

Hypothyroid Signs & Symptoms

Physical appearance	weight gain ☐	Weight gain not explained by diet and lifestyle, e.g., fluid retention
	course, dry skin ☐	Dry, flaking skin
	periorbital edema ☐	Swelling under eyes
	hoarseness ☐	Gradual onset of hoarseness, loss of voice range
	puffiness ☐	puffiness or swelling of face, swollen eyelids
	non-pitting edema ☐	Swelling of lower legs / ankles that does not leave an impression (dent) when pressed
	macroglossia, scalloped tongue ☐	Tongue is enlarged and wavy on the edges (scalloped), instead of smooth and pink
	glossitis ☐	Swollen, inflamed tongue
	salivary gland enlargement ☐	Swollen salivary glands
	Sign of Hertoghe ☐	Thinning or loss of outer third of eyebrows
	alopecia, often as telogen effluvium ☐	Diffuse hair loss involving entire scalp, may involve hair loss on lower legs, arms, armpits
	changes in lip colour ☐	pale lips, bluish lips
Neuropsychiatric	depression ☐	depressed mood
	decreased mental function ☐	difficulty concentrating, general mental slowing, memory problems
Neuromuscular	physical tiredness ☐	Lack of energy (lethargy) and fatigue
	paresthesia ☐	burning or prickling sensation that is usually felt in the hands,
	hypokinesia ☐	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 ☐	muscle weakness, decreased muscle tone
	myalgia ☐	muscle and joint pain
Cardiovascular	bradycardia ☐	slow heart rate
	diastolic hypertension ☐	High diastolic blood pressure (second number in BP), no other reason
Thyroid gland	goiter ☐	lump in front of neck
Thermoregulation	cold intolerance ☐	Sensitivity to cold temperature
	diminished sweating ☐	Not sweating as much as usual, even when posed to heat
	low basal temperature ☐	Body temperature lower than normal
Gastrointestinal	constipation ☐	infrequent bowel movements or difficult passage of stools that persists for several weeks or longer
Pituitary Function	menorrhagia ☐	Menstrual bleeding that lasts > 7 days and/or that is very heavy
	amenorrhea ☐	Cessation (stopping) of menstrual period