

... **Lyme Resource Medical, PC** ...
Lyme Disease Symptom Checklist

There are many symptoms of Lyme disease that are not usually associated with the illness. While you are unlikely to experience many of them, this symptom checklist allows for a greater understanding of your medical problem, and possibly determine your exposure to a Tick Borne Disease (T.B.D) problem.

Frequency (F) <i>(How often symptom occurs)</i>	1 <i>Monthly</i>	2 <i>Weekly</i>	3 <i>Daily</i>
Intensity (I) <i>(How painful or uncomfortable)</i>	1 <i>Mild</i>	2 <i>Moderate</i>	3 <i>Severe</i>
Duration (D) <i>(How long symptom lasts)</i>	1 <i>Minutes</i>	2 <i>Hours</i>	3 <i>Day/Weeks/Months</i>

The symptoms are best understood as being divided in to three categories: Frequency, Intensity, and Duration. Please indicate the degree of severity for each category below.

For example:

<i>F</i>	<i>I</i>	<i>D</i>	<i>Raised, hot to touch, itchy, crusty or oozy</i>
1	1	3	

Frequency: Monthly (1)

Intensity: Mild (1)

Duration: Days/Weeks/Months (3)

The Tick Bite

| If you get a rash it may be: |

F	I	D	
			<i>Raised, hot to touch, itchy, crusty or oozy</i>
			<i>Circular, spreading out, oval, triangular, or long-thin line</i>
			<i>Disappear and return</i>
			<i>At the site of the bite or on other parts of your body</i>

Note: You may never see a tick or get a rash and still be infected with Lyme disease

Head, Face, Neck

F	I	D	
			<i>Headache, mild or severe</i>
			<i>Facial paralysis (Bell's Palsy)</i>
			<i>Tingling of nose, cheek, or face</i>
			<i>Twitching of facial or other muscles (motor tics)</i>
			<i>Jaw pain or stiffness (TMJ like problems)</i>
			<i>Neck is stiff, painful, creaks or cracks</i>
			<i>Sore throat, swollen glands</i>
			<i>Hoarseness or vocal problems</i>
			<i>Sinusitis or increase in allergy symptoms</i>
			<i>Difficulty chewing, swallowing, speaking</i>
			<i>Change in smell, taste</i>
			<i>Unexplained hair loss</i>

Eyes/Vision

F	I	D	
			<i>Double or blurry vision</i>
			<i>Wandering or lazy eye</i>
			<i>Drooping eyelids</i>
			<i>Vision changes including blindness, retinal damage, optic atrophy</i>
			<i>Red eyes</i>
			<i>Conjunctivitis or "pinkeye"</i>
			<i>Floaters or spots appearing in the line of sight</i>
			<i>Pain or inflammation of eyes, or swelling around eyes</i>
			<i>Oversensitivity to light</i>
			<i>Decreased perception of light or color</i>
			<i>Flashing lights</i>

Ears/Hearing

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Decreased hearing in one or both ears</i>
			<i>Pain in ears</i>
			<i>Ringing or buzzing in one or both ears</i>
			<i>Sound sensitivity</i>

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Digestive and Excretory Systems

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Acid reflux, (burn, bloating, TBS)</i>
			<i>Diarrhea or constipation</i>
			<i>Upset stomach (nausea, vomiting, pain)</i>
			<i>Irritable bladder (trouble starting, stopping)</i>
			<i>Unexplained weight loss or gain</i>
			<i>Loss of appetite, anorexia</i>

Musculoskeletal System

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Joint pain, swelling or stiffness</i>
			<i>Stiff neck</i>
			<i>Shifting joint pains</i>
			<i>Muscle pains or cramps</i>
			<i>Burning in feet</i>
			<i>Shin splints</i>
			<i>Drooping shoulders</i>
			<i>Loss of reflexes</i>

			<i>Poor muscle coordination</i>
			<i>Loss of muscle tone, muscle weakness</i>

Respiratory and Circulatory Systems

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Air hunger (especially going up stairs)</i>
			<i>Shortness of breath, cough</i>
			<i>Chest pain or rib soreness</i>
			<i>Night sweats or unexplained chills</i>
			<i>Heart palpitations, extra beats or pulse skips</i>
			<i>Neck is stiff, painful, creaks or cracks</i>
			<i>Hypotension</i>
			<i>Diminished exercise tolerance</i>

