

# Preventive Medicine

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## Tick Disease Symptoms

Take this list with you when you see your doctor:

**P** **N** (**N** = now, **P** = past)

- Tick bite
- Rash – circular “bulls eye”

### Musculoskeletal System

**P** **N** (**N** = now, **P** = past)

- Joint pain or swelling
- Joint stiffness
- Muscle pain or cramps
- Creaking or popping joints
- Aches or burning in palms
- Foot pain (fasciitis)
- Muscle weakness
- Sore soles (esp. in morning)
- Pain or swelling in joints
- Fibromyalgia ( muscle tenderness)
- Tendonitis

### Neurologic System

**P** **N** (**N** = now, **P** = past)

- Headaches
- Bell's Palsy (facial paralysis)
- Burning or stabbing pains
- Tremors
- Numbness in parts of the body
- Tingling sensations
- Weakness/dizziness
- Pressure in the head
- Poor balance/difficulty walking
- Increases motion sickness
- Twitching of muscles
- Diminished reflexes
- Restless leg syndrome (RLS)

### Mental Capabilities

**P** **N** (**N** = now, **P** = past)

- Memory loss
- Confusion
- inability to concentrate; inattention
- Speech difficulty
- Trouble finding the right word
- disorientation

### Psychological well-being

**P** **N** (**N** = now, **P** = past)

- Mood swings, irritability
- Unusual depression
- Panic/anxiety attacks
- Sleeping too much
- Difficulty falling or staying asleep
- Napping during the day

### Head, Face, Neck

**P** **N** (**N** = now, **P** = past)

- Stiff or painful neck
- Twitching of facial muscles
- Pressure in head
- Scalp pain

Eyes/Vision

**P** **N** (*N = now, P = past*)

- “Floaters”
- Pressure in eyes
- Vision loss

Ears/Hearing

**P** **N** (*N = now, P = past*)

- Decreased hearing
- clicking or ringing in ears

Digestive and Excretory System

**P** **N** (*N = now, P = past*)

- Diarrhea or loose stools
- Constipation
- Bloating
- Anorexia

Respiratory/Circulatory System

**P** **N** (*N = now, P = past*)

- Shortness of breath
- Night sweats
- Unexplained chills
- Heart palpitations or extra beats
- Elevated blood pressure
- Low blood pressure

Reproduction

**P** **N** (*N = now, P = past*)

- Loss of sex drive
- Pelvic pain

General Well-being

**P** **N** (*N = now, P = past*)

- Experienced a flu-like illness
- Extreme or persistent fatigue
- Symptoms change, come and go
- Unexplained weight gain/loss
- Malaise
- Night sweats
- Swollen glands
- Increased sensitivity to allergens

Have you been diagnosed with the following?

*These diseases have symptoms that overlap those of Lyme disease. Patients are sometimes misdiagnosed with these diseases when they may actually be suffering from Lyme.*

**P** **N** (*N = now, P = past*)

- MS (multiple sclerosis)
- Parkinson’s disease
- Fibromyalgia
- Arthritis
- Chronic Fatigue Syndrome
- Epstein-Barr virus infection
- TMJ (jaw pain)
- ALS (Lou Gehrig’s disease)
- ADD (Attention Deficit Disorder)