow heart rate
	Diastolic hypertension <input type="checkbox"/>	High diastolic blood pressure (second number in BP) , no other reason
Thyroid gland	Goiter <input type="checkbox"/>	lump in front of neck
Thermoregulation	Cold intolerance <input type="checkbox"/>	Sensitivity to cold temperature
	Diminished sweating <input type="checkbox"/>	Not sweating as much as usual, even when posed to heat
	Low basal temperature <input type="checkbox"/>	Body temperature lower than normal
Gastrointestinal	constipation <input type="checkbox"/>	infrequent bowel movements or difficult passage of stools that persists for several weeks or longer
Pituitary Function	Menorrhagia <input type="checkbox"/>	Menstrual bleeding that lasts > 7 days and/or that is very heavy
	Amenorrhea <input type="checkbox"/>	Cessation (stopping) of menstrual period

Referenced Articles on Hypothyroidism

JULY 14, 2022 - [Thyroid Function Assumed to be Normal When Only TSH is Tested](#)

August 7, 2022 - [Symptoms of Hypothyroidism Mistakenly Blamed on Aging](#)

August 12, 2022 - [Beyond Diet – the role of hormones in metabolic health](#)

August 26, 2022 - [More Than Skin Deep – skin symptoms associated with hypothyroidism](#)

September 4, 2022 - [Hair Loss – root causes \(Part 1\)](#)

October 6, 2022 - [Hair Loss \(Part 2\) – Nutrients of Importance for the Thyroid](#)

[Coming soon] - **Hypothyroidism 101** (under the [Food for Thought](#) tab at www.bbdnutrition.com)