

Hypothyroid Symptoms

There are several main symptoms of low thyroid function, according to a recent study “Hypothyroid symptoms and the likelihood of overt thyroid failure: a population-based case-control study.”

Figuring out if you have any of these symptoms helps in defining the need for further laboratory work-up.

1. Fatigue
2. Dry skin
3. Shortness of breath
4. Hair loss
5. Difficulty swallowing
6. Anterior neck pain
8. Dizziness
9. Palpitations
10. Constipation
11. Restlessness
12. Mood Lability
13. Globulus sensation

If you suspect that your thyroid is not functioning properly, ask your doctor to check your blood levels. The thyroid gland is a master-gland and all the bodily functions depend on it.

References:

Hypothyroid symptoms and the likelihood of overt thyroid failure: a population-based case-control study
<https://www.ncbi.nlm.nih.gov/pubmed/25305308>

If you need more help in figuring out the underlying causes of your thyroid problems, book an appointment at Sprouts Health here:

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