

Hypothyroidism Check

BRAIN

Depression	Poor memory & concentration
Mental Fatigue	Insomnia
Irritability	Headaches
Anxiety	Difficulty coping

NEUROLOGICAL

Vertigo (dizziness)	Meniere's Disease
Hearing Loss	Poor Vision, night blindness
Neuropathy: burning, tingling, or Numb sensations	Carpal tunnel syndrome

SPEECH / THROAT

Slow sluggish speech, slurred speech, thick tongue, coarse or hoarse voice.

GASTROINTESTINAL

Constipation	Poor appetite
Gas / bloating	Poor digestion

MENSTRUAL / FEMALE

Premenstrual syndrome	Multiple miscarriages
Menstrual cramps	Infertility
Periods that are irregular	Premature cessation of periods
Too heavy periods	Breast pain
Too light periods	Fibrocystic breasts

MALE & FEMALE

Diminished libido	Sensations less pleasurable to genitals
Diminished ability to be aroused sexually	Less interest in sex

MEN

Inability to achieve or maintain erection	Infertility: decreased motility & numbers of sperm
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GENERAL METABOLISM

Fatigue, exhaustion, poor stamina	Water retention - puffy hands, feet, face
Weight gain, difficulty losing weight	Feel cold, cold hands and feet
Hypoglycemia	Decreased sweating
Sluggish liver, high blood cholesterol	

CARDIOVASCULAR

Slow heartbeat	Abnormal heart rhythm, palpitation
Weakened heartbeat	Tendency toward arteriosclerosis
Tendency to congestive heart failure & enlarged heart	Bluish colour to skin

IMMUNE SYSTEM

Increased susceptibility to colds, flu, Sinus, lung infections, - any infections	Prolonged bouts of infections Decreased white blood cell count
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MUSCULO-SKELETAL

Muscular weakness	Ligaments that are too lax
Muscle cramps	Low back pain
Muscle pains	Carpal tunnel syndrome
Stiff or painful joints	

SKIN, HAIR, NAILS

Coarse or dry skin or hair	Cool skin
Easy bruising, bleeding	Adult acne
Hair loss	Slow wound healing
Eyebrow loss (lateral 1/3)	Nail ridges
Pale skin or lips	Decreased sweating
Cracked Heels	