

Overactive Thyroid: Seven Signs, One Test

The seven symptoms of an overactive thyroid, why it reads differently after 60, and the blood test to ask for by name.

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic & NIDDK · sources below

Cleveland Clinic says signs of thyroid storm, such as a high fever and a very fast heart rate, mean getting to the nearest hospital as soon as possible. Mayo Clinic says to make an appointment for weight loss you did not intend, a rapid heartbeat, unusual sweating or swelling at the base of the neck.

✓ Do This

Count Your Resting Pulse

- Sit still for two minutes
- Count thirty seconds and double it
- Do it seven mornings

COACH'S TIP Mayo Clinic names the heart first.

Take Every Container With You

- Thyroid hormone medicine
- Seaweed and iodine supplements
- Cough syrups and heart medicines

COACH'S TIP NIDDK names each as a cause.

Ask For T3, T4 And TSH

- Symptoms alone cannot diagnose it
- Blood tests can
- An antibody test finds Graves'

COACH'S TIP Cleveland Clinic lists those tests.

Look At The Base Of The Neck

- A goiter is a visible swelling
- All three sources name it
- Show it to your provider

COACH'S TIP Mayo Clinic calls it a goiter.

Check Levels Yearly On Medicine

- If you take thyroid hormone
- Doses drift over time
- Once a year at minimum

COACH'S TIP NIDDK sets that interval.

Say The Word Thyroid After 60

- It gets read as low mood
- Or as ordinary ageing
- Ask whether it has been tested

COACH'S TIP NIDDK names that exact confusion.

✗ Do Not

Do Not Expect Weight Gain

- Weight usually falls instead
- Gain points the other way
- Even with more appetite

COACH'S TIP Cleveland Clinic explains the metabolism.

Do Not Try To Fix It With Food

- Diet alone often cannot
- Medical treatment is likely
- Ask before changing your diet

COACH'S TIP Cleveland Clinic says so plainly.

Do Not Load Up On Seaweed

- Kelp and dulse carry iodine
- So do some supplements
- Too much can cause or worsen it

COACH'S TIP NIDDK names those foods.

Do Not Ignore It Feeling Mild

- Untreated it thins bones
- And disturbs heart rhythm
- Stroke and heart failure follow

COACH'S TIP NIDDK lists each complication.

Do Not Self Adjust Your Dose

- Too much medicine is a cause
- Levels are a blood test
- Not a guess at the cabinet

COACH'S TIP NIDDK says have levels checked.

Do Not Wait On A Racing Heart

- Palpitations are symptom one
- Atrial fibrillation is a complication
- Both belong in an appointment

COACH'S TIP Cleveland Clinic lists both.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

1 in 100 Americans aged 12 and over have hyperthyroidism, per NIDDK

1.3% of people in the United States have it, per Cleveland Clinic

3 conditions cause most of it: Graves', nodules and thyroiditis, per Mayo Clinic