

Master Symptom List for CFS, CMP and Lyme Disease, as compiled by Melissa Kaplan

I cleaned up a few duplicates that were in same categories..there are some that repeat in different categories that I left. Added some more definitions, also. --Mo

Symptoms of: Maureen A.

UPDATED 4/11/06

Marked of by year starting 1994, skipped years mean continuance of symptoms without new ones that I can re

LEGEND: U=Untested,High Probability had/have it || X=Symptom present, Increasing || O=Symptom Intermitta

AUTONOMIC NERVOUS SYSTEM/ENDOCRINE/IMMUNE/HORMONE	NOTES	1994	2000	2004	2005	1-2006
Abnormal sensitivity to hot or cold				O	X	X
Allergies (nasal, other; new increased or worsening)	Environmental Increased	XX	XX	X	X	X
Canker sores (frequent)						
Chills and/or shakes when hungry (may occur instead of feeling hungry)						
Cold hands and feet		O	O	XX	XX	XX
Feeling hot or cold often		X	X	XX	XX	XX
Flu-like symptoms, on-going or chills, extreme fatigue after minimal exertion		X	X	O	O	O
Hair loss (alopecia- bald patches, body or head)						
Herpes simplex or shingles rash						
Increased susceptibility to infections		X	X	XX	XX	X
Low-grade fevers			X	X	X	X
Low blood pressure (below 110/70)	MINES RUNNING HIGH					
Low body temperature (below 97.5)						
Lymph nodes painful, swollen (in neck; under arms)				O	O	O
Night sweats (not related to menopause or fever)	BABS + DOXY = IMPROVEMENT	O	O	X	O	O
Orthostatic Intolerance (neurally mediated hypotension)						
Reactive hypoglycemia and insulin resistance	family history, lyme increased it	XX	X	X	X	X
Thirst increased		X	X	XX	XX	XX
Thyroid Problems (acute thyroiditis/hypothyroidism/Hashimoto's thyroiditis)						
CARDIOPULMONARY/RESPIRATORY/CIRCULATORY	NOTES	1994	2000	2004	2005	1-2006
Cardiac abnormalities (mitral valve prolapse; myocarditis; tachycardia; dysrhythmia)					N	
Cough	regular, increasing in frequency		X	XX	XX	XX
Dyspnea (out of breath) or shortness of breath (air hunger) after minimal or no exertion			X	XX	XX	XX
Heart attack						
Heart palpitations	feels like, tested negative			X	X	X
Heart pounds so hard it shakes body or bed						
Pulse skips						
Serious rhythm disturbances of heart						
Sighing, frequent, not related to mental/emotional state		O	X	X	X	X
Stroke						
Vasculitis (inflammation of the wall of blood vessels)						

CENTRAL NERVOUS SYSTEM/NEUROLOGICAL/NEUROPATHIC/OTOLOGIC	NOTES	1994	2000	2004	2005	1-2006
Abnormal CAT, MRI and/or SPECT scans						
Alcohol intolerance	1/G/W NX DAY, SHAKY,H-ACHE				X	X
Aseptic meningitis layers lining of the brain, or meninges, become inflamed and a bacterial or viral source cannot be detected						
Brainfog"; inability to think clearly		O	X	XX	XX	XX
Difficulty moving tongue to speak						
Diminished or absent reflexes						
Fainting or blackouts; feeling like you might faint	just feeling faint, fairly frequent		O	O	O	O
Headaches (frequent, severe, recurring)		X	X	X	X	X
Hearing fluctuations (sounds fade then return)						
Hearing changes (often from day to day, need to adjust tv volume, etc)				O	X	X
Joint or arthritic pain not relieved by NSAIDs (ie, ibuprofen)		X	X	XX	XX	X
Libido (decreased)		O	O	X	X	X
Light-headedness, feeling spaced out		O	O	X	X	X
Migraine headaches		O	O	X	X	X
Muscle twitching				O	O	O
Noise intolerance				O	O	O
Paralysis or severe weakness of limb	episode with right arm-weakness					O
Parasthesias (numbness, tingling, crawling, itching sensation) in head, torso, or extremities	tingling, crawling feeling numbness!!!!!!!			O	O	O
Photosensitivity				O	O	O
Radiculitis (radiating pain due to pressure on nerve root)						
Seizures; seizure-like episodes						
Sensory alterations (hyper- or hyposensitivity) smell, taste, hearing (noise intolerance)				O	O	O
Severe muscle weakness						O
Syncope (fainting)	MEDICINE RELATED EPISODES				X	X
Tinnitus (ringing/noises in one or both ears)					O	O
Touch or weight of clothing on or against body causes discomfort or pain					O	O
Tremors, trembling						

