



HYPOTHYROIDISM

Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormones, which are essential for regulating metabolism, energy levels, and overall body function.

Signs and Symptoms:



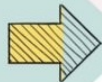
- Fatigue or Weakness
- Weight Gain or difficulty losing weight
- Cold Sensitivity
- Dry Skin and Hair
- Constipation
- Depression or Mood Swings
- Muscle Aches or Joint Pain
- Hair Loss
- Memory Problems or Brain Fog
- Puffy Face or Swelling
- Depression/ Mood Changes



HYPERTHYROIDISM

Hyperthyroidism is a condition where the thyroid gland makes too much thyroid hormone. This can speed up your body's metabolism and cause various symptoms.

Signs and Symptoms:



- Unexplained Weight Loss despite eating normally
- Rapid or Irregular Heartbeat (palpitations)
- Nervousness or Anxiety
- Trembling Hands
- Increased Sweating
- Heat Intolerance (feeling excessively hot)
- Goiter (enlarged thyroid gland, visible as a swelling in the neck)
- Hair Loss or thinning
- Irritability or Mood Swings
- Frequent Bowel Movements or diarrhea
- Fatigue or Muscle Weakness
- Sleep Problems



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