

Menopause Thyroid Solution

OVERCOME MENOPAUSE BY SOLVING YOUR HIDDEN THYROID PROBLEMS

THYROID/PERIMENOPAUSE/MENOPAUSE RISKS AND SYMPTOMS CHECKLISTS

RISK FACTORS FOR THYROID CONDITIONS

- _____ Family or personal history of thyroid disease
- _____ Family or personal history of any autoimmune disease
- _____ Genetic markers for autoimmunity: left-handedness, ambidextrous and/or prematurely gray hair
- _____ Current or former cigarette smoker
- _____ Recent pregnancy or miscarriage (within past year)
- _____ Iodine deficiency/excess
- _____ Overconsumption of soy foods and soy supplements
- _____ Overconsumption of goitrogenic foods (Brussels sprouts, rutabaga, turnips, kohlrabi, radishes, cauliflower, African cassava, millet, babassu (a palm-tree coconut fruit popular in Brazil and Africa), cabbage, kale, horseradish, corn, broccoli, turnips, carrots, peaches, strawberries, peanuts, spinach, watercress, mustard greens, walnuts)
- _____ Overexposure to fluoride
- _____ Overexposure to chlorine
- _____ Overexposure to mercury
- _____ Overexposure to perchlorate
- _____ History of x-ray, radiation and radium treatments to head, neck and chest
- _____ Nuclear exposure -- lived or visited area downwind from the Chernobyl plant in the period after the nuclear accident—April 26, 1986. Countries at risk included Belarus, Russian Federation, and Ukraine. Reduced risk in Poland, Austria, Denmark, Finland, Germany, Greece, and Italy.
- _____ Nuclear exposure -- lived near or in the area downwind from the former nuclear weapons plant at Hanford in south central Washington state during the 1940s through 1960s, particularly 1955 to 1965.
- _____ Nuclear exposure -- lived during the 1950s and 1960s in areas subject to fallout from the Nevada Nuclear Test Site northwest of Las Vegas. The fallout was most concentrated in Utah, Idaho, Montana, Colorado, and Missouri.
- _____ Nuclear exposure- Lived in the area around the Oak Ridge nuclear facility in Eastern Tennessee
- _____ Severe snakebite
- _____ Prescribed lithium
- _____ Prescribed amiodarone (Cordarone)
- _____ Prescribed glucocorticoids/adrenal steroids like prednisone and hydrocortisone
- _____ Prescribed propranolol, a beta blocker
- _____ Prescribed aminoglutethimide – a drug used used for breast and prostate cancer treatment
- _____ Prescribed ketoconazole, an antifungal
- _____ Prescribed para-aminosalicylic acid, a tuberculosis drug
- _____ Prescribed sulfonamide drugs, including sulfadiazine, sulfasoxazole, and acetazoleamide, which have been used as diuretics and antibiotics
- _____ Prescribed sulfonylureas, including tolbutamide and chlorpropamide, used for diabetes drugs
- _____ Prescribed raloxifene (Evista), a drug for osteoporosis
- _____ Prescribed carbamazepine, oxcarbazepine, and valproate, drugs for epilepsy
- _____ Interferon Beta-1b and Interleukin-4 treatment

- _____ Immunosuppressant therapy
- _____ Antiretroviral treatment for AIDS
- _____ Monoclonal Antibody (Campath-1H) therapy for multiple sclerosis
- _____ Receiving a donated organ, or a bone marrow transplant
- _____ Neck trauma/whiplash
- _____ Recent surgery or biopsy of the thyroid, parathyroids, or the area surrounding the thyroid
- _____ Seasonal allergies to tree pollen
- _____ Sensitivity - or full intolerance -- to gluten and wheat products / celiac disease
- _____ Severe emotional or physical stress
- _____ History of Epstein-Barr Virus (EBV) and mononucleosis
- _____ Thyroid-related or potentially thyroid-triggered conditions:
 - _____ Carpal tunnel syndrome
 - _____ Tarsal tunnel syndrome
 - _____ Tendinitis
 - _____ Plantar fasciitis
 - _____ Urticaria (hives)
 - _____ Candidiasis/yeast overgrowth
 - _____ Chronic fatigue syndrome and fibromyalgia
 - _____ Type 1 diabetes
 - _____ Metabolic syndrome/insulin resistance/type 2 diabetes
 - _____ High cholesterol/hyperlipidemia
 - _____ Addison's disease
 - _____ Pernicious anemia --
 - _____ Alopecia (hair loss)
 - _____ Myasthenia gravis
 - _____ Clinical depression
 - _____ Panic disorder / panic attacks

