

## FOLLOW UP APPOINTMENT SYMPTOM UPDATE

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

Symptoms	Frequency					Severity				
	DAILY	FEW DAYS/WEEK	OCCASIONALLY	RARELY	PAST SYMPTOM	1	2	3	4	5
<b>Highlight or Star (*)</b> the five symptoms that bother you most.  <b>Severity:</b> 1 = mild / 5 = severe & intolerable  Please note: <u>SOME LINES HAVE MULTIPLE SYMPTOMS.</u> PLEASE MAKE CLEAR WHICH ONE(S) APPLY TO YOU ON THAT LINE by Underlining, <b>Bolding</b> , or <u>circling</u> .										
<b>Head, Face, Neck</b>										
• Unexplained hair loss										
• Headache, mild or severe, seizures										
• Migraine, migraine with aura										
• Pressure in head, white matter lesions in brain (MRI)										
• Twitching of facial or other muscles										
• Facial paralysis (Bell's Palsy, Horner's syndrome)										
• Tingling of nose, (tip of) tongue, cheek or facial flushing										
• Stiff or painful neck										
• Jaw pain or stiffness										
• Dental problems										
• Sore throat, clearing throat, phlegm, or hoarseness										
• Runny nose or Sinus issues										
• Dry eyes, dry mouth										
<b>Eyes/Vision</b>										
• Double or blurry vision										
• Increased floating spots										
• Pain in eyes, or swelling around eyes										
• Oversensitivity to light										
• Flashing lights, peripheral waves, phantom images in corner of eyes										

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<b>Ears/Hearing</b>										
• Decreased hearing in one or both ears, plugged ears										
• Buzzing in ears or Ringing in one or both ears										
• Pain in ears, oversensitivity to sounds										
<b>Digestive and Excretory Systems</b>										
• Diarrhea										
• Constipation										
• Hemorrhoids										
• Irritable bladder (trouble starting, stopping), interstitial cystitis, or UTI-like symptoms										
• Irritable bowel (IBS), intestinal cramping, bloating										
• Upset stomach (nausea or pain) or GERD/acid reflux										
<b>Musculoskeletal System</b>										
• Bone or back pain, joint pain or swelling, carpal tunnel										
• Stiffness of joints, back, neck, tennis elbow										
• Muscle pain or cramps, (Fibromyalgia)										
• Gout										
<b>Respiratory and Circulatory Systems</b>										
• Shortness of breath, can't get full/satisfying breath										
• Asthma										
• Cough										
• Chest pain or rib soreness										
• Night sweats or unexplained chills										
• Heart palpitations or extra beats										
• High Blood Pressure or Low Blood Pressure										
• Endocarditis, heart blockage										
<b>Integument (Skin) System</b>										
• Rash, bullseye or other										
• Unexplained Hives										

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<b>Neurologic System</b>										
• Tremors or unexplained shaking										
• Burning or stabbing sensations in the body										
• Fatigue, Chronic Fatigue Syndrome										
• Peripheral neuropathy or partial paralysis										
• Weakness or loss of strength in hands or legs										
• Pressure in the head										
• Numbness in body, tingling, pinpricks										
• Restless legs										
• Poor balance, dizziness, difficulty walking										
• Increased motion sickness										
• Light-headedness, wooziness										
<b>Psychological Well-being</b>										
• Mood swings, irritability, bi-polar disorder										
• Unusual depression										
• Disorientation (getting or feeling lost)										
• Feeling as if you are losing your mind										
• Over-emotional reactions, crying easily										
• Too much sleep, or insomnia										
• Difficulty falling or staying asleep										
• Narcolepsy, sleep apnea										
• Panic attacks, anxiety, PTSD										
• OCD, ADD, ADHD										
<b>Mental Capability</b>										
• Memory loss (short or long term)										
• Confusion, difficulty thinking										
• Difficulty with concentration										
• Difficulty with reading										
• Going to the wrong place										
• Speech difficulty (slurred or slow)										
• Difficulty finding commonly used words										
• Stammering speech										
• Forgetting how to perform simple tasks										

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<b>Reproduction and Sexuality</b>										
• Loss of sex drive										
• Sexual dysfunction										
• Unexplained menstrual pain, irregularity										
• Unexplained breast pain, discharge										
• Yeast Infections										
• Testicular or pelvic pain										
<b>General Well-being</b>										
• Phantom smells										
• Unexplained weight gain or loss										
• Extreme fatigue										
• Swollen glands or lymph nodes										
• Unexplained fevers (high or low grade)										
• Continual infections (sinus, kidney, eye, etc.)										
• Symptoms seem to change, come and go										
• Pain migrates (moves) to different body parts										
• Low body temperature										
• Allergies or chemical sensitivities										
• Increased effect from alcohol and possible worse hangover										
• Early on, experienced a “flu-like” illness, after which you have not since felt well. If yes, mark “past symptom” and severity)										
<b>Additional Symptoms</b>										
• Psoriasis										
• Vitiligo										
• Warts										
• Dry skin, dandruff										
• Dark circles under eyes										
• Negative reactions to vaccines										
• Flatulence										
• Poor skin integrity										
• Excessive snoring										
• Brittle nails										

