

# LYME DISEASE SELF-SCREEN

Enter an "X" in both the "Frequency" and "Severity" columns of any symptom that applies.

PHYSICAL	Frequency			Severity		
	Sometimes	Often	Constant	Mild	Moderate	Severe
alcohol - exaggerated symptoms from drinking						
alcohol - worse hangover						
back - stiffness						
back - unexplained pain						
bladder - dysfunction						
bladder - irritable						
bowel - constipation						
bowel - diarrhea						
brain - seizures						
breast - pain						
breast - unexplained milk production						
chest wall - pain						
chemical sensitivities						
ears - buzzing, ringing						
ears - decreased hearing						
ears - pain						
ears - sensitive to sound						
energy - fatigue, tired						
energy - poor stamina						
eyes - "floaters"						
eyes - light sensitive						
eyes - vision blurry						
eyes - vision double						
eyes - vision loss						
eyes - uveitis						
feet - sore soles, especially in the am						
fevers						
genital - erectile dysfunction						
genital - hot flashes						
genital - loss of libido						
genital - pain						
genital - unexplained menstrual irregularity						
glands - persistent swollen						
head - congestion						
head - dental pain						
head - facial paralysis, bell's palsy						
head - headache						
head - jaw pain						
head - lightheadedness, woozy						
head - unavoidable need to sit or lie						
head - unexplained hair loss						
heart - "heart block" on ekg						
heart - mitral valve prolapse						
heart - murmur						
heart - palpitations or skipping						
joint - pain						

joint - stiffness						
joint - swelling						
lower abdomin - pain, cramps						
lungs - breathlessness, "air hunger"						
lungs - unexplained chronic cough						
muscle - cramps						
muscle - pain						
muscle - tremors						
muscle - twitching						
muscle - weakness (severe)						
neck - creaks and cracks						
neck - pain						
neck - stiffness						
ribs - sore						
skin - burning						
skin - chills						
skin - hypersensitivity						
skin - night sweats						
skin - numbness						
skin - shooting pains						
skin - stabbing sensations						
skin - tingling						
stomach - heartburn, pain						
stomach - queasy, nausea						
throat - sore throat						
weight - unexplained gain						
weight - unexplained loss						
<b>MENTAL, EMOTIONAL, CENTRAL NERVOUS SYSTEM</b>	<b>Sometimes</b>	<b>Often</b>	<b>Constant</b>	<b>Mild</b>	<b>Moderate</b>	<b>Severe</b>
anxiety						
attention - poor						
balance - motion sickness						
balance - off balance, "tippy" feeling						
balance - spinning sensation						
balance - vertigo						
bipolar disorder						
"brain fog"						
concentration difficult						
confusion						
delusions						
depression						
disorientation - getting lost						
disorientation - go to wrong places						
hallucinations						
indolence - laziness, disinclined to work or exert						
irritability						
memory - can't remember names well						
memory - forgetfulness						
memory - hard to recall right words						
memory - poor short term memory						
mood swings						
new information - problem understanding						
panic attacks						
paranoia						
rage						

reading - problem absorbing what is read						
sleep - early awakening						
sleep - excessive night time sleep						
sleep - fractionated sleep						
sleep - insomnia						
sleep - napping during the day						
speech - misspeaking						
speech - wrong word is used						
thinking difficult						

**Notes on Chronic Lyme and Lyme-Related Diseases**

- Characterized by symptoms that are chronic, persistent, recurrent, and refractory (stubbornly unresponsive to treatment)
  - Symptoms usually worse upon awakening
- Most commonly symptoms relate to:
- Energy (fatigue)
  - Mental dysfunctions (relating to thought processes, memory, thought to speech)
  - Headaches
  - Sleep disturbances
  - Cardiac presentations
  - Musculo-skeletal presentations
  - Neuropsychiatric presentations (mental disorders attributable to diseases of the nervous system)

Note: This self-screening is NOT diagnostic. Only a qualified M.D. can diagnose Lyme Disease. If you check many symptoms on this list, you may wish to show this list to your doctor.

From "Advanced Topics In Lyme Disease," 16th Edition, October, 2008, Joseph J. Burrascano, Jr., M.D.