THYROID SYMPTOMS CHECKLIST

- _____ Menstrual irregularities
 - _____ Irregular menstrual cycles, and spotting (known as metrorrhagia)
 - _____ Shorter cycles, more frequent periods (known as polymenorrhea)
 - _____ Longer cycles, less frequent periods (known as oligomenorrhea)
 - _____ Heavier, longer, soaking periods (known as menorrhagia)
 - _____ No periods at all (known as amenorrhea)
 - _____ Lighter periods (known as hypomenorrhea)
- _____ Infertility/recurrent miscarriage
- _____ Temperature changes -- feeling cold/hot
- _____ Sleep problems -- difficulty falling asleep, frequent waking, insomnia wake up feeling tired and unrefreshed, sleep apnea
- _____ Gaining weight inappropriately, or the inability to lose weight
- _____ Weight loss without diet or exercise, increased appetite and food intake without weight gain
- _____ Increased appetite for carbohydrates
- _____ Depression
- _____ Difficulty concentrating
- _____ Brain or mind is "in a fog"
- _____ Forgetfulness, memory problems
- _____ Antidepressant treatment not working
- _____ Increased anxiety, panic attacks
- _____ Loss of sex drive
- _____ Hair loss

Loss of the hair from the outer part of your eyebrow.

Coarse, rough, thinning or dry hair

Skin Changes

Paleness in the skin

Dry mucous membranes

Easy bruising

A yellowish cast

Cracked skin on elbows and kneecaps

Hives or chronic urticaria

Chronic itching

Psoriasis

Eczema

Hidradinitis suppurativa (inflamed, painful boils in the armpits and groin)

Blister-like bumps on the forehead and face

Waxy, reddish-brown lesions on shins and lower legs that are itchy and inflamed

Elevated cholesterol levels, and/or high cholesterol that doesn't respond to medication

Fatigue, lack of energy

Low endurance

Chronic pain, aches, and stiffness in joints and muscles, especially hands and feet

Muscle weakness, especially in the upper arms and legs.

Constipation

More frequent bowel movements

Dry eyes and dry mouth

Milk leaking from breasts when not breastfeeding

Heart palpitations -- irregular heart rhythms

Slowed heart rate, and low blood pressure

Rapid pulse, high blood pressure

Worsening of chronic headaches and/or migraine disease

Inability to tolerate medicines, drugs, toxins

Bulging of eyeballs

Sensitivity in eyes

Jumpy, or have more frequent tics, sometimes referred to as "nystagmus"

Dry and blurry eyes

Thyroid/neck enlargement (goiter)

A feeling of fullness or pressure in the neck/throat

Discomfort with neckties, necklaces, turtlenecks or scarves

A choking sensation, feeling like something is stuck in your throat

Hoarseness

Difficulty swallowing

Tongue feels thick

"Buzzy" feeling in the neck/thyroid area, as if a low current of electricity is running through it, or as if the thyroid is vibrating.

Tinnitus, commonly referred to as "ringing in the ears"

Shortness of breath, difficult drawing a full breath

Dry, brittle nails that break easily

Swollen fingertips and toes (acropachy)

Separation of underlying nail bed separates from skin (onycholysis, Plummer's nails)

Low, husky, hoarse voice

Vertigo

Swelling, bloating, water retention, and puffiness of eyes, eyelids, face, feet and/or hands

