WOMO HEALTH

WOMO HEALTH GUIDE

Thyroid

When everything feels off, *look closer.*

Understand the signals.
Ask for the right tests.

What to notice · What to ask · What to track

Your body has a story. WOMO reads it.

01 / BEFORE YOU BEGIN

When everything feels off

Tired, cold, shaky, anxious, or noticing changes in your hair or period? A pattern is worth discussing. Symptoms alone cannot tell you whether your thyroid is involved.

WHAT THIS GUIDE DOES

Explains common thyroid symptoms, tests and care conversations in plain language.

HOW TO USE IT

Mark what you notice. Track four weeks, bring your medicines and supplements, and take the provider summary to your visit.

YOUR QUESTIONS BELONG HERE

Ask for your actual test results and a plan for what comes next, including follow-up if you still feel unwell.

This is educational, not a diagnosis. A licensed provider can consider your history, exam, and tests together.

02 / UNDERSTAND THE BASICS

Your body’s pace setter

Your thyroid is a small gland in the front of your neck. Its hormones help regulate energy, temperature, heart rate, digestion, mood, and menstrual cycles.

UNDERACTIVE THYROID

Hypothyroidism means the thyroid makes too little hormone. Symptoms can develop gradually and overlap with other conditions.

OVERACTIVE THYROID

Hyperthyroidism means the thyroid makes too much hormone. A fast heart rate, heat intolerance, or shakiness may be among the clues.

SYMPTOMS OVERLAP

Stress, iron deficiency, perimenopause, medicines, and other health changes can cause similar symptoms. Your pattern and tests matter together.

You do not have to decide which category fits you before making an appointment.

03 / WHAT TO NOTICE

Two different patterns

These are examples, not a self-test. Check what you notice and write down when it began.

OFTEN SEEN WITH UNDERACTIVITY

- [ ] Fatigue or feeling slowed down
- [ ] Feeling cold more often
- [ ] Dry skin or thinning hair
- [ ] Constipation
- [ ] Low mood or trouble focusing
- [ ] Heavier or irregular periods

OFTEN SEEN WITH OVERACTIVITY

- [ ] Racing or pounding heart
- [ ] Feeling hot or sweaty
- [ ] Shaky hands
- [ ] Trouble sleeping or irritability
- [ ] More frequent bowel movements
- [ ] Lighter or missed periods

Weight can change in either direction, but a number on the scale cannot diagnose a thyroid condition.

04 / ASK ABOUT TESTING

What the tests can tell you

Thyroid testing begins with a conversation about symptoms, history, medicines, and the right blood tests for you.

TSH

Thyroid-stimulating hormone is commonly the first blood test. It is a signal from the brain to the thyroid.

FREE T4

A circulating thyroid hormone often checked alongside TSH when the result or symptoms call for more detail.

ANTIBODIES AND T3

Thyroid antibodies can help identify an autoimmune cause. A T3 test may be useful for suspected overactivity.

NECK EXAM AND IMAGING

If there is a lump or swelling, ask whether a neck exam or ultrasound is appropriate. Imaging is not needed for every person.

Ask for the actual numbers, the laboratory reference ranges, and what the result means for your next step.

05 / CONTEXT MATTERS

Bring the whole picture

A test result makes more sense when your provider knows what changed around it.

MEDICINES AND SUPPLEMENTS

Bring a list of everything you use. Biotin in hair, skin, and nail products can interfere with some thyroid tests; ask your care team how to prepare for testing.

PREGNANCY AND AFTER BIRTH

Thyroid needs can change during pregnancy. Thyroid inflammation can also occur in the year after birth; tell your provider if this timing fits you.

FAMILY AND AUTOIMMUNE HISTORY

Mention family thyroid disease, an autoimmune condition, and any lump or swelling you have noticed in your neck.

CHANGING LIFE STAGE

Perimenopause, sleep changes, and iron deficiency can overlap with thyroid symptoms. Ask what else belongs in the evaluation.

06 / PRINT AND REPEAT

Four-week symptom tracker

Record what happens on real days. Print another copy if you need more time or symptoms change.

WEEK	ENERGY / TEMP	HEART / SLEEP / MOOD	HAIR / BOWEL / PERIOD
1			
2			
3			
4			

Also note: weight changes, neck swelling, medicines, supplements, and test dates.

07 / READ THE RESULTS

Ask what happens next

A single lab number does not explain every symptom. Ask your provider to interpret the result alongside your history and exam.

