

Hypothyroidism vs. Hyperthyroidism

The thyroid is a small gland in the front of your neck that makes thyroid hormones (T3 & T4)

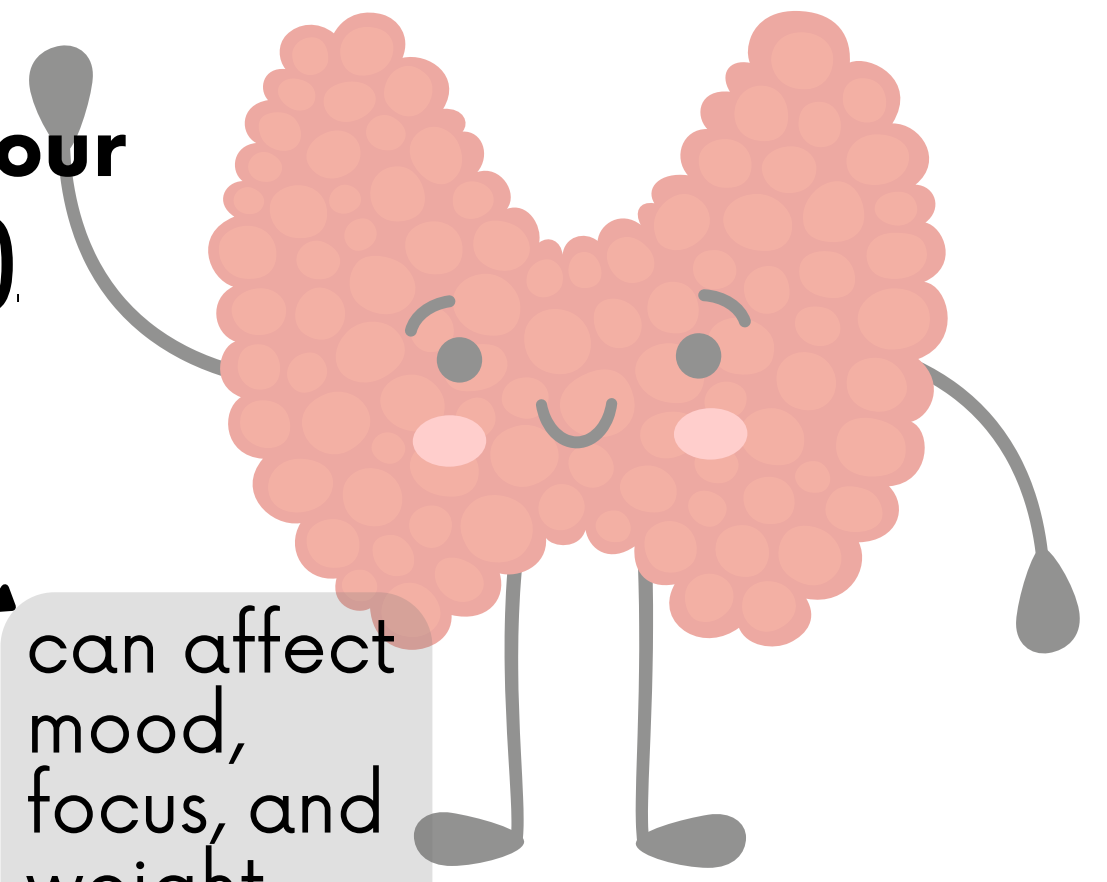
helps control energy levels

helps control heart rate

affects body temperature

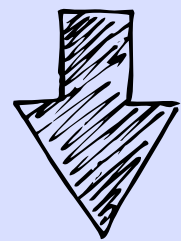
helps digestion move normally

can affect mood, focus, and weight



HYPOTHYROIDISM

(**Low** production of thyroid hormones)

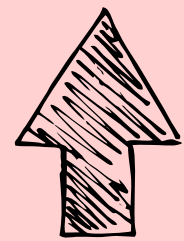


Common symptoms may include:

- Feeling tired or sluggish
- Feeling cold
- Weight gain
- Dry skin
- Constipation
- Slow heart rate
- Depression or brain fog
- Hair thinning

HYPERTHYROIDISM

(**Excessive** production of thyroid hormones)



Common symptoms may include:

- Feeling nervous or anxious
- Feeling hot or sweaty
- Weight loss without trying
- Fast or irregular heartbeat
- Shaky hands
- Trouble sleeping
- More frequent bowel movements
- Muscle weakness

HOW ARE THYROID PROBLEMS CHECKED?

1 Talk about your symptoms

Tell your doctor about energy, weight, mood, heart rate, periods, and temperature changes.

2 Blood tests

Common tests include TSH, T4, and sometimes T3 or thyroid antibody tests.

3 Follow up on results

Your doctor may recommend medicine, more testing, or monitoring over time.



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For more information:
MedEdMaterials.org

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Sources: National Institute of Diabetes and Digestive and Kidney Diseases, American Thyroid Association, MedlinePlus