

Symptom Checklist: Lyme disease evaluation

Please circle any symptoms that you have experienced with your illness.

General

Fever
Night sweats
Fatigue, lack of endurance
Unexplained weight gain/loss
Generalized, unprovoked pain
Migratory pain

Head, Face, Neck

Headache, mild or severe
Facial flushing
Pressure in head
Jaw pain or stiffness
Unexplained hair loss
Dental problems/pain (unexplained)
Twitching of facial muscles
Stiff or painful neck
Facial paralysis (Bell's Palsy)
Sore throat, hoarseness
Tingling of nose, tongue, cheek

Eyes/Vision and Ears/Hearing

Double or blurry vision
Difficulty with night vision
Increased floating spots
Pain in eyes, or swelling around eyes
Oversensitivity to light
Flashing lights/Peripheral waves/phantom images
Change in color vision
Decreased hearing in one or both ears
Buzzing or ringing in one or both ears
Pain in ears, oversensitivity to sounds
Auditory hallucinations

Gastrointestinal and Genito-urinary Systems

Upset stomach (nausea/pain)/ heartburn
Recurrent vomiting
Diarrhea/ constipation
Irritable bladder or interstitial cystitis
Testicular or pelvic pain
Decreased libido
Unexplained menstrual irregularity
Symptoms worse with menses? Yes No
Unexplained milk production

Musculoskeletal System

Bone pain, joint pain or swelling
Carpal tunnel syndrome
Stiffness of joints, back, neck
Frequent tendonitis, tennis elbow
Muscle pain or cramps, muscle spasms
Sore soles, especially in am

Respiratory and Circulatory Systems

Shortness of breath, cough
Endocarditis, myocarditis, heart failure
Chest pain or rib soreness
Peripheral vascular abnormalities
Rhythm disturbances- extra beats, heart block, palpitations

Psychological

Mood swings, irritability
Feeling as if you are losing your mind
Over-emotional reactions, crying easily
Depression
Bi-polar disorder
Panic attacks, anxiety
Obsessive-compulsive disorder
Psychosis

Mental Capability

Memory loss (short or long term)
Going to the wrong place
Disorientation (getting or feeling lost)
Confusion, difficulty in thinking
Forgetting how to perform simple tasks
Difficulty with concentration or reading
Dementia

Nervous System

Burning, stabbing, aching or shock sensations
Lightheadedness, fainting
Numbness, tingling, pinpricks
Increased motion sickness
Peripheral neuropathies
Abnormalities of vision, hearing, smell, taste or touch
Muscle weakness,
Muscle atrophy or partial paralysis
Muscle twitching
Speech difficulty (slurred or slow)
Stammering speech
Word searching, misspeaking
Poor balance
Dizziness
Difficulty walking, gait problems
Tremors
Seizures
Sleep problems: excessive sleep, insomnia, sleep apnea, narcolepsy, unusual sleep behaviors

Decreased alcohol tolerance? Yes No

The symptoms of Lyme disease are widespread; relapsing/remitting patterns are common. Symptoms may overlap with those seen in other conditions such as fibromyalgia, chronic fatigue syndrome, MS, early ALS, RA, lupus and psychiatric disorders. However, patients with Lyme disease often have symptom patterns which are atypical for those other illnesses. Be aware that symptoms which appear unrelated may be linked by an underlying autonomic neuropathy or encephalopathy. Individual symptoms listed on the symptom checklist have been validated by one or more of the references listed below.

Compiled by Elizabeth Maloney, MD

Symptom References

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