

High TSH Symptoms

A high TSH level indicates that the thyroid gland is not making enough thyroid hormone (primary hypothyroidism). On the other hand, a low TSH level usually indicates that the thyroid is producing too much thyroid hormone (hyperthyroidism).

Common Symptoms of Hypothyroidism:

- Fatigue or tiredness
- Weight gain
- Cold intolerance (feeling unusually cold)
- Dry skin
- Hair loss
- Slow heart rate
- Constipation
- Depression
- Memory problems

High TSH levels, typically indicating hypothyroidism or an underactive thyroid, can cause a range of symptoms due to the reduced levels of thyroid hormones. These symptoms can vary in severity and may include:

- **Fatigue and Weakness:** Feeling unusually tired and lacking energy is a common symptom.
- **Weight Gain:** Unexpected weight gain, despite no change in diet or exercise habits.
- **Sensitivity to Cold:** Feeling cold when others do not, or having a hard time staying warm.
- **Dry Skin and Hair:** The skin may become dry and rough, and hair can become coarse, brittle, or thin.
- **Hair Loss:** Notable thinning or loss of hair.
- **Constipation:** Digestive issues, particularly constipation.
- **Depression:** Feelings of sadness or depression.
- **Memory Problems and Difficulty Concentrating:** Trouble with focus, memory, and concentration.

- Menstrual Irregularities: In women, menstrual cycles may become irregular, heavier, or lighter.
- Slow Heart Rate: A decrease in heart rate (bradycardia).
- Muscle Aches and Joint Pain: General aches and pains in muscles and joints.
- Swelling of the Thyroid Gland (Goiter): An enlargement of the thyroid gland, noticeable as a swelling in the neck.

These symptoms develop slowly over time, and their onset can be so gradual that they might go unnoticed initially. Since these symptoms can be general and vary widely among individuals, it's important to consult a healthcare provider for a proper diagnosis and treatment plan.