COGNITIVE FUNCTION	NOTES	1994	2000	2004	2005	1-2006
Becoming lost in familiar locations when driving					X	XX
Difficulty with simple calculations (e.g. balancing checkbook)				X	XX	XX
Difficulty expressing ideas in words				X	XX	XX
Difficulty moving your mouth to speak						
Difficulty making decisions		X	X	X	X	X
Difficulty following directions while driving				X	X	X
Difficulty remembering names of objects				X	XX	XX
Difficulty remembering names of people				X	XX	XX
Difficulty recognizing faces			O	X	X	X
Difficulty following simple written instructions						
Difficulty following complicated written instructions				X	XX	XX
Difficulty following simple oral (spoken) instructions					X	X
Difficulty following complicated oral (spoken) instructions				X	XX	XX
Difficulty integrating information (putting ideas together/complete concept)					X	X
Difficulty putting tasks or things in proper sequence					X	X
Difficulty paying attention			O	X	XX	XX
Difficulty following a conversation when background noise is present				X	XX	XX
Difficulty making/retrieving memories (long/short-term memory deficits)			X	X	XX	XX
Difficulty understanding what you read				X	XX	XX
Easily distracted during a task			O	X	X	X
Feeling too disoriented to drive			O	X	XX	XX
Forgetting how to do routine things					X	XX
Forgetting how to get to familiar places						
Impaired ability to concentrate		X	X	X	XX	XX
Losing your train of thought in the middle of a sentence					X	XX
Losing track in the middle of a task (remembering what to do next)					X	XX
Poor judgment					O	O
Switching left and right						
Slowed and/or slurred speech						
Stuttering; stammering				X	XX	XX
Transposition(reversal) of #s, words and/or letters: speech and/or writing					X	XX
Word-finding difficulty					X	XX
Using the wrong word					X	XX

DIGESTIVE/HEPATIC	NOTES	1994	2000	2004	2005	1-2006
Bloating; intestinal gas				O	O	O
Decreased appetite		O	O	O	X	X
Digestive chemicals (acid enzymes) reduced or absent						
Esophageal reflux; heartburn				O	O	X
Frequent constipation						
Frequent diarrhea						
Food cravings (especially carbohydrates, sweets)			O	O	O	O
Food/Substance intolerance						
IBS (Irritable Bowel Syndrome)						
Liver function impaired; mild abnormalities	Getting tested every LLMD visit					
Increased appetite						
Nausea	A.M. INCREASING 'TIL 10 OR 11	X	X	XX	XX	X
Spleen tender or enlarged						
Stomach ache, cramps						
Vomiting						
Weight changes (usually gain)	G=Gain L=Loss	L	G	G	L	L
EQUILIBRIUM/PERCEPTION	NOTES	1994	2000	2004	2005	1-2006
Bite your cheeks or tongue frequently				O	O	O
Bump into things frequently			X	XX	XX	XX
Difficulty discriminating printed matter despite proper vision correction					XX	XX
Distances (when putting things down on surfaces) (difficulty judging when driving)				O	O	O
Dizziness or vertigo				X	XX	XX
Dropping things frequently				X	XX	XX
Dysequilibrium (balance problems)				X	XX	XX
Impaired coordination				X	X	X
Loss of balance when standing with eyes closed					X	X
Perception (not quite seeing what you are looking at)				O	O	O
Some patterns (stripes, checks) cause dizziness				X	XX	XX
Spatial disorientation (perception of up/down is skewed)						
Staggering gait (clumsy walking)				X	XX	XX
Words on printed page seem to jump off page/disappear when staring				X	XX	XX

