

# 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 fascitis.
  - 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.