

LYME & MOLD SYMPTOM LOG

Month: _____

Pg. 1

Complete once per month or right before starting a new pulse.

Lyme Pulse #: _____

Put an "X" to mark your current frequency of symptom and the current severity.

| Symptom | Current Frequency | | | | | Current Severity | | | | NOTES |
|--|-------------------|-------|------------|-------|----------|------------------|------|-----|--------|-------|
| | NA | Never | Occasional | Often | Constant | None | Mild | Mod | Severe | |
| Swollen glands | | | | | | | | | | |
| Constant sore throat | | | | | | | | | | |
| Fevers | | | | | | | | | | |
| Sore soles - especially in AM | | | | | | | | | | |
| Joint Pain (hands, knees, hips, shoulders) | | | | | | | | | | |
| Joint swelling | | | | | | | | | | |
| Joint stiffness | | | | | | | | | | |
| Unexplained back pain | | | | | | | | | | |
| Muscle pain / cramps | | | | | | | | | | |
| Muscle weakness | | | | | | | | | | |
| Facial twitching | | | | | | | | | | |
| Facial paralysis | | | | | | | | | | |
| Fatigue | | | | | | | | | | |
| Confusion | | | | | | | | | | |
| Difficultly thinking | | | | | | | | | | |
| Concentration issues | | | | | | | | | | |
| Word search, word block issues | | | | | | | | | | |
| Forgetfulness, poor attention span | | | | | | | | | | |
| Memory issues | | | | | | | | | | |
| Speech errors | | | | | | | | | | |
| Disorientation, getting lost | | | | | | | | | | |
| Mood swings, depression, irritability | | | | | | | | | | |
| Anxiety / panic attacks | | | | | | | | | | |
| Psychosis, hallucinations, bipolar | | | | | | | | | | |
| Tremors | | | | | | | | | | |
| Seizures | | | | | | | | | | |
| Sensation of internal vibration | | | | | | | | | | |
| Headache, migraine | | | | | | | | | | |
| Light sensitivity | | | | | | | | | | |
| Sound sensitivity | | | | | | | | | | |
| Double or blurry vision, floaters | | | | | | | | | | |
| Ear pain | | | | | | | | | | |
| ringing, buzzing in the ears | | | | | | | | | | |
| Decreased hearing | | | | | | | | | | |
| Tippy feeling | | | | | | | | | | |
| Skin tingling, burning, or stabbing pain | | | | | | | | | | |

Put an "X" to mark your current frequency of symptom and the current severity.

| Symptom | Current Frequency | | | | | Current Severity | | | | NOTES |
|----------------------------------|-------------------|-------|------------|-------|----------|------------------|------|-----|--------|-------|
| | NA | Never | Occasional | Often | Constant | None | Mild | Mod | Severe | |
| Unavoidable need to sit | | | | | | | | | | |
| Vertigo, motion sickness, nausea | | | | | | | | | | |
| Stiff neck | | | | | | | | | | |
| Neck pain | | | | | | | | | | |
| Insomnia | | | | | | | | | | |
| Excessive sleeping | | | | | | | | | | |
| Napping during the day | | | | | | | | | | |
| Dental Pain | | | | | | | | | | |
| Unexplained weight gain | | | | | | | | | | |
| Unexplained weight loss | | | | | | | | | | |
| Unexplained hair loss | | | | | | | | | | |
| Genital pain | | | | | | | | | | |
| Menstrual irregularity | | | | | | | | | | |
| Bladder dysfunction | | | | | | | | | | |
| Erectile dysfunction | | | | | | | | | | |
| Loss of libido | | | | | | | | | | |
| Breast pain, milking | | | | | | | | | | |
| Queasy stomach | | | | | | | | | | |
| Stomach pain | | | | | | | | | | |
| Constipation | | | | | | | | | | |
| Diarrhea | | | | | | | | | | |
| Heart murmur | | | | | | | | | | |
| Heart palpiations or skips | | | | | | | | | | |
| "Heart Block" on EKG | | | | | | | | | | |
| Chest wall pain | | | | | | | | | | |
| Congestion | | | | | | | | | | |
| Breathlessness | | | | | | | | | | |
| Chronic cough | | | | | | | | | | |
| Night sweats | | | | | | | | | | |
| Symptom flares every 4 weeks | | | | | | | | | | |
| Degree of disability | | | | | | | | | | |

Adapted from Advanced Topics in Lyme disease | Joseph Burrascano, MD
 Board of Directors, International Lyme & Associated Diseases Society
 For complete guidelines: https://www.mybrainhealth.org/files/Lyme_check_list_06_01_12.pdf