

# Up To Here With These Symptoms? It Could Be Your *Thyroid*



**Fatigue or  
trouble sleeping**



**Changes in  
memory or ability  
to concentrate**



**Fast or irregular  
heartbeat**



**Unexplained  
changes in weight**



**Depression,  
anxiety or feelings  
of irritability**



**Irregular  
menstrual  
periods**



**Joint/muscle pain  
or weakness**