

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

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 | <input type="text"/> |
| 2 | You have had a tick bite, an erythema migrans, or an undefined rash, followed by flulike symptoms. 5 points | <input type="text"/> |
| 3 | You live in what is considered a Lyme-endemic area. 2 points | <input type="text"/> |
| 4 | You have a family member who has been diagnosed with Lyme and/or other tick-borne infections. 1 point | <input type="text"/> |
| 5 | You experience migratory muscle pain. 4 points | <input type="text"/> |
| 6 | You experience migratory joint pain. 4 points | <input type="text"/> |
| 7 | You experience tingling/burning/numbness that migrates and/or comes and goes. 4 points | <input type="text"/> |
| 8 | You have received a prior diagnosis of chronic fatigue syndrome or fibromyalgia. 3 points | <input type="text"/> |
| 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 | <input type="text"/> |
| 10 | You have had a positive Lyme test (IFA, ELISA, Western blot, PCR, and/or borrelia culture). 5 points | <input type="text"/> |

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.*

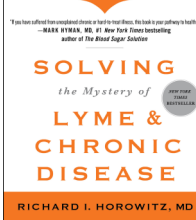
MSIDS Symptoms Can Include:

- 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/>