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


