

Checklist for Fatigue, Weight Gain and Hair Loss

The student asks the following questions:

- When did you first notice your symptoms and have they progressed?
- What medications are you taking? (For example, amiodarone causes hypothyroidism in 8% of patients taking this medication.)
- Have you ever been treated for thyroid problems in the past? If so, what treatments were used?
- Do you have a family history of thyroid disorders?
- Have you had radiation to the head or neck?
- Do you have pain in your neck or any swelling?
- Do you have any of the following: hair loss, constipation, fatigue, heavy menses, cold intolerance, and dry skin, weight gain, depression? (These are common signs and symptoms of hypothyroidism.)
- Do you have a history of alcohol abuse, liver disease, or renal disease?