Introduction to thyroid symptoms

Hi. It's Dr. Jen. Welcome. We are going to have a mini talk on the signs and symptoms of hypothyroidism, and we'll also talk about the signs and symptoms of hypothyroidism.

Common signs of hypothyroidism

So hypothyroidism is when the thyroid is acting sluggish, it's slow, it's inhibited, it's not working well for a multitude of reasons which we are diving into this summer.

So many of you might be wondering, well, what like what are the symptoms? Can we talk about them? And they could be very broad and also very specific and some of the symptoms from hypo and hyper kind of overlap.

So we'll talk about all that in this quick mini talks. So I'm just going to list the symptoms. So hypothyroidism, constipation, changes in your menstrual cycle, depression, dry hair and nails, dry skin, increased cholesterol.

This is one that not everyone thinks about. You get your cholesterol back and you're like, Oh, that's weird. No family history, check your thyroid fatigue, sensitivity to cold.

You're always wearing a sweater. You always feel cold. Even when everyone else around you is warm. A horse voice could be a sign and also swelling of the thyroid gland.

Weight gain, unexplained weight gain or inability to lose weight. If you're really trying and it's hard a slow heart rate, your heart is just very slow.

And you're not a marathon runner, a puffy face. So really puppy face can be an indication carpal tunnel syndrome is pain in the wrist. Memory issues, muscle aches.

That is one that's kind of nonspecific but can be muscle aches, joint pain, one that I think is really interesting. And it's hard to because everyone's doing microblading of their eyebrows.

But the loss of that lateral third, the thinning of that hair right here of the thyroid can be a sign of the eyebrows, can be a sign of hypothyroidism.

So on the other end of the spectrum, let's talk about hypothyroidism, which is usually due to graves disease, no graves disease in an autoimmune condition of the thyroid gland.

Hyperthyroidism and Graves' disease symptoms

Now sometimes though with Hashimoto's we can get a little bit of a hyper type picture of a newly diagnosed Hashimoto's, little bit of a hyper, and then you go into hypo.

So you have to watch out for that too. But hope her thyroid is and make sure you're getting this checked out. His graves can be very dangerous. So if you're very nervous or anxious, maybe even having mood swings, fatigue, which that's a sign of hypothyroidism too.

So fatigue, sensitivity to heat. So you're really hot. You're like a furnace, right? Because your metabolism is revved up here, just sweating. You're you're very warm, very hot weight loss, sudden weight loss.

And I've seen this in acute like post COVID. I've seen this with a little bit of a thyroid reaction they got from the spike. Spike proteins binding to the thyroid receptors and just revving that up.

And this patient lost a lot of weight like £10 within two weeks. So we figured it out and got to the bottom of that that weight loss, unexplained weight loss, swollen thyroid.

So that also can be a sign of hypothyroidism, heart palpitations. I will say heart palpitations is the most common sign of patients that are having a hyper thyroid ism or graves and that's what I see in my patients that palpitations is what they complain about the most increased bowel movements.

So with hypothyroidism slows everything down when the thyroid is not functioning optimally, hypothyroidism, there's too much thyroid for the body. So you're just you're having diarrhea, you're going to the bathroom tremor.

We see this and I've seen this with patients and they've told me that Graves patients, that they've had the slight tremor and that gets better when we reduce the thyroid thinner skin can be a sign sign brittle hair can be a sign and sleep problems, most likely because your metabolisms rev up you're going, it's hard to sleep and also changes in the menstrual cycle.

So changes in the menstrual cycle for hypothyroidism but also for hypothyroidism.

Wrap-up and when to get tested

So I hope this mini talk help you might want to go back and listen to it again, see if any of those hypothyroid symptoms are resonating with you and you think it might be a problem because you definitely want to get it tested out.

Thank you so much. I hope you're enjoying the summit.