

# Recognizing the symptoms of hypothyroidism

**If you have hypothyroidism, it means your thyroid gland doesn't make enough of the thyroid hormones you need.** Thyroxine, also known as T4, is one of the hormones produced by your thyroid. It is needed to help your body function properly. Doctors diagnose hypothyroidism by testing thyroid-stimulating hormone (TSH) levels. Then, they may follow up with a thyroid hormone test, if needed.<sup>1</sup>



Patients with hypothyroidism may have little to no noticeable symptoms in its early stages. However, rising TSH levels can eventually cause your body's systems to slow down. **This can lead to symptoms including, but not limited to<sup>1</sup>:**

- Dry skin
- Feeling cold
- Depression
- Fatigue
- Thinning hair
- Weight gain
- Muscle weakness
- Muscle aches, tenderness, and stiffness
- Memory loss
- Constipation
- Pain, stiffness, or swelling in your joints
- Heavier than normal or irregular menstrual periods

## Treatment for hypothyroidism

Hypothyroidism can be treated by replacing the hormones your thyroid is no longer making. This can help get and keep your T4 and TSH within normal levels.<sup>2</sup>

It may take time to find the right medication and dose for you. Even a small change in your dosage can have a big impact on how you feel. Some thyroid hormones are slow-acting, and it may take several weeks before you adjust and begin to feel their full effects. It's important to monitor your hypothyroidism symptoms to find the right dose for you. Keep in mind that treatment is usually lifelong, and specifically tailored to you and your TSH levels.<sup>2</sup>

Remember, it's important that you take your medication every day as prescribed.<sup>2</sup>



The Symptom and Treatment Tracker on the next page can help you track how you're feeling, your medications, and identify topics to discuss at your next doctor's appointment.

**Learn about hypothyroidism treatment at [DailyThyroidTreatment.com](https://www.dailythyroidtreatment.com).**

**References:** **1.** Mayo Clinic. Diseases and conditions: hypothyroidism (underactive thyroid). <https://www.mayoclinic.org/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>. Accessed July 15, 2020. **2.** American Thyroid Association. Hypothyroidism. [https://www.thyroid.org/wp-content/uploads/patients/brochures/Hypothyroidism\\_web\\_booklet.pdf](https://www.thyroid.org/wp-content/uploads/patients/brochures/Hypothyroidism_web_booklet.pdf). Accessed July 15, 2020.



We make healthy possible.

# My Symptom and Treatment Tracker

**Treatment for hypothyroidism is about more than just your TSH level, or even your medication.** It's about how you're feeling, foods you may be eating, other prescribed and over-the-counter medications or supplements you may be taking, and anything you may be consuming with them.

	Date:	Date:	Date:	Date:
Thyroid medication:				
Dose:				
Time of day taken:				
Food or drink consumed with or near my thyroid medication:				
Other medications & supplements:				
Symptoms I am still feeling:				
Symptoms that have improved:				
Topics to discuss with my doctor:				