



## LYME DISEASE SYMPTOMS

Symptoms of Lyme disease range from headaches and joint aches to more severe neurological and organ problems. Keep a record of your symptoms to share with your doctor. To learn more and find a Lyme treating physician, visit [GLA.org](http://GLA.org).

### Head, Face, Neck:

- Headaches
- Facial paralysis ("Bell's palsy")
- Tingling sensations
- Stiff neck
- Sore throat, swollen glands
- Heightened allergic sensitivities
- Twitching of facial/other muscles
- Jaw pain/stiffness ("TMJ")
- Change in smell or taste

### Digestive/Excretory System:

- Upset stomach (nausea, vomiting)
- Abdominal pain
- Irritable bladder
- Unexplained weight loss or gain
- Loss of appetite, anorexia

### Respiratory/Circulatory Systems:

- Difficulty breathing, air hunger
- Night sweats or unexplained chills
- Heart palpitations
- Diminished exercise tolerance
- Heart block, murmur
- Chest pain or rib soreness

### Psychiatric Symptoms:

- Mood swings, irritability, agitation
- Depression and anxiety
- Malaise
- Aggressive behavior / impulsiveness
- Suicidal thoughts (rare cases of suicide)
- Overemotional reactions, crying easily
- Disturbed sleep: too much, too little, difficulty falling or staying asleep
- Feeling as though you are losing your mind
- Obsessive-compulsive behavior

### Cognitive Symptoms:

- Forgetfulness, memory loss
- Attention problems, distractibility
- Confusion, difficulty thinking
- Difficulty with concentration, reading, spelling
- Disorientation: getting lost in familiar areas

### Reproduction and Sexuality

#### Females:

- Unexplained menstrual pain, irregularity
- Reproduction problems, such as miscarriage, stillbirth, premature birth, neonatal
- Extreme PMS symptoms
- Pelvic pain

#### Males:

- Testicular or pelvic pain

### Eye, Vision:

- Double or blurry vision
- Sensitivity to light
- Eye pain
- Floaters

### Ears/Hearing:

- Decreased hearing
- Ringing or buzzing in ears
- Sound sensitivity
- Pain in ears

### Musculoskeletal System:

- Joint pain, swelling, or stiffness
- Shifting joint pains
- Muscle pain or cramps
- Poor muscle coordination, loss of reflexes
- Loss of muscle tone, muscle weakness

### Neurologic System:

- Numbness in body, tingling, pinpricks
- Burning/stabbing sensations in the body
- Burning sensations in feet
- Weakness or paralysis of limbs
- Tremors or unexplained shaking
- Seizures, stroke
- Poor balance, difficulty walking
- Increased motion sickness, wooziness
- Lightheadedness, dizziness
- Encephalitis (inflammation of the brain)
- Meningitis (inflammation of the protective membrane around the brain)
- Encephalomyelitis (inflammation of the brain and spinal cord)
- Difficulty with multitasking
- Difficulty with organization and planning
- Word finding problems
- Slowed speed of processing

### Skin Problems:

- Erythema Migrans ("bull's-eye" rash)
- Other rashes

### General Well-being:

- Decreased interest in play (children)
- Extreme fatigue
- Unexplained fevers (high or low grade)
- Flu-like symptoms (early in the illness)
- Symptoms seem to change or come and go

### Other Organ Problems:

- Dysfunction of the thyroid (under or over active)
- Bladder & kidney problems (including bed wetting, urgency/frequency to urinate)