

HYPOTHYROIDISM

Symptoms and physical signs checklist

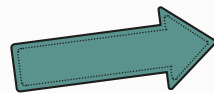


HEY, I'M LAURA!

I struggled with my thyroid a couple of years ago. My doctors told me that my labs were “normal”. Well, they might have fallen within the range, but they certainly weren't optimal from a functional perspective. I also had all the signs and symptoms of hypothyroidism.

I couldn't sleep, felt depressed, and was anxious all the time. I experienced hair loss and thinning, even noticing my eyebrows becoming sparse. My face appeared so swollen that my mom questioned if I was on medication because it resembled a balloon.

Additionally, I lost my period for a few months, experienced low libido (at an age when it should be the opposite), and simply didn't feel like myself. But hey, at least my labs were normal, right? Joking aside, these were all indicative of hypothyroidism, of which I initially wasn't aware.



I took matters into my own hands after realizing that my thyroid was the culprit. I experimented with various diets, protocols, and "thyroid" cures, even resorting to thyroid hormone supplementation. Yet, none of these interventions proved effective. It wasn't until I identified the root causes of my thyroid issues that things began to change (**everyone's root cause is different!**).

Although hypothyroidism is associated with these symptoms, it doesn't always mean that the thyroid gland itself is the primary issue. Usually, something goes awry in the process of thyroid hormone production, conversion, or expression. Each of these steps can be influenced by a myriad of factors, including nutrient status, toxicity, other hormones and stress, among others. That's a whole other topic!

Hypothyroidism is incredibly common nowadays, with 60% of people unaware they have it, and women being 5-10 times more likely to suffer from thyroid issues. So, if you suspect you might have it, let's examine the following signs and symptoms:

SIGNS AND SYMPTOMS

I believe that assessing physical signs and symptoms should be as important as examining lab results. Why? Because labs can appear normal even when someone is hypothyroid. Firstly, most doctors only test for TSH, and if you're lucky, they might also check free T4 and free T3. Even then, they often interpret the results in a way that suggests you're in perfect health. However, this approach doesn't help in preventing or determining the optimal range. Furthermore, it fails to consider what's happening at the cellular level; it merely provides a snapshot of your blood's condition at that exact time. That's why these signs and symptoms serve as crucial markers of thyroid function too!



HAIR LOSS AND PREMATURE GRAYING

The thyroid impacts both blood flow and hair follicles, affecting the growth rate and the pigment responsible for hair color. Hypothyroidism can contribute to premature graying and hair loss.

EYEBROWS

Hypothyroidism can cause thinning or loss of eyebrows. This condition may manifest as sparse or absent eyebrows, especially the outer third.





WEIGHT GAIN

Thyroid hormones play a crucial role in energy production, and weight gain is a common occurrence. While not universal, nearly 50% of individuals with hypothyroidism report experiencing significant weight gain and the inability to lose weight.

FEELING COLD

Thyroid hormones regulate body temperature, which is why individuals with hypothyroidism often experience cold hands and feet as the thyroid function declines. This is due to the decreased metabolic activity and less heat production.



DRY SKIN

The thyroid's impact on skin health is significant, as it plays a role in maintaining moisture levels. When thyroid function is impaired, it can lead to dry skin, a common symptom of hypothyroidism. Consequently, individuals with this condition often experience dryness and flakiness in their skin due to insufficient thyroid hormone levels.



IMPAIRED FERTILITY

Hypothyroidism can make it hard for women to have babies because it affects their hormones. It can cause problems like trouble getting pregnant, low sex drive, and issues with having a healthy pregnancy.

When moms have hypothyroidism during pregnancy, it can also affect their babies. These babies are more likely to have thyroid issues too, as well as conditions like autism and lower intelligence. So, it's really important for women to take care of their thyroid before and during pregnancy to make sure both mom and baby stay healthy.



PCOS, PMS ENDOMETRIOSIS,

The prevalence of hypothyroidism tends to be higher in women with conditions such as PCOS (Polycystic Ovary Syndrome), endometriosis, and PMS (Premenstrual Syndrome). These conditions often coexist with thyroid dysfunction.



FATIGUE

When thyroid function is impaired, individuals often experience persistent tiredness and a lack of energy, which can significantly impact their daily activities and overall quality of life.

