Table 3

Clinical features of hypothyroidism

Symptoms

- Weight gain
- Cold intolerance
- Fatigue
- Shortness of breath
- Hair loss
- Dry skin
- Hoarse voice
- Impaired memory
- Paraesthesia
- Impaired mood
- Constipation
- Infertility/subfertility
- Menstrual irregularity
- Muscle weakness/muscle cramps
- Arthralgia

Signs

- Increase in BMI
- Bradycardia
- Hypothermia
- Neuropathy
- Impaired cognitive function
- Delayed relaxation of tendon reflexes
- Depression
- Carpal tunnel syndrome
- Goitre