

THYROID SYMPTOMS CHECKLIST

Please put a check by all symptoms that apply to you.

Name _____

Date _____

- Lethargy, sluggishness
- Tiredness, fatigue
- Slow reaction time
- Forgetfulness, slower thinking
- Moodiness, irritability
- Depression
- Inability to concentrate
- Coarse or thinning hair
- Hair loss
- Loss of body hair
- Brittle nails
- Dry, patchy skin
- Coarse, cold skin
- Weight gain
- Cold intolerance
- Puffy eyes
- Swelling (goiter)
- Hoarseness, deepening of voice
- Persistent sore or dry throat
- Difficulty swallowing
- Slower heartbeat
- Menstrual irregularity, heavy period
- Infertility
- Constipation
- Muscle weakness, cramps, aches
- Joint pain
- Generalized edema, fluid retention
- Elevated cholesterol
- Family history of thyroid disease

