

Symptom Checklist

Tracking your symptoms and activities will help demonstrate evolving trends or patterns. This checklist, when paired with a personal journal, will assist you and your doctor or naturopath over an extended period of time. This checklist is designed to help you identify and track symptoms that may start, end or change with your activities or treatments. By keeping a personal journal, you can make notes about your symptoms, activities or treatments in more detail.

This checklist has been compiled from various sources, and is meant to be used as a tool to help you identify your symptoms and log your experiences and treatments. It is not intended to be used as a diagnostic tool and does not imply that you have Lyme or a related tick-borne disease, or any other illness or disease.

When to Use the Checklist

The checklist can be used in several ways. Use it to track new medications during the time you take them, and the effect it has or doesn't have on your symptoms. It can also be used to track symptoms after activities or changes in your daily routine. Every time you notice a change in your symptoms, it is a good idea to go through the checklist again. Every time you add information to your ongoing history, it will assist you and your doctor or naturopath when determining trends or activities that trigger symptoms and will help them determine a course of treatment. It is always good to note, either using the checklist or in your journal, changes in your symptoms – good and bad.

How to Use the Checklist

1. Enter in the date in the top column for your reporting period. It can be the day that you are filling in the checklist when you notice new or changing symptoms, or it can be used as a weekly summary based on your journal entries. It may also be the day when you check your symptoms prior to an activity or change in routine, such as a vacation. Anything longer than a week won't be as easy to use when determining changes, especially when tracking effects of medications.
2. Circle the letter which best describes the change in your routine: an activity, a medication, or other (see definitions below).

A = Activity

- When you do any activity, note it in your journal, go through the checklist and note any symptoms you have and their severity, even if you don't think the symptom is related to the activity. An activity would be anything that requires you to exert a little more energy than usual, such as a long walk, swimming, yoga, or even heavy

housework like vacuuming. It could even be a slumber party, a night out with your friends, or hosting company for the weekend. On the checklist circle the A and enter the date, the activity (hiking) and the status of your symptoms.

- A few days to a week after the activity, go through the checklist again and reassess your symptoms and their severity. If you are on a vacation for longer than a week, do a checklist every week, or more often if you experience changes in your symptoms.

M = Medications

- Note any medications, prescription drugs, vitamins or supplements you take and the date you took them. Go through the checklist and identify your symptoms. How did your symptoms change (or not change) after you started taking them? Note in your journal if you felt better, worse, had new symptoms or if other symptoms disappeared. This is not meant to be a perfect description, so do the best you can. The more detail you can provide, the better the chance for a good diagnosis.
- A week after starting or changing medications, prescription drugs, vitamins or supplements, go through the checklist again and reassess your symptoms and their severity.

O = Other

- If you noticed symptoms that may have been triggered for reasons other than a treatment or activity, enter the reason; for example, eating a food that causes symptoms, or increases or decreases the severity of symptoms you are already experiencing. Other examples could be alcohol consumption, humidity (or other environmental factors).

3. It is also important to note the severity of each symptom, and how it changes. If you don't have the symptom on the checklist, use X or leave it blank. If you do experience a symptom, rate the severity of the symptom on the following scale:

0	1	2	3	4	5
(no longer a symptom)	(mild)		(moderate)		(severe)

Write down any details, explanations or comments in your journal, and note the page number on the top of the checklist next to where you entered the date. Try to be specific in your notes, but if you have a general feeling rather than a specific one, write it in anyway. Some details are better than none and may become clearer as you continue to monitor that symptom.

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Tick Bite

- Rash at site of bite
- Rashes on other parts of body
- Basically circular rash
- Generalized or spread out rash
- Raised rash disappearing and reoccurring

Head, Face and Neck

- Pressure in head
- Headache mild or severe
- Twitching of facial or other muscles
- Facial paralysis (Bell's Palsy)
- Tingling of nose, tip of tongue
- Cheek or facial flushing
- Stiff or painful neck
- Jaw pain or stiffness
- Dental problems (unexplained)
- Sore throat
- Runny nose
- Hoarseness
- Clearing throat a lot (phlegm)
- Double or blurry vision, increased floating spots
- Pain in eyes or swelling around eyes
- Sensitivity to light
- Flashing lights, peripheral waves, phantom images in corners of eyes
- Unexplained hair loss
- Seizures
- White matter lesions in head (MRI)
- Swollen glands

