



Self Assessment - Thyroid

Common symptoms of Thyroid deficiency include:

- Impaired cognition - memory and concentration
- Prone to ear, nose and throat infections
- Prone to weight gain, difficult weight loss
- Somnolence (sleepy during the day, especially when resting)
- Poor appetite
- Oligodipsia (decreased thirst)
- Oliguria (increased urination)
- Dry, slow growing hair
- Tinnitus (ear buzzing)
- Bloating abdomen, dyspepsia (slow digestion)
- Muscle and joint stiffness upon waking
- Feet and leg cramps at night
- Carpal tunnel syndrome
- Puffy face, eyelids, lips and tongue
- Abnormal sized thyroid gland (atrophic, thyroid hyperplasia, goiter, nodules)
- Cold, swollen hands and feet
- Thick swollen calves
- Dyspnea, slow and superficial breathing
- Bradycardia and faint heart beat
- High diastolic blood pressure
- Carotenemia (yellowing of the palms and soles)
- Fatigue, lack of energy, lethargy
- Dry, rough skin
- Depression
- Anxiety
- Low body temperature
- Decreased libido
- Headaches, migraines
- Irregular menstruation
- Poor circulation
- Intolerance to cold
- Sleep apnea
- Brittle, slow growing nails
- Constipation
- Low back pain
- Poor memory
- Flat feet
- Otosclerosis (hearing loss)
- Slow pulse rate
- Slow reflexes

Thyroid under functioning is quite common in women over 35yrs of age, yet is often misdiagnosed or managed poorly. If you suspect your thyroid function is not what it should be, and you are experiencing many of the symptoms above, a visit with our Naturopaths can get you back to feeling energetic, emotionally well, and in balance physically.

Call us now on 9501 0326, or email cyousef@healthinourhands.com.au

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