

CHRONIC LYME & CO-INFECTIONS SYMPTOM QUESTIONNAIRE

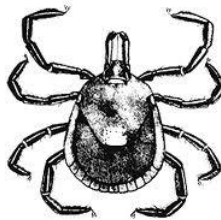
~ Dr. Sonya Nobbe, ND

Lyme disease is an infection by a type of microbe called a spirochete that has an incredible ability to adapt and survive as our immune system attempts to get rid of it. People with a Lyme infection often have additional infections (co-infections), and the synergy amongst these organisms can create a vast array of symptoms unique to the person experiencing the illness. This, coupled with insufficient scientific understanding and poor laboratory testing options, makes accurate diagnosis challenging. People with chronic Lyme disease must be persistent in their efforts to find a Lyme-literate health practitioner so that proper treatment may be pursued.

This questionnaire is only an introduction to symptoms that might present in someone with Lyme disease and its various co-infections. It is *not* exhaustive and cannot be used to diagnose Lyme disease. Please speak to a knowledgeable health practitioner if you think you may have Lyme disease.

LYME DISEASE (*B. burgdorferi*)

- Flu symptoms that come in cycles (e.g. every 4 weeks)
- Joint pain that ‘travels’ from one joint to another and may come in cycles
- Symptoms in many body systems (e.g. digestive, heart, joint, brain)
- Magnesium or vitamin D deficiency not responsive to supplementation
- Atypical neurological illness (e.g. Multiple Sclerosis, ALS, Lupus, Parkinson’s Disease)
- Fibromyalgia, Chronic Fatigue Syndrome, or Interstitial Cystitis
- Afternoon fevers
- Low morning body temperature
- Headaches with a stiff or painful neck
- History of Bell’s Palsy
- Side-effects from steroid medications
- Severe low blood pressure or fainting
- History of a bull’s-eye rash or undiagnosed rash (non-itchy)
- Sensation of “electric shocks” in body



BABESIA INFECTION (LYME CO-INFECTION)

- Malaise and significant fatigue with sudden intermittent fever and night sweats or other flu symptoms
- Rib or chest pain
- Heart palpitations
- Numbness, tingling, or prickly sensations
- Carpel tunnel syndrome
- Light-headedness or imbalance without true vertigo symptoms
- Brain fog, decreased concentration ability
- Severe dull headaches that affect the entire head
- Hemolytic anemia
- History of blood clots (e.g. deep leg pain, stroke or heart attack)

BARTONELLA INFECTION (LYME CO-INFECTION)

- Episodes of slower-onset flu-like symptoms that include bone pain, shin pain, morning fever
- Extreme anxiety or angry mood swings
- “Crawling” sensations under the skin or scalp
- Skin rashes in the shape of a line (striae) or like purple bruises
- Tender nodules under the skin, including outer thighs and shins (Erythema nodosum)
- Heel pain, or sore, “burning” soles of feet
- Chronically swollen lymphnodes
- Severe insomnia
- Seizures, muscle twitches or tremors
- Short-term memory loss
- Extreme eye sensitivity to light (photophobia)

EHRlichia INFECTION (LYME CO-INFECTION)

- Episodes of flu-like symptoms that include fever, low back pain, muscle pain, abdominal pain, chills
- Sharp knife-like headaches, often behind eyes
- High liver enzymes and/or high ferritin levels on blood tests
- Severe adverse reaction to statin (cholesterol-lowering) medication