

Chief Complain: menstrual irregularity with weight gain	
Questions	Indications
1-How much weight have you gained?	
2-How quickly did you gain this weight?	
3-How is your appetite?	Decreased
4-Are you feeling <b>tired</b> ?	
5-Do you prefer <b>hot weather</b> ?	Cold intolerance
6-Do you have hair loss?	
7-Do you have dry skin, hair?	
8-Do you have constipation?	
9-Do you have muscle pain, joint pain, weakness in the extremities?	
10-Iodine intake?	Deficiency or excess can cause Hypothyroidism
11-Do you have problem in memory or concentration?	
12- do you have depression?	
13- do you have any changes in your voice? "hoarseness"	
14- do you have to sleep more than usual? "hypersomolence"	
Past medical and surgical	
Have you had any problem in the thyroid gland?	Autoimmune thyroiditis is a common cause <u>or</u> maybe treatment of

	hyperthyroidism
Have you received radioactive iodine treatment ?	
Do you have any autoimmune disorder?	Such as type 1 diabetes or rheumatoid arthritis
Have you had surgical removal of a portion or all of the thyroid gland?	
Family history	
family history of thyroid disease or any autoimmune disease	
Drug history	
Medication?	Lithium and amiodarone and can cause hypothyroidism

## Deferential diagnoses

- ✓ Autoimmune Thyroid Disease and Pregnancy
- ✓ Thyroiditis, Subacute
- ✓ Goiter
- ✓ Iodine Deficiency

## Investigations

### Thyroid function tests;

Main diagnosis is based on:

- Free T3 & T4
- Serum TSH
  - ✓ A low T3 & T4 confirm presence of hypothyroidism
  - ✓ If TSH is high the problem is likely with the thyroid gland itself
  - ✓ If TSH is low it suggests a problem in the pituitary gland or higher up the chain.

## Treatment

Levothyroxine

## Complications

- ✓ Goiter
- ✓ Heart problems
- ✓ Mental health issues such as depression.
- ✓ Myxedema
- ✓ Infertility