

Lyme Symptom Checklist

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Name _____ Date _____

Risk Profile (Please check)

Tick infested area ___ Frequent outdoor activities ___ Hiking ___ Fishing ___ Camping ___ Gardening ___ Hunting ___

Ticks noted on pets ___ Other household members with Lyme ___

Do you remember being bitten by a tick? No ___ Yes ___ when _____

Do you remember having the "bull's eye rash?" No ___ Yes ___

Any other rash? No ___ Yes ___

Have you had any of the following? Please circle all yes answers.

1. Unexplained fevers, sweats, chills, or flushing
2. Unexplained weight change (loss or gain - circle one)
3. Fatigue, tiredness, poor stamina
4. Unexplained hair loss
5. Swollen glands: list areas
6. Sore throat
7. Testicular pain/ pelvic pain
8. Unexplained menstrual irregularities
9. Unexplained milk production; breast pain
10. Irritable bladder or bladder dysfunction
11. sexual dysfunction or loss of libido
12. Upset stomach or abdominal pain
13. Change in bowel function (constipation or diarrhea)
14. Chest pain or rib soreness
15. Shortness of breath, cough
16. Heart palpitations, pulse skips, heart block
17. Any history of heart murmur or valve prolapse
18. Joint pain or swelling, list joints: _____
19. Stiffness of joints or back
20. Muscle pain or cramps
21. Twitching of the face or other muscles
22. Headache
23. Neck creaks and cracks, neck stiffness, neck pain
24. Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity
25. Facial paralysis (Bells' Palsy)
26. Eyes/Vision: double, blurry, increased floaters, light sensitivity
27. Ears/Hearing: buzzing, ringing, ear pain, sound sensitivity
28. Increased motion sickness, vertigo, poor balance
29. Lightheadedness, wooziness, unavoidable need to sit or lie down
30. Tremor
31. Confusion, difficulty in thinking
32. Difficulty with concentration, reading
33. Forgetfulness, poor short memory, poor attention, problem absorbing new information
34. Disorientation: getting lost, going to wrong places
35. Difficulty with speech or writing; word or name block
36. Mood swings, irritability, depression
37. Disturbed sleep -- too much, too little, fractionated, early awakening
38. Exaggerated symptoms or worse hangover from alcohol

10 or more of these symptoms is suspicious for Lyme disease.