

## Symptom Checklist: Lyme disease

Symptom identification and assessment are critical components of a Lyme disease evaluation. Please circle any of the symptoms listed here that you have experienced since becoming ill. Some of your symptoms may not be listed; you may note them on the back of this sheet.

### 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  
History of irritable bowel disease  
Irritable bladder or interstitial cystitis  
Testicular or pelvic pain  
Decreased libido  
Unexplained menstrual irregularity  
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

### Respiratory and Circulatory Systems

Shortness of breath, cough  
Swelling of feet  
Trouble breathing when lying down or need to prop self up with pillows  
Chest pain or rib soreness  
Peripheral vascular abnormalities  
Rhythm disturbances- extra beats, slow heart rate, palpitations

### Nervous System

Burning, stabbing, aching or shock sensations  
Lightheadedness, fainting  
Numbness, tingling, pinpricks  
Increased motion sickness  
Problems with peripheral nerves  
Abnormalities of vision, hearing, smell, taste or touch  
Muscle weakness  
Muscle atrophy or partial paralysis  
Muscle twitching  
Speech difficulty (slurred or slow)  
Poor balance  
Dizziness  
Difficulty walking, gait problems  
Tremors  
Seizures  
Sleep problems - excessive sleep, insomnia, sleep apnea, narcolepsy, unusual sleep behaviors

### Cognitive

Memory loss (short or long term)  
Confusion, difficulty in thinking  
Difficulty with concentration or reading  
Stammering speech  
Word searching, misspeaking  
Disorientation (getting or feeling lost)  
Going to the wrong place  
Forgetting how to do simple tasks (examples: tying shoes, opening locks, operating home appliances)  
History of dementia

### Neuropsychiatric

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

## Symptom References

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