



Signs & Symptoms

CHECK LIST OF CURRENT SYMPTOMS: This is not meant to be used as a diagnostic scheme, but is provided to streamline the office interview. Note the format- complaints referable to specific organ systems and specific co-infections are clustered to clarify diagnoses and to better display multisystem involvement.

Have you had any of the following in relation to this illness? (CIRCLE "NO" OR "YES")

| | | | |
|------------------------------|-----|-----------------------------|-----|
| Tick bite | N Y | "EM" rash (discrete circle) | N Y |
| Spotted rash over large area | N Y | Linear, red streaks | N Y |

| SYMPTOM OR SIGN | CURRENT SEVERITY | | | | CURRENT FREQUENCY | | | | |
|---|------------------|------|----------|--------|-------------------|-------|------------|-------|----------|
| | NONE | MILD | MODERATE | SEVERE | NA | NEVER | OCCASIONAL | OFTEN | CONSTANT |
| Persistent swollen glands | | | | | | | | | |
| Sore throat | | | | | | | | | |
| Fevers | | | | | | | | | |
| Sore soles, esp. in the AM | | | | | | | | | |
| Joint pain | | | | | | | | | |
| Fingers, toes | | | | | | | | | |
| Ankles, wrists | | | | | | | | | |
| Knees, elbows | | | | | | | | | |
| Hips, shoulders | | | | | | | | | |
| Joint swelling | | | | | | | | | |
| Fingers, toes | | | | | | | | | |
| Ankles, wrists | | | | | | | | | |
| Knees, elbows | | | | | | | | | |
| Hips, shoulders | | | | | | | | | |
| Unexplained back pain | | | | | | | | | |
| Stiffness of the joints or back | | | | | | | | | |
| Muscle pain or cramps | | | | | | | | | |
| Obvious muscle weakness | | | | | | | | | |
| Twitching of the face or other muscles | | | | | | | | | |
| Confusion, difficulty thinking | | | | | | | | | |
| Difficulty with concentration, reading, problem absorbing new information | | | | | | | | | |
| Word search, name block | | | | | | | | | |
| Forgetfulness, poor short term memory, poor attention | | | | | | | | | |
| Disorientation: getting lost, going to wrong places | | | | | | | | | |
| Speech errors- wrong word, misspeaking | | | | | | | | | |
| Mood swings, irritability, depression | | | | | | | | | |
| Anxiety, panic attacks | | | | | | | | | |
| Psychosis (hallucinations, delusions, paranoia, bipolar) | | | | | | | | | |
| Tremor | | | | | | | | | |
| Seizures | | | | | | | | | |
| Headache | | | | | | | | | |
| Light sensitivity | | | | | | | | | |
| Sound sensitivity | | | | | | | | | |
| Vision: double, blurry, floaters | | | | | | | | | |
| Ear pain | | | | | | | | | |

| SYMPTOM OR SIGN | CURRENT SEVERITY | | | | CURRENT FREQUENCY | | | | |
|---|------------------|------|----------|--------|-------------------|-------|------------|-------|----------|
| | NONE | MILD | MODERATE | SEVERE | NA | NEVER | OCCASIONAL | OFTEN | CONSTANT |
| Hearing: buzzing, ringing, decreased hearing | | | | | | | | | |
| Increased motion sickness, vertigo, spinning | | | | | | | | | |
| Off balance, "tippy" feeling | | | | | | | | | |
| Lightheadedness, wooziness, unavoidable need to sit or lie | | | | | | | | | |
| Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity | | | | | | | | | |
| Facial paralysis-Bell's Palsy | | | | | | | | | |
| Dental pain | | | | | | | | | |
| Neck creaks and cracks, stiffness, neck pain | | | | | | | | | |
| Fatigue, tired, poor stamina | | | | | | | | | |
| Insomnia, fractionated sleep, early awakening | | | | | | | | | |
| Excessive night time sleep | | | | | | | | | |
| Napping during the day | | | | | | | | | |
| Unexplained weight gain | | | | | | | | | |
| Unexplained weight loss | | | | | | | | | |
| Unexplained hair loss | | | | | | | | | |
| Pain in genital area | | | | | | | | | |
| Unexplained menstrual irregularity | | | | | | | | | |
| Unexplained milk production; breast pain | | | | | | | | | |
| Irritable bladder or bladder dysfunction | | | | | | | | | |
| Erectile dysfunction | | | | | | | | | |
| Loss of libido | | | | | | | | | |
| Queasy stomach or nausea | | | | | | | | | |
| Heartburn, stomach pain | | | | | | | | | |
| Constipation | | | | | | | | | |
| Diarrhea | | | | | | | | | |
| Low abdominal pain, cramps | | | | | | | | | |
| Heart murmur or valve prolapse? | | | | | | | | | |
| Heart palpitations or skips | | | | | | | | | |
| "Heart block" on EKG | | | | | | | | | |
| Chest wall pain or ribs sore | | | | | | | | | |
| Head congestion | | | | | | | | | |
| Breathlessness, "air hunger", unexplained chronic cough | | | | | | | | | |
| Night sweats | | | | | | | | | |
| Exaggerated symptoms or worse hangover from alcohol | | | | | | | | | |
| Symptom flares every 4 wks. | | | | | | | | | |
| Degree of disability | | | | | | | | | |

DIAGNOSTIC CHECKLIST

To aid the clinician, a workable set of diagnostic criteria were developed with the input of dozens of front line physicians. The resultant document, refined over the years, has proven to be extremely useful not only to the clinician, but it also can help clarify the diagnosis for third party payers and utilization review committees. **It is important to note that the CDC's published reporting criteria are for surveillance only, not for diagnosis. They should not be misused in an effort to diagnose Lyme or set guidelines for insurance company acceptance of the diagnosis, nor be used to determine eligibility for coverage.**

| LYME BORRELIOSIS DIAGNOSTIC CRITERIA | RELATIVE VALUE |
|--|----------------|
| Tick exposure in an endemic region | 1 |
| Historical facts and evolution of symptoms over time, consistent with Lyme..... | 2 |
| Systemic signs & symptoms consistent with Bb infection (other potential diagnoses excluded): | |
| Single system, e.g., monoarthritis. | 1 |
| Two or more systems, e.g., monoarthritis and facial palsy .. | 2 |
| Erythema migrans, physician confirmed | 7 |
| Acrodermatitis Chronica Atrophicans, biopsy confirmed .. | 7 |
| Seropositivity..... | 3 |
| Seroconversion on paired sera .. | 4 |
| Tissue microscopy, silver stain .. | 3 |
| Tissue microscopy, monoclonal immunofluorescence..... | 4 |
| Culture positivity..... | 4 |
| B. burgdorferi antigen recovery | 4 |
| B. burgdorferi DNA/RNA recovery | 4 |

DIAGNOSIS

| | |
|-------------------------------------|------------|
| Lyme Borreliosis Highly Likely..... | 7 or above |
| Lyme Borreliosis Possible..... | 5-6 |
| Lyme Borreliosis Unlikely..... | 4 or below |

I suggest that when using these criteria, you state Lyme Borreliosis is “unlikely”, “possible”, or “highly likely” based upon the following criteria"- then list the criteria.