EXAMPLES OF SIGNS AND SYMPTOMS OF UNDERACTIVE THYROID (HYPOTHYROIDISM)

These can vary from person to person and be non-specific—they can occur with other conditions.

- Puffy face
- Muscle weakness
- Muscle and joint pain
- Thinning hair, hair loss
- Enlarged thyroid (goiter)
- Slowed heart rate
- Thinning hair, hair loss
- Enlarged thyroid (goiter)
- Slowed heart rate
- Dry skin
- Constipation
- In women, heavy or irregular menstrual periods
- Fertility problems
- Muscle and joint pain

Affecting the body as a whole
- Weight gain
- Trouble tolerating cold
- Fatigue
- Depression
- Forgetfulness