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.

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 ("bulls-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)