

## Lyme Disease Symptoms

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; some people experience over 100 symptoms while others have only a few symptoms, and both can 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 an 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 an 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:

- Weight loss or gain in excess of 20lbs 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