Neurological System

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Burning or stabbing sensation in the body</i>
			<i>Weakness or paralysis of limbs</i>
			<i>Tremors or unexplained shaking</i>
			<i>Seizures</i>
			<i>Pressure in head</i>
			<i>Numbness in body, tingling, pinpricks</i>
			<i>Poor balance, dizziness, difficulty walking</i>
			<i>Increased motion sickness, wooziness</i>
			<i>Lightheadedness, fainting</i>
			<i>Stroke</i>
			<i>Meningitis</i>
			<i>Encephalopathy (dysfunction of the brain)</i>
			<i>Encephalomyelitis (inflammation of the brain and the spinal cord)</i>

Psychological Well-being

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Mood swings, irritability, or extreme agitation</i>
			<i>Depression and anxiety</i>
			<i>Personality changes</i>
			<i>Depersonalization</i>
			<i>Malaise</i>
			<i>Suicidal thoughts (rare cases or suicide)</i>
			<i>Anxiety/panic attacks</i>
			<i>Aggressive behavior or impulse violence</i>
			<i>Obsessive-compulsive behavior</i>

			<i>Bipolar disorder/manic episodes</i>
			<i>Schizophrenic-like states</i>
			<i>Eating disorders</i>
			<i>Disorientation (getting or feeling lost)</i>
			<i>Feeling as if you are losing your mind</i>
			<i>Overemotional reactions, crying easily</i>
			<i>Disturbed sleep: difficulty falling or staying asleep, too much, too little or early awakening</i>

Neurocognitive Dysfunction

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Forgetfulness, memory loss (short or long term)</i>
			<i>Poor schools or work performance</i>
			<i>Attention deficit problems, distractibility</i>
			<i>Confusion, difficulty in thinking</i>
			<i>Difficulty with concentration, reading or spelling</i>
			<i>Disorientation: getting lost or going to the wrong place</i>
			<i>Difficulty with speech (slowed, slurred, or stammering)</i>
			<i>Difficulty with writing</i>
			<i>Dyslexia-type reversals</i>
			<i>Word retrieval problems (can't remember words/stop mid-sentence)</i>
			<i>Forgetting how to perform simple tasks</i>
			<i>Problems with numbers</i>

Reproduction and Sexuality

<i>F</i>	<i>I</i>	<i>D</i>	
			<i>Loss of sex drive</i>
			<i>Sexual dysfunction/lack of erection/decreased semen</i>
			<i>Females Only:</i>
			<i>libido; lack of orgasm</i>
			<i>Unexplained menstrual pain, irregularity</i>
			<i>Unexplained breast pain, discharge</i>
			<i>Endometriosis</i>
			<i>Reproduction problems: miscarriage, stillbirth, premature birth, neonatal death (rare), congenital Lyme disease (passes from mother to fetus)</i>
			<i>Males Only:</i>
			<i>Decreased libido</i>
			<i>Testicular or pelvic pain</i>
			<i>Bipolar disorder/manic episodes</i>

General Well-being

F	I	D	
			<i>Muscle exhaustion after exercise</i>
			<i>Unexplained weight gain, loss</i>
			<i>Swollen glands</i>
			<i>Unexplained fever (high or low grade), sweats, chills, or flushing</i>
			<i>Continual infections (sinus, kidneys, eye, ear, etc.)</i>
			<i>Symptoms seem to change, come and go</i>
			<i>Pain migraines (moves) to different body parts</i>
			<i>Early on, experience a “flu-like” illness, possibly not feeling well since</i>
			<i>Exaggerated symptoms or worse hangover from alcohol</i>

Skin Problems

F	I	D	
			<i>Rashes: stretch marks/tender lumps</i>
			<i>Acrodermatitis Chronica Atrophicans (ACA) — degenerative and chronic skin condition that leads to atrophy of the skin</i>
			<i>Benign tumor-like nodules</i>

Other Organ Problems

F	I	D	
			<i>Foot/heel pain, soles of feet/plantar fasciitis</i>
			<i>Liver infections/abnormalities</i>
			<i>Enlarged or tender spleen</i>
			<i>Under active thyroid glands</i>
			<i>Bladder and kidney problems (including bed wetting)</i>

Have any of your neighbors been diagnosed with:

Multiple Sclerosis

Fibromyalgia

Chronic Fatigue Syndrome

Infectious Mononucleosis

Systemic Lupus

Rheumatoid Arthritis

Lou Gehrig’s disease (ALS)

Alzheimer’s

Guillian-Barre Syndrome

Attention Deficit Disorder