

# HYPOTHYROIDISM DIAGNOSIS and SYMPTOMS CHECKLIST\*

## SPECIAL SYMPTOMS LIST FOR CHILDREN

- My child took soy formula as an infant.
- My child has family members (parents, siblings) with thyroid disease.
- My child is not keeping up with growth charts for height.
- My child is having school problems.
- My child has been diagnosed with attention deficit disorder.
- My child is having delayed puberty.
- My child is unusually fatigued, exhausted, or sleeping far more than usual.
- My child is gaining weight inappropriately.
- My child is severely constipated.
- My child is sensitive to cold.
- My child's hair is rough, coarse, dry, breaking, brittle.
- My child's hair is falling out more than usual.
- My child's eyebrows or eyelashes are falling out.
- My child's skin is rough, coarse, dry, scaly, itchy, and thick.
- My child's voice has become hoarse, husky or gravelly.
- My child is complaining of pains, aches and stiffness in various joints, hands and feet.
- My child seems depressed.
- My child seems restless.
- My child has difficulty concentrating.
- My child seems to be losing interest in normal daily activities.
- My child seems more forgetful lately.
- My child complains of strange feelings in the neck or throat, or difficulty swallowing.
- My child seems to have some sort of fullness or growth in the neck area.
- My child gets more frequent infections or infections that last longer.
- My child is snoring more lately.
- My child yawns frequently to get oxygen.
- My child has puffiness and swelling around the eyes and face.
- My child has swollen feet, hands or eyelids.

\*Excerpted from the book *Living Well With Hypothyroidism* by Mary J. Shomon, HarperCollins, 2000. For more information please visit [www.thyroid-info.com](http://www.thyroid-info.com) ~ Reprinted with permission.