

	FQAD Diagnostic Criteria according to Dr.Pieper	please cross.
1	Which fluoroquinolone was taken? When was it taken? What dose was taken? For how long?	
2	When did the first complaints appear? (after starting the antibiotic)	
	within hours or days	
	within weeks or months	
	later than 6 months	
3	These complaints already exist after discontinuation of the product	
	for 30 days or more	
	for at least 6 months	
4	By these complaints your physical performance is	
	greatly reduced	
	over 50% reduced	
	very strongly (over 70-90%) reduced	
5	The disease has caused or is causing	
	a significant restriction in the normal way of life	
	significant to dramatic impairment of the quality of life	
	a hazard or the loss of employment	
	financial difficulties	
	increasing tension within the family	
	metamorphosis of life	
6	General Symptoms / Fatigue-associated Complaints (Mitochondrial Disorders)	
	Weakness / Powerlessness / Fatigue / Efficiency drop	
	general indisposition / feeling ill	
	Fever / Sweating / Night sweats	
	reduced resistance to infections	
	Pain, including pain in the back, chest, pelvis and limbs, muscle and bone pain	
7	Musculoskeletal / Collagen Side Effects	
	Muscle pain, weakness, cramps or twitching	
	Pain, swelling, inflammation of the joints, tendons, tendon sheaths, fasciae, ligaments, muscle attachments	
	Rupture of tendons, ligaments and/or muscles / Hernias	
	Lumbago / lumbar spine complaints / low-back-pain	

	Vascular aneurysm, aortic aneurysm, aortic dissection	
	Retinal detachment / Mouches volantes / vitreous clouding	
	rapidly aging or sunken skin, thin skin, hair loss,	
	Creaking and cracking noises in tendons and joints	
8	Nerve symptoms (Neurotoxicity)	
	Tingling, pain, also electrifying, burning, stinging	
	increased or reduced or painful sensitivity of the skin to pain, temperature or touch stimuli	
	Disturbances of sight, hearing, taste or smell,	
	Tinnitus / spinning sensation / gait or coordination disorders	
	Gastrointestinal Symptoms, Autonomic Nervous System	
	Feeling of fullness, burping, nausea and/or vomiting	
	Stomach or abdominal pain, heartburn	
	Flatulence / Constipation / Diarrhoea	
	Dizziness - fainting feeling when getting up	
	Tachycardia / low or high blood pressure	
	Dryness of the skin or mucous membranes	
9	Central Nervous and Psychological Symptoms	
	Headaches / Dizziness	
	Concentration disorder / Memory impairment	
	Restlessness / Nervousness / Trembling / Agitation	
	Anxiety or panic attacks / Mood swings	
	Confusion / Disorientation / brain-fog / Speech disorder	
	Hypersensitivity of the senses (light, noise, etc.)	
	Insomnia, nightmares, abnormal dreams	
	Depression, suicidal thoughts, attempted suicide	
	Hallucinations / Paranoia / Depersonalisation	
	mental disorders / psychotic reactions	
10	Skin and Mucous Membranes	
	Reactions of the skin and mucous membranes	
	Light or sun sensitivity, also UV light	

FQAD is confirmed when

- at least one criterion from each of the headings 1–5 is ticked
- from headings 6–10, at least two of the headings symptoms were ticked