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
- Depression
- Weight Gain
- Cold Intolerance
- Dry Skin & Hair
- Brittle Nails
- Hoarse Voice
- Heavy Periods
- Sleep Apnea
- Infertility
- Constipation
- Coarse Hair & Hair Loss
- Muscle Pain
- Swollen Face
- Difficulty Concentrating
- Erectile Dysfunction

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

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