

# Hypo-Thyroid Symptoms & Signs

**Please check any symptoms that are common with you:**

## **SYMPTOM HISTORY**

head hair loss  
headaches/migraines  
loss of outer eyebrow  
puffy under the eyes  
decreased memory  
depression  
heat/cold intolerance  
abnormal swallowing  
swollen thyroid  
insomnia  
anxiety attacks easy  
weight gain  
low motivation  
irritability  
constipation

irritable bowel syndrome  
bloating & gas  
muscle & joint pains  
hives/acne  
asthma  
allergies  
brittle nails  
slow growing nails  
sore wrists  
circulation problems  
itchiness irregular menses  
heavy menstrual bleeding  
bleeding between periods  
low libido  
easy bruising

chronic infertility  
poor night vision  
dry eyes  
diabetes  
ringing of ears  
heart problems  
poor appetite  
blurred vision  
cold hands & feet  
dry skin & hair  
waxy ears  
weak digestion  
dizziness  
low blood sugar

## **LAB HISTORY**

LDH > 200 SGOT > 30 GGTP >30  
cholesterol >200 triglycerides >110 glucose >100  
hematocrit <f37/m40 hemoglobin <f13.5/m14 iron <50  
T-3 <27 T-4 <6.0 TSH >5.5  
WBC <5.0 sed rate >f10/m5