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Ears and Hearing

- Decreased hearing in one or both ears
- Plugged ears
- Buzzing in ears
- Pain in ears
- Oversensitivity to sounds
- Ringing in one or both ears

Digestive and Excretory Systems

- Diarrhea
- Constipation
- Irritable bladder (trouble starting or stopping) (interstitial cystitis)
- Upset stomach (nausea or pain)
- GERD (gastro esophageal reflux disease)
- Bladder dysfunction
- Change in bowel function
- Hepatomegaly
- Jaundice
- enlargement of the spleen - Splenomegaly
- Abnormal Liver enzymes

Musculoskeletal System

- Bone pain
- Joint pain or swelling
- Carpal Tunnel Syndrome
- Muscle pain or cramps (Fibromyalgia)
- Stiffness of back, joints, neck or tennis elbow
- Papular or Angiomatous rash
- Skin sensitivity
- Myalgias

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Respiratory and Circulatory Systems

- Shortness of breath
- Cough
- Chest pain or rib soreness
- Night sweats or unexplained chills
- Heart palpitations
- Heart blockage
- Endocarditis
- Anemia
- Can't get full satisfying breath - air hunger
- Pulse skips
- Myocarditis - inflammation of the heart muscle
- Cardiac imparment
- Heart valve prolapse

Neurologic System

- Tremors or unexplained shaking
- Fatigue
- Chronic Fatigue Syndrome
- Weakness, peripheral neuropathy
- Partial paralysis
- Numbness in body (tingling or pinpricks)
- Burning or stabbing sensations in the body
- Light headedness
- Poor balance
- Dizziness
- Difficulty walking
- Increased motion sickness
- Mild Encephalopathy
- Immune deficiency

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Psychological Well-Being

- Mood swings
- Irritability
- Bi-Polar Disorder
- Unusual depression
- Disorientation (feeling or getting lost)
- Feeling as if you are losing your mind
- Overemotional reactions
- Too much sleep
- Insomnia
- Difficulty falling or staying asleep
- Sleep apnea (also known as Narcolepsy)
- Panic attacks or anxiety
- A strong desire to sleep - somnolence

Mental Capability

- Memory loss (short or long term)
- Confusion, difficulty in thinking
- Difficulty with concentration or reading
- Going to the wrong place
- Slurred or slow speech
- Stammering speech
- Forgetting how to perform simple tasks
- Difficulty writing
- Difficulty finding words; name blocking
- Problem absorbing new information

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Reproduction and
Sexuality

Loss of sex drive
 Sexual dysfunction
 Unexplained menstrual pain or irregularity
 Unexplained breast pain or discharge
 Testicular pain
 Pelvic pain
 Unexplained milk production

General Well-Being

Unexplained weight gain or loss
 Extreme fatigue
 Poor stamina
 Swollen glands or lymph nodes
 Unexplained fevers, high or low-grade
 Continual infections (sinus, kidney, eye, etc.)
 Symptoms seem to change, or come and go
 Pain migrates to different parts of the body
 Experienced a flu-like illness, after which you
 have not since felt well
 Low body temperature
 Allergies or chemical sensitivities
 Increased effect from alcohol and possible worse
 hang-over
 Vertigo
 Upset stomach

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Endocrine System	Immune deficiency								
	Lymphadenopathy								
	Weakened immune response								
	Persistent Leukopenia - decreased white blood cells								
	Thrombocytopenia - decrease of platelets in blood								

References	www.anapsid.org/lyme/sysmptoms/tbi-symptoms.html www.lymediseaseassociation.org/drbguide200509.pdf http://canlyme.com/lyme-basics/symptoms http://canlyme.com/wp-content/uploads/2011/09/Symptomchecklist-burrascano.pdf http://www.lymenet.org/BurrGuide200810.pdf http://lymeontario.com/wp-content/uploads/2015/03/Horowitz-Questionnaire.pdf
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