

Autoimmune Questionnaire

Autoimmune Disease Risk Factors and Symptoms

This partial checklist touches upon some frequently noticed symptoms of some common autoimmune conditions. This list is not exhaustive, but can provide a helpful starting point. These symptoms are weighted accordingly to the severity of the symptom.

Fever/Body Temperature

- _____ Recurrent fever, high body temperature (3)
- _____ Night sweats (1)

Hair

- _____ Alopecia (loss of hair on the front and top of the head) (1)
- _____ Loss of hair in outer eyebrow (4)

Skin

- _____ Hyperpigmentation, or dark tanning in skin (3)
- _____ Skin that bruises easily (1)
- _____ Acne (1)
- _____ Skin rashes of unknown cause (4)
- _____ Sun sensitivity (2)
- _____ Skin ulcers on the fingers and/or toes (2)

Eyes

- _____ Dry eyes (2)
- _____ Eye discomfort or pain (1)

Throat, Neck, Voice, and Mouth

- _____ Dry mouth (1)
- _____ Hoarseness, husky, or gravelly voice (1)
- _____ Difficulty swallowing (1)
- _____ Mouth and nose sores (1)

Fatigue and Sleep

- _____ Lack of energy (1)
- _____ Exhausted after minimal effort or exercise (1)

Muscles, Joints, and Tendons

- _____ Pain and tenderness throughout the body (3)
- _____ Loss of muscle control (4)
- _____ Muscle weakness (1)
- _____ Joint stiffness (1)
- _____ Bone, joint, and muscle aches, inflammation, and pain (4)
- _____ Backaches, unexplained rib and spinal column fractures (1)
- _____ Carpal tunnel syndrome/tendonitis (1)

Hands and Feet

- _____ Raynaud's phenomenon (extreme sensitivity to cold in the hands and feet) (4)
- _____ Swelling in hands and feet (1)

Digestion/Gastrointestinal

- _____ Recurring abdominal bloating and pain (1)
- _____ Pale, foul-smelling stool (1)
- _____ Constipation (1)

Mood and Thinking

- _____ Irritability, anxiety, and depression (1)
- _____ "Brain Fog," difficulty concentrating, forgetfulness (1)

Balance, Coordination, and Neurological Symptoms

- _____ Dizziness (1)
- _____ Vertigo (the room spins) (2)
- _____ Loss of balance (4)

Blood Changes

- _____ Unexplained anemia (low count of red blood cells) (3)
- _____ High cholesterol levels (1)

Doctor's use: _____ Total
