

# Hypothyroidism Symptoms Self-assessment



It is estimated that many people with thyroid disease don't even know they have it.

This may be because hypothyroidism symptoms develop slowly and often mimic other conditions.

There are many different hypothyroidism symptoms. You may be experiencing only a few of them or possibly many.

Complete the quick self-assessment below by checking off all of the hypothyroidism symptoms you've noticed. Be sure to share this completed list with your doctor:

Fatigue

Sleep Apnea

Depression

Infertility

Weight Gain

Constipation

Cold Intolerance

Coarse Hair & Hair Loss

Dry Skin & Hair

Muscle Pain

Brittle Nails

Swollen Face

Hoarse Voice

Difficulty Concentrating

Heavy Periods

Erectile Dysfunction