

## **Signs & Symptoms in Hashimoto:**

Inability to concentrate, slowing down mental processes

Fatigue, burnout

Constipation

Dry skin

Hair loss, Coarse hair

Intolerance to cold

Slight weight gain

Enlarged thyroid (goiter)

Difficulty swallowing or breathing due to an enlarged thyroid

Heavy and irregular periods

infertility or miscarriage

Loss of sexual desire

## **If left untreated, hypothyroidism caused by Hashimoto's disease can have the following serious consequences:**

Goiter that can interfere with swallowing or breathing.

Heart problems such as an enlarged heart or heart failure.

Mental health problems such as depression, decreased sexual desire, slowing mental functioning.

Myxedema coma is a rare, life-threatening condition that results from long-term untreated hypothyroidism and requires immediate treatment.

Birth defects. Babies born to women with untreated hypothyroidism are more likely to be born still or premature. They may also have a lower IQ (intelligence) later in life due to the underdeveloped brain when in the womb.

## **Risk factors:**

Anyone can get Hashimoto's disease, and symptoms vary from person to person; however, it is more common in women and those with a family history of thyroid disease. It also happens more often as people age. People with other autoimmune disorders (eg Type 1 diabetes, Addison's disease) are more likely to develop Hashimoto's disease.