



Love & Teek Care ♥

Horowitz Lyme-MSIDS Questionnaire

Score *

No. Section 1: symptom frequency score

1. Unexplained fevers, sweats, chills, or flushing
2. Unexplained weight change; loss or gain
3. Fatigue, tiredness
4. Unexplained hair loss
5. Swollen glands
6. Sore throat
7. Testicular or pelvic pain
8. Unexplained menstrual irregularity
9. Unexplained breast milk production; breast pain
10. Irritable bladder or bladder dysfunction
11. Sexual dysfunction or loss of libido
12. Upset stomach
13. Change in bowel function (constipation or diarrhea)
14. Chest pain or rib soreness
15. Shortness of breath or cough
16. Heart palpitations, pulse skips, heart block
17. History of a heart murmur or valve prolapse
18. Joint pain or swelling
19. Stiffness of the neck or back
20. Muscle pain or cramps
21. Twitching of the face or other muscles
22. Headaches
23. Neck cracks or neck stiffness
24. Tingling, numbness, burning, or stabbing sensations
25. Facial paralysis (Bell's palsy)
26. Eyes/vision: double, blurry
27. Ears/hearing: buzzing, ringing, ear pain
28. Increased motion sickness, vertigo
29. Light-headedness, poor balance, difficulty walking
30. Tremors
31. Confusion, difficulty thinking



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- 32. Difficulty with concentration or reading
- 33. Forgetfulness, poor short-term memory
- 34. Disorientation: getting lost; going to wrong places
- 35. Difficulty with speech or writing
- 36. Mood swings, irritability, depression
- 37. Disturbed sleep: too much, too little, early awakening
- 38. Exaggerated symptoms or worse hangover from alcohol

* **How to divide the points:**

0 = None

1 = Mild

2 = Moderate

3 = Severe

TOTAL SCORE:

Other comments / explanation:



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Section 2: Most common Lyme Symptoms score

IMPORTANT: If you rated a 3 for each for these questions in section 1: 3, 18, 24, 33 and 37, you need to give yourself 5 additional points.

Score: +

Section 3: Lyme Incidence Score		Score
Now please circle the points for each of the following statements you can agree with:		
1.	You have had a tick bite with no rash or flulike symptoms	+ 3
2.	You have had a tick bite, an erythema migrans, or an undefined rash, followed by flulike symptoms	+ 5
3.	You live in what is considered a Lyme-endemic area.	+ 2
4.	You have a family member who has been diagnosed with Lyme and/or other tick-borne infections	+ 1
5.	You experience migratory muscle pain	+ 4
6.	You experience migratory joint pain	+ 4
7.	You experience tingling/burning/numbness that migrates and/or comes and goes	+ 4
8.	You have received a prior diagnosis of chronic fatigue syndrome or fibromyalgia	+ 3
9.	You have received a prior diagnosis of a specific autoimmune disorder (lupus, MS, or rheumatoid arthritis), or of a nonspecific autoimmune disorder	+ 3
10.	You have had a positive Lyme test (IFA, ELISA, Western blot, PCR, and/or borrelia culture)	+ 5

TOTAL SCORE:



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Sectie 4: Overall Health Score

Question:

Thinking about your overall physical health, for how many of the past thirty days was your physical health not good? _____ days

Award yourself the following points based on the total number of days:

0–5 days = 1 point

6–12 days = 2 points

13–20 days = 3 points

21–30 days = 4 points

What is your score? ...

Question:

Thinking about your overall mental health, for how many days during the past thirty days was your mental health not good? _____ days

Award yourself the following points based on the total number of days:

0–5 days = 1 point

6–12 days = 2 points

13–20 days = 3 points

21–30 days = 4 points

What is your score? ...



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SCORING

Record your total scores for each section and add them together to achieve your final score:

MY FINAL SCORE IS:POINTS

If you scored **46 or more**, you have a high probability of a tick-borne disorder and should see a healthcare provider for further evaluation.

If you scored **between 21 and 45**, you possibly have a tick-borne disorder and should see a healthcare provider for further evaluation.

If you scored **under 21**, you are not likely to have a tick-borne disorder.