

Get to know your thyroid

Check any that you've experienced recently and discuss with your doctor.

Signs and symptoms of underactive thyroid (hypothyroidism)^{1,2}

- ☐ Fatigue
- ☐ Hair loss
- ☐ Hoarse or raspy voice
- ☐ Trouble concentrating
- ☐ Feeling sad or depressed
- ☐ Slower speech
- ☐ Dry skin
- ☐ Brittle nails
- ☐ Feeling cold all over
- ☐ Weight gain or trouble losing weight
- ☐ Constipation
- ☐ Infertility
- ☐ Problems with muscle reflexes
- ☐ Aches and pains in muscles and joints

Signs and symptoms of overactive thyroid (hyperthyroidism)¹

- ☐ Feeling nervous
- ☐ Fatigue
- ☐ Fast heartbeat
- ☐ Weight loss
- ☐ Feeling hot all over
- ☐ Trouble sleeping
- ☐ Feeling anxious
- ☐ Sweating heavily
- ☐ Muscle weakness
- ☐ Increased appetite
- ☐ Frequent bowel movements
- ☐ Trouble seeing
- ☐ Infertility
- ☐ Swollen legs, ankles, or feet

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The thyroid is an organ that widely affects how your body functions.

When it's out of balance, you could experience a wide range of symptoms. Your symptoms could go unnoticed because they may seem like the normal wear-and-tear of everyday life. But they could be the signs of underactive thyroid (hypothyroidism) or overactive thyroid (hyperthyroidism).

Ask your doctor to test your TSH:

If you have ANY of these symptoms, ask your doctor for a blood test to test your thyroid stimulating hormone (TSH) level. If your TSH level is not within a range that your doctor considers normal, it may indicate that your thyroid is out of balance.

Know your number:

Talk to your doctor about a TSH range that is healthy for you.

References: 1. Baskin HJ, Cobin RH, Duick DS, et al; for American Association of Clinical Endocrinologists. American Association of Clinical Endocrinologists medical guidelines for clinical practice for the evaluation and treatment of hyperthyroidism and hypothyroidism. *Endocr Pract.* 2002;8(6):457-469. 2. Hypothyroidism. MedlinePlus website. <http://www.nlm.nih.gov/medlineplus/ency/article/000353.htm>. Updated October 9, 2014. Accessed October 21, 2014.

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