

Hypothyroidism Checklist

By Nicole Nichols-West

- Risk Factors
 - Close family has a history of thyroid disease.
 - Treated in the past for thyroid disease.
 - A member of family have currently or in the past been diagnosed with an autoimmune disease.
 - Age over 60.
 - Female (perimenopausal or menopausal).
 - Recently had a baby.
 - Have a history of infertility or miscarriage.
 - A smoker, or was a heavy smoker in the past.
 - Currently taking lithium, amiodarone (Cordarone), iodine, kelp, bladderwrack, bugleweed, or soy isoflavone supplements.
 - Have had radiation treatment to my head, neck, chest, tonsil area.
 - Live, lived, work, worked or grew up near or at a nuclear plant.
- Hypothyroidism Symptoms
 - Gaining weight inappropriately or unable to lose weight.
 - "Normal" body temperature is low, and/or frequently feel cold.
 - Feel fatigued, exhausted more than normal.
 - Have a slow pulse, and/or low blood pressure.
 - Have high cholesterol.
 - Hair is rough, coarse dry, breaking, brittle, or falling out.
 - Skin is rough, coarse, dry, scaly, itchy and thick.
 - Nails have been dry, brittle, and break more easily.
 - Voice has become hoarse, husky or gravelly.
 - Have pains, aches, stiffness, tingling in joints, muscles, hands and/or feet.
 - Have carpal tunnel syndrome, arm or leg tendonitis, or plantar's fasciitis.
 - Having irregular menstrual cycles (longer, or heavier, or more frequent).
 - Experiencing infertility, or have had one or more miscarriage.
 - Feel depressed, restless, moody, sad.
 - Have difficulty concentrating or remembering things.

- Have no or low sex drive.
- Eyes feel gritty, dry, light-sensitive.
- Neck or throat feels full, pressure, choking, lumpy, larger than usual.
- Have difficulty swallowing.
- Have/may have sleep apnea.
- Have puffiness and swelling around the eyes, eyelids, face, feet, hands and feet.