Slowness in movement and speech

Low resistance/frequent infections

RISK FACTORS FOR EARLIER PERIMENOPAUSE/MENOPAUSE

____ Age: Natural menopause is typically from 48 to 55 years of age, most women complete by 51
____ Genetics/heredity: Mother or sister had an early natural menopause
____ Cigarette smoking: Perimenopause and menopause onset a full two years earlier than in non-smokers
____ Never been pregnant
____ Living at a high altitude
____ Low body weight
____ Personal or family history of autoimmune disease
____ History of unilateral oophorectomy (hysterectomy that left one ovary)
____ Ovarian surgery for adhesions or pelvic endometriosis
____ Received chemotherapy or pelvic radiation cancer therapy as a child
____ Chemotherapy and radiation therapy to the pelvic region
____ Radioactive iodine (RAI) treatment for thyroid cancer
____ Polycystic ovary syndrome (PCOS)
____ Extreme athleticism/overexercise/elite athlete/marathon runner
____ Eating disorders/chronic dieting
____ Vegetarian
____ Drug use (illegal drugs)
____ Springtime birth month

PERIMENOPAUSE/MENOPAUSE SYMPTOMS CHECKLIST

____ Changes in PMS symptoms
____ More frequent periods
____ Longer interval between periods
____ Skipped periods
____ Phantom periods (signs and symptoms that your period is coming, but it never does)
____ Shorter periods
____ Longer periods
____ Lighter periods
____ Heavier periods
____ Brown color to menstrual blood
____ Clots in menstrual blood
____ Hot flashes
____ Night sweats
____ Difficult falling asleep
____ Frequent waking
____ Waking frequently to urinate
____ Inability to go back to sleep after waking
____ Waking early
____ Weight gain without change in diet/exercise
____ Redistribution of body fat to abdomen, waist, hips and thighs.
____ Decrease in muscle mass
____ Increased cravings for starchy carbohydrates
____ Extreme irritability, anger
____ Rapid mood swings
____ Inability to cope with stress
____ Extreme emotionality (i.e., bursting into tears)
____ Tension, anxiety

- _____ Reduced lubrication during sex
- _____ Vaginal itching and burning
- _____ Vaginal infections
- _____ Vaginal odor
- _____ Light spotting after sex
- _____ Benign ovarian cysts, and fibroids
- _____ Prolapse in uterus or bladder
- _____ Incontinence
- _____ Bladder/urinary tract infections
- _____ Loss of Sex Drive
- _____ Thinning of hair from the head or body
- _____ Loss of hair from the head or body
- _____ Receding male-pattern style hair loss at the temples (known as androgenic alopecia)
- _____ Growth of extra hair on chin, upper lip, chest and abdomen
- _____ Thinner, more fragile skin
- _____ Dry skin
- _____ More prominent wrinkles
- _____ Wrinkling above lips
- _____ Thinning and dryness of the lips themselves.
- _____ Adult-onset acne
- _____ Formication/itchiness/tingling/crawling sensations in skin
- _____ Reduced bone mineral density (BMD)
- _____ Increased levels of low-density lipoprotein (LDL) cholesterol —"bad" cholesterol
- _____ Reduced levels of high-density lipoprotein (HDL) cholesterol—"good" cholesterol
- _____ Fatigue, lack of energy
- _____ Body aches and pains, along with sore joints, backaches, leg cramps, muscle tension
- _____ Shoulder stiffness
- _____ Gastrointestinal/digestive disturbances, including heartburn, indigestion, flatulence, gas pains, nausea, food intolerances, constipation, and bloating/water retention
- _____ Dry eyes
- _____ Dry mouth
- _____ Breast tenderness
- _____ Lumpy and fibrocystic breasts
- _____ Breast shrinkage
- _____ Breast sagging, and reduced firmness
- _____ Rapid heartbeat, heart palpitations, and an irregular heartbeat
- _____ Concentration and Memory Problems -- "brain fog" or "cotton brain"
- _____ Change in severity or quantity of chronic headaches or migraines
- _____ Dizziness, lightheadedness, losing your balance
- _____ Changes in body odor
- _____ Changes in foot odor
- _____ Dry, brittle fingernails
- _____ Tinnitus -- a ringing, buzzing, or whooshing sound in the ears
- _____ Varicose veins