DEPRESSION & ANXIETY

Hypothyroidism can also contribute to symptoms of depression and anxiety. Thyroid hormones play a role in regulating mood, and when levels are low, it can affect brain chemistry, leading to feelings of sadness, hopelessness, and anxiety



CONSTIPATION

Last but not least, constipation is a common symptom of hypothyroidism. Thyroid hormones help regulate the digestive system, including the movement of food through the intestines. When thyroid function is low, digestion slows down, leading to difficulties with bowel movements and constipation

MORE SIGNS

Thyroid hormones affect every single cell of the body, which is why an insufficient level of active thyroid hormone has a significant impact on the entire system. Here is a list of more signs and symptoms associated with hypothyroidism.

Emotional

- Tension
- Irritability
- Wanting to be solitary
- Mood swings
- Anxiety
- Personality changes
- Feelings of resentment
- Jumpy
- Easily startled
- Lack of confidence
- Nervousness

Reproductive disorders

- Infertility
- Miscarriage
- Still birth
- In vitro fertilization failure
- Abnormal estrogen levels
- Abnormal progesterone levels
- Abnormal testosterone levels
- Loss of libido
- Sexual dysfunction
- Vaginal dryness
- Painful sex
- Fibrocystic breast disease
- Gestational diabetes
- Postpartum hemorrhage
- Prolonged labor
- Poor wound healing
- Low breast milk supply
- Premature birth
- High birth weight
- Newborns with deficits in intellectual development
- Newborns with jaundice
- Autism
- ADD/ADHD
- Breast underdevelopment

Energy

- Chronic fatigue
- Long recovery period after any activity
- Inability to concentrate
- Sleep apnea
- Snoring
- Insomnia
- Need naps in the afternoon
- Weakness
- Wake feeling tired
- Frequently oversleep

Menstrual disorders

- Cessation of periods (amenorrhoea)
- Heavy periods (menorrhagia)
- Irregular periods
- Severe cramping
- Failure to ovulate
- Premenstrual syndrome (PMS)
- Extreme bloating and water retention
- Delayed puberty
- Premature or delayed menopause
- Hysterectomy
- Endometriosis
- Ovarian fibroids
- PCOS

Metabolic health

- Weight gain
- Inability to lose weight
- Ascites (abdominal fluid accumulation)
- Metabolic Syndrome
- Weight loss
- Anorexia
- Heightened appetite

MORE SIGNS

Temperature

- Cold extremities
- Cold sweats
- Night sweats
- Heat intolerance
- Cold intolerance
- Internal shivering
- Hypothermia
- Cold hands
- Clammy palms
- Cold feet
- Low basal body temperature (below 97.8 degrees F / 36.5 deg C)

• Infections

- Frequent infections
- Chronic illness
- Low immune system
- Frequent colds
- Frequent flus
- Susceptibility to bronchitis
- Hard time recovering from infections

• Digestion

- Constipation
- Hemorrhoids
- Hard stools
- Food sensitivity
- Irritable Bowel Syndrome (IBS)
- Celiac Disease
- Gluten sensitivity/intolerance

Swelling and thickening of skin

- Eyes
- Face
- Lips
- Neck
- Hands
- Arms
- Legs
- Feet
- Ankles
- Lymphedema

Brain

- Depression
- Panic attacks
- Memory loss
- Confusion
- Brain fog
- Mental sluggishness
- Poor concentration
- Noises and/or voices in head
- Hallucinations
- Delusions
- Mania
- Phobias
- Obsessions

Hair, nails, skin

- Hair loss
- Dry hair
- Brittle hair
- Finer hair
- Premature gray hair
- Dry skin
- Dry itchy scalp
- Flaky skin
- Cracked heels
- Yellowish or amber tint to their skin
- Pale skin
- Pale lips
- Rashes
- Skin tags
- Eczema
- Cellulitis
- Brittle nails

LABS

If you do want to get your thyroid hormones checked, here is the list I usually recommend for a comprehensive check:

- TSH (Thyroid stimulating hormone)
- Free T3 (Triiodothyronine, free)
- Free T4 (Thyroxine, free)
- Reverse T3 (Triiodothyronine, reverse)
- Total T3 (Total triiodothyronine)
- Thyroglobulin Antibody
- Thyroid Peroxidase Antibody

It's best to get them interpreted by someone who knows about the functional ranges and not the "normal" conventional ranges. I will dive into thyroid hormones ranges inside of my membership.

You can reply to this email with "membership" and I will send you details.

Stay healthy,

Laura ❤️