

LYME DISEASE Symptom Checklist

SECTION 1: SYMPTOM FREQUENCY SCORE				
	0 None	1 Mild	2 Moderate	3 Severe
1. Fatigue, tiredness				+ 5 points
2. Joint pain or swelling				+ 5 points
3. Tingling, numbness, burning, or stabbing sensations				+ 5 points
4. Forgetfulness, poor short-term memory				+ 5 points
5. Disturbed sleep: too much, too little, early awakening				+ 5 points
6. Sore throat				
7. Swollen glands				
8. Unexplained menstrual irregularity				
9. Unexplained breast discharge; breast pain				
10. Irritable bladder or bladder dysfunction				
11. Sexual dysfunction or loss of libido				
12. Upset stomach				
13. Change in bowel function (constipation or diarrhoea)				
14. Chest pain or rib soreness				
15. Shortness of breath or cough				
16. Heart palpitations, pulse skips, heart block				
17. History of a heart murmur or valve prolapse				
18. Unexplained fevers, sweats, chills, or flushing				
19. Stiffness of the neck or back				
20. Muscle pain or cramps				
21. Twitching of the face or other muscles				
22. Headaches				
23. Neck cracks				
24. Unexplained weight change; loss or gain				
25. Facial paralysis (Bell's palsy)				
26. Eyes/vision: double, blurry				
27. Ears/hearing: buzzing, ringing, ear pain				
28. Increased motion sickness, vertigo				
29. Light-headedness, poor balance, difficulty walking				
30. Tremors				
31. Confusion, difficulty thinking				
32. Difficulty with concentration or reading				
33. Unexplained hair loss				
34. Disorientation: getting lost; going to wrong places				
35. Difficulty with speech or writing				
36. Mood swings, irritability, depression				
37. Testicular or pelvic pain				
38. Exaggerated symptoms or worse hangover from alcohol				
Section 1: Total Symptom Frequency				
SECTION 2: LYME INCIDENCE SCORE				
Now please circle the points for each of the following statements you can agree with:				
44. You have had a tick bite with no rash or flu-like symptoms. 3 points				
45. You have had a tick bite, a red bulls-eye type rash, migraines, or an undefined rash, followed by flu-like symptoms. 5 points				
46. You live in what is considered a Lyme-endemic area. 2 points				
47. You have a family member who has been diagnosed with Lyme and/or other tick-borne infections. 1 point				
48. You experience migratory muscle pain. 4 points				
49. You experience migratory joint pain. 4 points				
50. You experience tingling/burning/numbness that migrates and/or comes and goes. 4 points				
51. You have received a prior diagnosis of chronic fatigue syndrome or fibromyalgia. 3 points				
52. You have received a prior diagnosis of a specific autoimmune disorder (lupus, MS, or rheumatoid arthritis), or of a nonspecific autoimmune disorder. 3 points				
53. You have had a positive Lyme test (IFA, ELISA, Western blot, PCR, and/or Borelli culture). 5 points				
Section 2: Total Lyme Incidence Score				
SECTION 3: OVERALL HEALTH SCORE				
54. Thinking about your overall physical health, for how many of the past thirty days was your physical health not good? Award yourself the following points based on the total number of days: 0-5 days = 1 point, 6-12 days = 2 points, 13-20 days = 3 points, 21-30 days = 4 points				
55. Thinking about your overall mental health, for how many days during the past thirty days was your mental health not good? Award yourself the following points based on the total number of days: 0-5 days = 1 point, 6-12 days = 2 points, 13-20 days = 3 points, 21-30 days = 4 points				
Section 3: Total Overall Health Score				
FINAL SCORE Add your total scores for each section				
If you scored under 21 , you are not likely to have a tick-borne disorder. If you scored between 21 and 45 , you possibly have a tick-borne disorder and should see a health-care provider for further evaluation. If you scored 46 or more , you have a high probability of a tick-borne disorder and should see a health-care provider for further evaluation.				

Disclaimer: This questionnaire is intended for informational purposes only and not for self-treatment or diagnosis.