EYES/VISION	NOTES	1994	2000	2004	2005	1-2006
Acuity changes not related to prescription changes						
Blind spots						
Blurred vision	LATE 2005				O	O
Conjunctivitis						
Diminished visual acuity in absence of actual vision change						
Drooping eyelid						
Double vision						O
Eye pain	LATE 2005				O	O
Flashes of light perceived peripherally	LATE 2005				O	O
Optic neuritis or atrophy						
Oscillopsia (image jiggles)						
Prescription changes more frequently						
Pressure sensation behind eyes	LATE 2005				O	O
Red and/or tearing eyes	LATE 2005				O	O
Retinal damage						
Slowed accommodation (switching focus from far to near, near to far)						
Spots or floaters not related to migraines	LATE 2005				O	O
Swelling around eyes						
Uveitis and/or iritis (ocular inflammation - painful, red eyes)						
Wandering or lazy eye						
HEAD/NECK/MOUTH	NOTES	1994	2000	2004	2005	1-2006
Bell's palsy (facial paralysis, one or both sides)						
Bruxism (grinding/clenching teeth)						
Canker sores						
Dizziness when you turn your head or move				O	O	O
Dry chronic cough						O
Dry eyes, nose and mouth (sicca syndrome)	EARS			O	O	O
Pain in ears, palate, gums						
Periodontal disease						
Prickling pain along skin of jaw						
Problems swallowing, chewing						
Runny nose in absence of cold, allergies				X	X	X
Sinus infections		O	O	X	X	X
Sore spot on the top of your head						
Temperomandibular Joint Syndrome (TMJ)						
Unexplained toothaches		O	O	O	O	O
Xerostoma (dry mouth)						

MUSCULOSKELETAL	NOTES	1994	2000	2004	2005	1-2006
Arthritic pain that migrates from joint to joint		X	X	X	X	X
Carpal tunnel syndrome						
Frozen shoulder						
Intermittent joint swelling						
Joint aches (arthralgia) - in the absence of frank arthritis often present in rheumatological diseases, such as lupus - lyme		X	XX	XX	XX	XX
Loss of tone						
Lumpy, bumpy" long muscles						
Morning stiffness		X	X	X	X	X
Muscle aches (myalgia)		X	X	XX	XX	XX
Muscle pain, stiffness, weakness		X	X	XX	XX	XX
Pyriiform muscle syndrome						
Reduced range of motion						
Stiff neck			X	X	XX	XX
Writing causes pain in hand, arm, shoulder					O	O
PAIN SYMPTOMS	NOTES	1994	2000	2004	2005	1-2006
Abdominal pain			O	O	O	O
Chest pain			O	O	O	O
Generalized pain						
Joint Pain		X	XX	XX	XX	XX
Pain that migrates from joint to joint		X	X	X	X	X
Pain/stiffness at C1-C2 (top two vertebrae)				X	X	X
Shooting or stabbing pains				X	X	X
Painful tender points (FMS: 11 out of 18 tender points)	I HAVE 16 POINTS				X	X
PSYCHOLOGICAL SYMPTOMS/MOOD/EMOTIONS	NOTES	1994	2000	2004	2005	1-2006
Abrupt/Unpredictable mood swings		X	X	XX	XX	XX
Anxiety or fear for no obvious reason					X	XX
Appetite increase/decrease	DECREASE				X	XX
Decreased self-esteem						
Depression or depressed mood	MID 2005 WITH NUMBNESS				X	X
Feeling helpless and/or hopeless					X	X
Feeling worthless						
Frequent crying for no reason						
Helpless/Hopeless feelings	Helpless...lyme is scary				X	X
Inability to enjoy previously enjoyed activities				X	X	X
Irritability; over-reaction				X	X	X
New phobias/irrational fears	ODD NOISES IN HOUSE SPOOK					X
Panic attacks						
Personality changes (labile, irritable, anxious, confused, forgetful)				X	X	X
Rage attacks; anger outbursts for little or no reason					X	X
Suicidal thoughts or suicide attempts						

