

Thyroid Disease and Low Potassium

Thyroid disease and low potassium can elevate the symptoms of bipolar disorder

Symptoms of Hypothyroidism

- Fatigue
- Weakness
- Weight gain or increased difficulty losing weight
- Coarse, dry hair
- Dry, rough pale skin
- Hair loss
- Cold intolerance (you can't tolerate cold temperatures like those around you)
- Muscle cramps and frequent muscle aches
- Constipation
- Depression
- Irritability
- Memory loss
- Abnormal menstrual cycles
- Decreased libido

Symptoms of Hyperthyroidism

- Difficulty concentrating
- Fatigue
- Frequent bowel movements
- Goiter (visibly enlarged thyroid gland) or thyroid nodules
- Heat intolerance
- Increased appetite
- Increased sweating
- Irregular menstrual periods in women
- Nervousness
- Restlessness
- Weight loss (rarely, weight gain)

Low Potassium levels can elevate symptoms of bipolar disorder. If you are on a diuretic you must have your potassium level checked periodically.

Some of the common symptoms are:

- Weakness or tiredness
- Cramping in arm or leg muscles. This is sometimes severe enough to make it impossible to move arms or legs, similar to paralysis
- Abdominal cramping or bloating
- Nausea or vomiting
- Tingling or numbness
- Passing large quantity of urine or a frequent sensation of thirst
- Irregular psychological behavior like depression, psychosis, delirium, confusion or seeing or hearing things (hallucinations)
- Fainting due to low blood pressure
- Palpitations
- Constipation
- Abnormal heart rhythms (arrhythmias)

It is vital to have your thyroid and potassium checked.