

## ***Lyme Symptoms Check sheet***

This list is not a diagnosis, but is meant to help you realize if Lyme Disease could be affecting you. Please remember that not all cases of Lyme Disease look the same, where some have over 100 symptoms, some have only two symptoms and both still test positive.

### ***Exposure:***

- Have you had exposure to ticks?
- Were you ill after being bitten by a tick?
- Did you develop a target rash, or any other rash after being bitten by a tick?
- Do you have family members with Lyme Disease?
- Have you had sexual contact with someone with Lyme Disease?
- Have you been exposed to outdoor environment with brush, wild grasses, wild streams, golf courses, or woods in excess of 10 minutes in any location?
- Do you have pets who have been exposed to outdoor environment with brush, wild grasses, wild streams, golf courses, or woods in excess of 10 minutes in any location?
- Do you experience discomfort within two minutes of being in a musty or moldy location?

### ***Symptoms: Check all that apply***

- Weight loss or gain in excess of 20 lbs in a short period of time
- Presence of any rash
- Changes in skin texture
- Slow wound healing
- Feeling worse or better after antibiotic treatment
- Poor short term memory
- Dizziness
- Vertigo
- Chemical Sensitivities
- Presence of a neurological disorder with or without a diagnosis
- Presence of a psychiatric disorder
- Facial paralysis or Bell's Palsy
- Personality changes
- Anxiety
- Depression
- Irritability
- Rage
- Addictions
- Any of the following: paranoia, dementia, schizophrenia, bipolar disorder, panic attacks, major depression, anorexia nervosa or obsessive compulsive disorder
- Seizures
- Brain lesions seen on a brain scan such as an MRI or CT of the head
- Ability to function at work has decreased
- Brain Fog
- Difficulty with name recall
- Getting lost easily
- Inability to learn new information
- Difficulty reading

- Difficulty speaking
- Repeating stories
- Confusion
- Fatigue in excess or that is getting worse
- Trouble falling asleep
- Trouble staying asleep (waking in the night)
- Sleep in excess of 9 hours including naps
- Digestive complaints with no clear cause (nausea, vomiting, cramping, constipation, diarrhea, bloating)
- New or increased food allergies
- Ear problems (pain, pressure)
- Tinnitus (ringing in the ears)
- Eye floaters
- Blurred vision
- Changes in senses (vision, sound, touch, taste, smell)
- Bladder dysfunction
- Treatment resistant interstitial cystitis
- Cardiac impairment
- Chest pain with no clear cause
- Palpitations
- Shortness of Breath
- Air hunger
- Numbness, tingling, burning, shock sensations on the skin
- Excessive itching with no clear cause
- Hair loss with no clear cause
- Muscle pain or cramps
- Muscle spasms
- Muscle wasting
- Problems with jaw function and pain
- Dental problems
- Joint pain, swelling, inflammation
- Neck stiffness
- Chronic pain
- Pain that doesn't respond to treatment
- Pain that migrates to new areas
- Nerve pain
- Arthritis (any kind)
- No longer tolerates sugar, alcohol or refined foods
- Headaches
- Migraines
- Day time sweats
- Night time sweats
- Chills
- Feeling Flu-like
- Any autoimmune disease
- Abnormal menstrual cycle
- Decreased testosterone
- Increased motion sickness
- Fainting

- Stretch marks
- Red papules of any size on the skin
- Skin tags including ones removed
- Formication or feelings of being bitten by bugs or bug sensations on skin with no bugs on the skin
- Unusual discomfort on the soles of the feet especially in the morning
- Liver enlargement with no clear cause
- Spleen enlargement with no clear cause
- A persistent sore throat
- Anemia with or without a known cause