SENSITIVITIES	NOTES	1994	2000	2004	2005	1-2006
Acute or abnormal reactions to medications	HMM...BACTRIM!				X	
Alteration in taste, smell and/or hearing	HEARING AND SMELL				X	X
Chemicals (alcohol, medications; lower tolerance for)						X
Food sensitivities						
Increased perception of and sensitivity to noise				O	O	O
Light sensitivity				O	O	O
Sensitivity to odors (able to detect and/or react to far lower than before and that healthy people cannot)				O	O	O
SKIN/NAILS	NOTES	1994	2000	2004	2005	1-2006
Abnormal scarring						
Acrodermatitis Chronica Atrophicans (ACA - third stage Lyme) progressive fibrosing skin process - bluish red discoloration/cutaneous swelling						
Blotchy or mottled skin						
Bruise easily						
Bruises may take longer to appear and/or longer to fade				X	X	X
Bull's-eye (Erythema migrans) on light skin (resembles a bruise on dark skin)	NEVER SEEN!					
Dermographia (minor scratch pressure on skin leaves vivid red welts)						
Dry, itchy skin					X	X
Easily scar						
Eczema or psoriasis						
Fragile nails		X	X	X	X	X
Frequent skin irritations				X	X	X
Lymphadenosis benigna cutis						
Nails that curve under or downward						
Overgrowing connective tissue (ingrown hair, adhesions, thickened/split cuticles, cysts, fibroids)						
Painful skin (abnormal/excessive pain when scratched or rubbed)						
Paper skin (feels fragile, tissue-thin when rubbed)						
Rashes on body, face						
Vertical ridges or beads in nails						
SLEEP SYMPTOMS	NOTES	1994	2000	2004	2005	1-2006
Abnormal brain activity in stage 4 sleep						
Altered sleep/wake patterns (alert/energetic late at night, sleepy during day)				X	X	X
Difficulty falling asleep		XX	XX	XX	XX	XX
Difficulty staying asleep (frequent and/or prolonged awakenings)			X	XX	XX	XX
Hypersomnia (excessive sleeping)	making up for unsatisfying sleep?			X	X	X
Myclonus (restless leg syndrome; occasional jerking of entire body)						
Nightmares (frequent, extremely vivid and/or disturbing)					X	X
Unrefreshing/Non-restorative sleep		X	X	X	X	X

UROGENITAL/REPRODUCTIVE	NOTES	1994	2000	2004	2005	1-2006
Decreased libido		O	O	X	X	X
Discharge from breast or galactorrhea						
Endometriosis (tissue lining the uterus is found outside it in pelvic area)						
Frequent urination			X	XX	X	X
Incontinence				X	X	X
Impotence						
Infant: premature; low birth weight; low muscle tone; failure to thrive						
Interstitial cystitis			X	XX	X	X
Miscarriage or stillbirth						
Painful intercourse			X	X	X	X
Painful urination or bladder				X	X	
Pelvic and/or rectal pain	PELVIC		X	X	O	
Prostate pain						
Swollen testicles						
Other symptoms worsen before start of menstruation		X	X	X	X	X
Worsening of PMS		X	XX	XX	XX	X
OTHER	NOTES	1994	2000	2004	2005	1-2006
Abnormal or other changes in sweating	lots of cold sweats			X	X	X
Activity level reduced to less than 50% of pre-onset level				X	X	X
Burning sensation (internal and/or external)	HANDS/FEET				O	O
Cancer						
Changed voice						
Changes in sweat odor/body odor					X	X
Delayed reaction to overactivity/exertion (onset 24-48 hours after exertion)				X	X	X
Electromagnetic (EM) sensitivity (electrical storms, full moon, affect function of electrical devices)						
Fatigue, prolonged, disabling, made worse by exertion or stress			X	XX	XX	X
Fibrocystic breasts						
Galloping" cholesterol and triglycerides						
Hair loss (not related to age, hormones, diet or medication)						
Hands hurt excessively when put in cold water				X	X	X
Handwriting changes, altering signature and/or other writing					X	X
Hoarseness						
Painful, weak grasp that gives way/lets go						O
Periods of concentrated thinking cause/increase physical and mental fatigue				X	XX	XX
Sore throat		O	O	O	O	O
Swelling/Idiopathic edema (fluid retention syndrome)			O	O	O	O
Symptoms worsened by extremes of temp(hot, cold) stress and/or air travel				X	X	X
Symptoms change focus from time to time like infection is moving thru body			X	X	X	X
Thickened mucus secretions (nose, bowel, vaginal)	bowel				O	O
Thickened "sleep" around eyes in mornings				X	X	X
Very attractive to biting flies and mosquitoes						

COMMON CO-INFECTIONS AND DISORDERS	NOTES	1994	2000	2004	2005	1-2006
Babesiosis	TESTS NEG, BUT HAD SYMP.		N	X	O	N
Cytomegalovirus (CMV)						
Epstein-Barr virus (EBV)		N	N			
Ehrlichiosis					N	
Herpesvirus					N	
HHV6					N	
Iron deficiency						P
Mercury or other metal toxicity						N
Mycoplasma						N
Systemic mold and/or mold sensitivities						