IF RESULTS POINT TO A THYROID PROBLEM

Ask what the result suggests, whether more tests are needed, what treatment options fit, and when results should be rechecked.

IF RESULTS ARE IN RANGE

Ask what else could explain the symptoms, whether repeat testing is appropriate, and what changes should prompt a call.

IF RESULTS ARE UNCLEAR

Ask whether medicines, biotin, pregnancy, recent illness, or timing could affect interpretation and who will follow up.

A “normal” result does not make your symptoms imaginary. It tells you to keep the conversation open.

08 / CARE CONVERSATIONS

Options worth discussing

Treatment depends on the cause, test results, your health history, and whether you are pregnant or planning pregnancy.

IF UNDERACTIVE

A provider may prescribe thyroid hormone replacement and use blood tests to adjust treatment. Ask about timing, interactions, and follow-up.

IF OVERACTIVE

Options can include medicines that reduce hormone production, medicine for a racing heart, radioiodine, or surgery in some cases.

IF A NODULE IS FOUND

An exam, ultrasound, or further evaluation may be appropriate. Ask what the finding means and when to check again.

IF SYMPTOMS PERSIST

Ask about iron, sleep, other medicines, perimenopause, and other possible causes. Decide with your provider what to assess next.

09 / WHAT TO ASK

Questions for your visit

START WITH THE BASICS

“Can we review my symptoms and decide whether TSH and free T4 testing make sense?”

ASK ABOUT CAUSES

“Should we consider thyroid antibodies, another test, or a neck exam based on my history?”

SEE THE NUMBERS

“May I have my actual results and reference ranges? What do they mean for me?”

MAKE A FOLLOW-UP PLAN

“If the results are normal or borderline, what else should we check and when should we reassess?”

KNOW WHEN TO CALL

“What symptoms need urgent attention, and who will contact me with the results?”

10 / WHAT TO SAY

Words for the room

NAME THE CHANGES

“For ___ months, I have noticed ___. It affects my work, sleep, or daily life in this way: ___.”

MENTION THE PATTERN

“I have tracked my energy, temperature, heart, and period changes. Can we review the pattern?”

ASK FOR AN EXPLANATION

“Can you explain what these thyroid numbers show and what they do not show?”

IF YOU FEEL DISMISSED

“These changes are affecting me. If thyroid testing is not needed, what else are we considering?”

LEAVE WITH A PLAN

“Who follows up with me, when, and what should make me call sooner?”

11 / BRING THIS PAGE

Your provider summary

SYMPTOMS, WHEN THEY BEGAN, AND THEIR DAILY IMPACT

ENERGY, SLEEP, TEMPERATURE, AND HEART CHANGES

SKIN, HAIR, BOWEL, WEIGHT, AND PERIOD CHANGES

FAMILY HISTORY, MEDICINES, AND SUPPLEMENTS INCLUDING BIOTIN

TEST RESULTS, MY TOP QUESTION, AND FOLLOW-UP PLAN

WHEN TO GET URGENT HELP

Get prompt care for a very fast or irregular heartbeat with chest pain or breathlessness, fainting, or neck swelling that makes breathing or swallowing difficult. Call 911 for an emergency.

Sources: NIDDK, Thyroid Tests and Thyroid Disease; American Thyroid Association.

12 / PLAIN LANGUAGE

Words worth knowing

THYROID

A gland in the neck that makes hormones affecting many body functions.

TSH

A brain signal that tells the thyroid to make more or less hormone.

FREE T4

A measurement of thyroid hormone available in the blood.

HYPOTHYROIDISM

Too little thyroid hormone; often called an underactive thyroid.

HYPERTHYROIDISM

Too much thyroid hormone; often called an overactive thyroid.

THYROID ANTIBODIES

Blood markers that may help identify an autoimmune cause.

NODULE

A lump in the thyroid that may need examination or imaging.

BIOTIN

A vitamin often in hair or nail products that can interfere with some thyroid blood tests.

Your body has been telling you something. Now you have the words.

Log energy, mood, sleep, heart and cycle changes with Mae. Bring those patterns to your provider.

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With you in this, the WOMO team ♥

Your body has a story. WOMO reads it.

This guide is educational and is not medical advice. It does not diagnose, treat, or replace care from a licensed provider. If you think you are having a medical emergency, call 911 or go to the nearest emergency room.