

# Karl McManus Foundation Representing the Australian Lyme Disease Community

## Symptoms Monitoring Chart

Name \_\_\_\_\_  
 Diagnosis Date \_\_\_\_\_  
 Pathogens Present \_\_\_\_\_

Date \_\_\_\_\_



SYMPTOMS	SEVERITY				FREQUENCY				GENERAL HEALTH TREND		
	Nil 0	Mild 1-2	Mod 2-4	Severe 4-5	Never 0	Sometimes 1-2	Often 3-4	Constant 4-5	Static	Improving	Worsening
<b>GENERAL</b>											
Fever											
Chills											
Night sweats											
Fatigue											
Poor Stamina											
Weight Loss/Gain											
Generalised Pain											
Migratory Pain											
Shooting Pain											
Daytime Napping											
Menstrual Irregularity											
Milk Production											
Breast Pain											
Symptom Flares											
Fluctuating Symptoms											
Paralysis											
Poor Thermoregulation											

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	0	1-2	2-4	4-5	0	1-2	3-4	4-5			
<b>HEAD FACE NECK NOSE</b>											
Headache											
Flushing											
Head Pressure											
Jaw pain or Stiffness											
Hair Loss											
Gingivitis											
Dental Pain											
Muscle Twitching											
Neck pain, stiffness, creaks											
Paralysis											
Sore Throat											
Tingling - nose, tongue ...											
Loss of smell											
Sinusitis											
Conjunctivitis											
Swollen Glands											
Difficulty Swallowing											
Alcohol Sensitivity											

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	0	1-2	2-4	4-5	0	1-2	3-4	4-5			
<b>EYES &amp; VISION</b>											
Double or Blurry Vision											
Poor night vision											
Floater spots											
Pain or swelling											
Light sensitivity											
Flashing lights											
Peripheral waves											
Phantom images											
Colour Vision Change											
Iritis											
<b>EARS HEARING</b>											
Tingling - nose, tongue ...											
Loss of smell											
Sinusitis											
Conjunctivitis											
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	0	1-2	2-4	4-5	0	1-2	3-4	4-5			
<b>GASTROINTESTINAL</b>											
Nausea											
Pain											
Heart burn											
Indigestion											
Vomiting											
Diarrhoea											
Constipation											
Irritable bladder											
Interstitial cystitis											
Testicular pain											
Pelvic pain											
Decreased Libido											
Menstrual irregularities											
Genital pain											
Erectile dysfunction											
GORD											

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<b>MUSCULOSKELETAL</b>											
Bone pain											
Joint pain											
Swelling											
Tendonitis											
Carpal Tunnel Syndrome											
Stiffness											
Muscle cramps											
Muscle spasm											
Muscle pain											
Soles of feet tender Burn											
Backpain											
<b>RESPIRATORY</b>											
Chronic cough											
Shortness of breath											
Regular Infections											
Air hunger											
Tender ribs											
Chest wall pain											

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<b>CIRCULATORY SYSTEM</b>											
Chest Pain											
Endocarditis											
Myocarditis											
Heart failure											
Peripheral vascular abnorm											
Palpitations											
Heart block											
Extra beats											
Heart murmur											
Valve prolapse											
High/Low blood pressure											
Vasculitis											
Circulation problems											
<b>OTHER</b>											

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<b>PSYCHOLOGICAL</b>											
Mood swings											
Going mad											
Brain fog											
Highly emotional											
Depression											
Anxiety											
Panic attacks											
Bi - polar disorder											
Obsessive Comp disorder											
Psychosis											

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<b>MENTAL CAPACITY</b>											
Memory loss											
Dementia											
Poor concentration											
Poor cognition											
Disorientation											
Confusion											
Poor maths ability											
Poor keyboard skills											
Forgetting simple tasks											
Irritability											
<b>NERVOUS SYSTEM</b>											
Burning sensations											
Stabbing sensations											
Shock sensations											
Aching sensations											
Light headed											
Dizzy											
Falling sensation											



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<b>NERVOUS SYSTEM cont.</b>											
Fainting Numbness											
Tingling Pin pricks											
Motion sickness											
Peripheral neuropathies											
Abnormalities of Vision											
Abnormalities of Hearing											
Abnormalities of Taste											
Abnormalities of Touch											
Abnormalities of Smell											
Muscle weakness											
Muscle atrophy											
Partial paralysis											
Muscle twitching											
Speech difficulties											
Slurred or slow speech											
Stammering speech											
Misplaced words											
Forgotten words											

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<b>NERVOUS SYSTEM cont.</b>											
Word block											
Poor balance											
Difficulty walking											
Gait problems											
Tremors											
Seizures											
Sleep disturbance											
Excessive sleep											
Insomnia											
Sleep apnea											
Narcolepsy											
Fractionated sleep											
Early waking											
Multitasking difficulties											
Forgetfulness											

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This chart was developed by Lynn Rees and Dr Gull Herzberg with assistance from Janet Cavanaugh from the following references and personal experience in 2012

references:

[ILADS Treatment Guidelines](#)

[Karl McManus Foundation Signs & Symptoms](#)

<http://www.lyme-symptoms.com/LymeCoinfectionChart.html>

"The symptoms of Lyme disease are widespread; relapsing/remitting patterns are common. Symptoms may overlap with those seen in other conditions such as fibromyalgia, chronic fatigue, MS, early ALS, RA, lupus and psychiatric disorders. However, patients with Lyme disease often have symptom patterns which are atypical for those other illnesses. Be aware that symptoms which appear unrelated may be linked by an underlying autonomic neuropathy or encephalopathy."

**Elizabeth Maloney MD**

"I take a broad view of what Lyme Disease actually is. Traditionally, Lyme is defined as an infectious illness caused by the spirochete, *Borrelia burgdorferi* **Bb**. While this is certainly technically correct, clinically the illness often is much more than that, especially in the disseminated and chronic forms. Instead, I think of Lyme as the illness that results from the bite of an infected tick. This includes infection not only with *B. burgdorferi*, but the many co-infections that may also result. Further more in the chronic form of Lyme, other factors can take on an ever more significant role - immune dysfunction, opportunistic infections, co-infections, biological toxins, metabolic and hormonal imbalances, reconditioning, etc."

**Diagnostic Hints and Treatment for Lyme and Other tick borne illnesses, 16th Ed © October JOSEPH J BURRASCANO Jr MD  
Board Member International Lyme Disease and Associated Diseases Society**