

SECTION 1: SYMPTOM FREQUENCY SCORE

0 = None 1 = Mild 2 = Moderate 3 = Severe

Write in a 0, 1, 2, or 3 on the line to the right of the symptom

- 1 Unexplained fevers, sweats, chills, or flushing _____
2 Unexplained weight change; loss or gain _____
3 Fatigue, tiredness _____
4 Unexplained hair loss _____
5 Swollen glands _____
6 Sore throat _____
7 Testicular or pelvic pain _____
8 Unexplained menstrual irregularity _____
9 Unexplained breast milk production; breast pain _____
10 Irritable bladder or bladder dysfunction _____
11 Sexual dysfunction or loss of libido _____
12 Upset stomach _____
13 Change in bowel function (constipation or diarrhea) _____
14 Chest pain or rib soreness _____
15 Shortness of breath or cough _____
16 Heart palpitations, pulse skips, heart block _____
17 History of a heart murmur or valve prolapse _____
18 Joint pain or swelling _____
19 Stiffness of the neck or back _____
20 Muscle pain or cramps _____
21 Twitching of the face or other muscles _____
22 Headaches _____
23 Neck cracks or neck stiffness _____
24 Tingling, numbness, burning, or stabbing sensations _____
25 Facial paralysis (Bell's palsy) _____
26 Eyes/vision: double, blurry _____
27 Ears/hearing: buzzing, ringing, ear pain _____
28 Increased motion sickness, vertigo _____
29 Light-headedness, poor balance, difficulty walking _____
30 Tremors _____
31 Confusion, difficulty thinking _____
32 Difficulty with concentration or reading _____
33 Forgetfulness, poor short-term memory _____
34 Disorientation: getting lost; going to wrong places _____
35 Difficulty with speech or writing _____
36 Mood swings, irritability, depression _____
37 Disturbed sleep: too much, too little, early awakening _____
38 Exaggerated symptoms or worse hangover from alcohol _____

Total Section 1 _____

SECTION 2: MOST COMMON LYME SYMPTOMS SCORE

If you rated a "3" in Section 1 for each of the following symptoms, give yourself 5 additional points:

- Fatigue
• Forgetfulness, poor short-term memory
• Joint pain or swelling
• Tingling, numbness, burning, or stabbing sensations
• Disturbed sleep: too much, too little, early awakening

Total Section 2 (enter either "5" or "0") _____

SECTION 3: LYME INCIDENCE SCORE

Now apply the points for each of the following statements you can agree with:

- 1 You have had a tick bite with no rash or flulike symptoms. 3 points
2 You have had a tick bite, an erythema migrans, or an undefined rash, followed by flulike symptoms. 5 points
3 You live in what is considered a Lyme-endemic area. 2 points
4 You have a family member who has been diagnosed with Lyme and/or other tick-borne infections. 1 point
5 You experience migratory muscle pain. 4 points
6 You experience migratory joint pain. 4 points
7 You experience tingling/burning/numbness that migrates and/or comes and goes. 4 points
8 You have received a prior diagnosis of chronic fatigue syndrome or fibromyalgia. 3 points
9 You have received a prior diagnosis of a specific autoimmune disorder (lupus, MS, or rheumatoid arthritis), or of a nonspecific autoimmune disorder. 3 points
10 You have had a positive Lyme test (IFA, ELISA, Western blot, PCR, and/or borrelia culture). 5 points

Total - Section 3 _____

SECTION 4: OVERALL HEALTH SCORE

- 1 Thinking about your overall physical health, for how many of the past thirty days was your physical health not good? _____ days

Award yourself the following points based on the total number of days:

- 0 - 5 days = 1 point
6 - 12 days = 2 points
13 - 20 days = 3 points
21 - 30 days = 4 points

- 2 Thinking about your overall mental health, for how many days during the past thirty days was your mental health not good? _____ days

Award yourself the following points based on the total number of days:

- 0 - 5 days = 1 point
6 - 12 days = 2 points
13 - 20 days = 3 points
21 - 30 days = 4 points

Total Section 4 _____

Record your total scores for each section and add them together to achieve your final score _____

If you scored 46 or more, you have a high probability of a tick-borne disorder and should see a health-care provider for further evaluation.

If you scored between 21 and 45, you possibly have a tick-borne disorder and should see a health-care provider for further evaluation.

If you scored under 21, you are not likely to have a tick-borne disorder.

DISCLAIMER: The Lyme Action Network is not a medical organization and does not purport to provide medical advice. The information herein is provided for general information purposes only. We do not make any warranties about the information contained herein, and will not be liable for any losses or damages in connection with the use of our informational

Multiple Systemic Infectious Diseases Syndrome

Six Signs to Watch For:

1. You have more than one symptom

- * Fatigue
- * Joint and muscle pain
- * Tingling
- * Numbness and burning sensations
- * A stiff neck
- * Headaches
- * Light and sound sensitivity
- * Dizziness
- * Difficulty falling asleep and staying asleep
- * Memory and concentration problems
- * Chest pain with palpitations
- * Psychiatric symptoms such as depression and anxiety

2. You have good days and bad days.

A hallmark of Lyme disease is that the symptoms tend to come and go with good and bad days.

