

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			
<i>Now please circle the points for each of the following statements you can agree with:</i>			
44. You have had a tick bite with no rash or flulike 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			
<i>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.</i>			

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