



ABBOTT WELLNESS SOLUTIONS

Thyroid Dysfunction Signs and Symptoms

Hypothyroidism, or low thyroid hormone function, affects as many as 12% of the population with 70-80% of those being women. Even more startling is the fact that as many as 60% remain undiagnosed and many more undertreated for this often debilitating condition. Generally, symptoms appear slowly with varying degrees from one person to the next. If untreated, the signs and symptoms tend to get worse and worse making life challenging to cope with. In the most extreme cases it can even be fatal, although this is extremely rare.

The following checklist shows common symptoms for hypothyroid conditions. Typically, people with hypothyroidism will recognize themselves in the symptoms. Those with low thyroid will have a number of the possible symptoms but rarely do we see someone exhibiting all of them. It is important to talk with your doctor about the blood tests that can lead to successful diagnosis of thyroid disorder so as to develop a plan of treatment.

At *Abbott Wellness Solutions* we work with lifestyle and supplement therapy to promote a healthy thyroid function. This nutrient-based therapy is derived from solid research and clinical experience and can have significant impact on your overall health. In short, if you have thyroid dysfunction there are many things to help you in the process.

HYPOTHYROID SYMPTOMS:

- Fatigue
- Increased sensitivity to cold in rooms of normal temperature
- Difficulty perspiring when exercising and in hot weather
- Constipation that is resistant to magnesium supplementation
- Dry, cold, rough, and scaly skin
- Unexplained weight gain and increased difficulty to losing weight
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness, stiffness, or cramps

- ___ Pain, stiffness or swelling in your joints
- ___ Heavier than normal or irregular menstrual periods
- ___ Coarse, brittle, and thinning hair – thinning on outer third of eyebrows
- ___ Slowed heart rate
- ___ Depression and irritability
- ___ Impaired memory and problems concentrating
- ___ Decreased libido (sex drive)
- ___ Carpal Tunnel Syndrome

As you can see, there are many different symptoms related to thyroid hormone dysfunction. It can be difficult to diagnose properly and equally challenging to treat effectively. To get a clear picture of your situation it may be necessary to get a complete thyroid hormone panel done rather than the most common TSH test. If you have the symptoms have a good talk with your doctor to figure out the best way forward.