3. The pain changes and moves around the body

Another classic trait of Lyme disease is the migratory nature of the pain. The muscle and joint pain, as well as the tingling, numbness and burning sensations often tend to come and go and move around the body. For example, one day the joint pain might be in the knees. Three days later, it's in the shoulders, and two days later it's in the ankles. The same symptoms can happen with Lyme neuropathy, where the bacteria have affected the nerves, and the tingling, numbness and burning sensations migrate to different areas around the body.

4. If you're a woman, your symptoms worsen right around your cycle.

Women will often have a worsening of Lyme symptoms right before, during, or after their menstrual cycle. Lyme disease symptoms are known to change with fluctuating levels of estrogen and progesterone.

5. Your symptoms improve when you're taking medication for other ailments.

Patients taking antibiotics for an unrelated problem (such as upper respiratory infection or urinary tract infection), will often report that their symptoms are much better while taking the antibiotic, and worsen when the antibiotic is stopped. Conversely, some individuals feel much worse on antibiotics, where all of their symptoms are intensified. This is called a Jarish-Herxheimer reaction, where the Lyme bacteria are being killed off, and temporarily worsen the underlying symptoms.

6. Blood tests have confirmed this.

The sixth and final point to determine if your symptoms are due to Lyme disease is to ask your health care provider to run a blood test called a Western Blot through a reliable laboratory, like IgeneX labs in California. There are over 100 different strains of Lyme disease in the US, and 300 strains worldwide, and IgeneX uses several strains to improve their testing.

Although there are several different laboratory tests to diagnose Lyme disease (like an ELISA test, Western Blot, PCR (DNA) test or occasionally a culture), these tests each have their pros and cons, and can miss establishing the diagnosis because they are not sensitive enough to always pick up the presence of the bacteria.

There are, however, five bands (proteins) on the Western Blot that are specific for exposure to Lyme. These proteins (bands) are the 23, 31, 34, 39 and 83/93 kDa bands. Any one of these bands on a Western blot with the above symptoms mentioned (having been properly ruled out for other diseases) is pathognomonic for Lyme disease.

A bullseye rash is also a classic manifestation of Lyme disease, and does not require a positive blood test, but less than 50% of people may get the rash, and it may be located in a part of the body where the rash cannot easily be seen.

Disclaimer: The Horowitz Lyme-MSIDS Questionnaire is not intended to replace the advice of your own physician or other medical professional. You should consult a medical professional in matters relating to health, and individuals are solely responsible for their own health care decisions regarding the use of this questionnaire. It is intended for informational purposes only and not for self-treatment or diagnosis.

MSIDS

Multiple Systemic Infectious Diseases Syndrome

MSIDS is a symptom complex of Lyme disease and multiple associated tick borne co-infections that encompasses not only infections with *Borrelia burgdorferi*, the etiological agent of Lyme Disease, but also other bacterial infections, viral infections, parasitic infections, and fungal infections.”

Why Can't I Get Better? by Richard I. Horowitz, M.D.

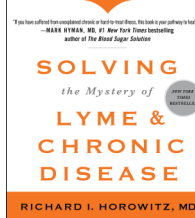
MSIDS Symptoms Can Include:

- Abnormal liver functions
- Allergies
- Autonomic nervous system dysfunction
- Endocrine abnormalities
- Environmental toxicity
- Enzyme deficiencies
- Functional medicine abnormalities in biochemical pathways
- Gastrointestinal abnormalities
- Immune dysfunction
- Inflammation
- Mitochondrial dysfunction
- Neuropsychological issues
- Nutritional deficiencies
- POTS
- Pain issues
- Physical de-conditioning
- Sleep disorders
- Day sweats, night sweats, chills
- Shortness of breath with unexplained cough- possibly from babesiosis, a malaria-type parasite contracted through tick bites.

“The ILADS guidelines stress the importance of a doctor’s clinical judgment in making the diagnosis, because the scientific literature has found that the existing testing is unreliable. The IDSA narrowly restricts the diagnosis to include the CDC criteria. However, many doctors in the United States do not follow IDSA guidelines. Instead, my model allows Lyme to be redefined as MSIDS: a clinical syndrome that encompasses multiple overlapping factors that keep patients chronically ill.” Richard Horowitz, MD

INSIDE: A questionnaire to help determine the probability of your having MSIDS, Lyme disease, and/or other tick borne illnesses.

Why Can't I Get Better?



All information contained in this brochure is drawn from “Why Can't I Get Better?” by Richard Horowitz, MD. Dr. Horowitz is an internationally respected expert on Lyme and other tick borne diseases.

<http://www.cangetbetter.com/>