

Symptoms of Hypothyroidism

The symptoms of hypothyroidism are mainly dependent on the amount of decrease in thyroid hormone and duration of time that the decrease has been present. For most patients, the symptoms may include (check those that apply to you):

- Fatigue and muscle swelling or cramps (mainly in arms and legs)
- Weakness
- Tingling in the fingers
- Loss of equilibrium
- Weight gain or increased difficulty in losing weight
- Dry skin and cold intolerance (can't tolerate cold like those around you)
- Yellow skin
- Coarse, dry hair
- Irritability
- Constipation
- Hoarseness
- Memory and mental impairment
- Decreased concentration
- Depression
- Irregular or heavy menstruation
- Infertility or miscarriages
- Decreased libido
- Slowed heart rate
- Myxedema: fluid infiltration of the tissues causing puffiness (mainly in the face)
- Loss of hair
- Goiter (enlarged thyroid causing a lump in the neck)

Testing for Thyroid Health Conditions

Barnes Test

Considered to be 85% accurate. The patient measures his/her temperature first thing, daily, under the armpit with a digital thermometer for 4 minutes and records the reading. Take an average over 4 days (30 days for menstruating women). It should be within 1 degree of 97.6F / 36C. Temperatures are often between 95F and 96F for hypothyroid sufferers.