EIR VITAE

Symptom Checklist for Tick-Borne Infections

Borrelia (Lyme disease) – Bartonella – Babesia – Anaplasma – Ehrlichia – Rickettsia – Mycoplasma – Chlamydophila – TBE

Please check all symptoms you have experienced in the past or are currently experiencing. You may add notes if there is anything you wish to clarify.

Name:

Date:

1. General / Inflammatory Symptoms

☐ Fever or low-grade fever
☐ Cold/heat intolerance or temperature fluctuations
☐ Night sweats (typical for Babesia, Bartonella)
☐ Chills
☐ Flu-like symptoms
☐ Weight loss or weight gain
☐ Swollen lymph nodes
☐ Chronic inflammation (CRP/ESR may remain normal despite severe illness)
☐ Alcohol intolerance (Bartonella, Babesia)
☐ Post-exertional malaise (PEM) / crashes after activity

2. Neurological Symptoms

Central Nervous System (CNS)

☐ Brain fog
☐ Memory problems
☐ Difficulty finding words
☐ Cognitive fatigue
☐ Irritability / overstimulation
☐ Sensitivity to sound, light, or smells
☐ Dizziness or unsteadiness
☐ Balance problems
☐ Pressure in the head
☐ Migraines or headaches
☐ Personality or mood changes
☐ Panic attacks
☐ Anxiety without an obvious cause

☐ Depression
☐ Sensory processing difficulties
☐ “Electric shock” sensations in the head
☐ Sleep disturbances (difficulty falling asleep, early awakening, nightmares)

Peripheral Nervous System (PNS)

☐ Numbness or tingling
☐ “Crawling” sensations
☐ Burning nerve pain
☐ Shooting nerve pain
☐ Radicular pain
☐ Hypersensitive skin (painful to touch)
☐ Nerve spasms or muscle twitching
☐ Restless legs
☐ Facial paralysis (Bell’s palsy – classic in Lyme disease)
☐ Autonomic dysfunction (POTS, gastroparesis, fluctuating blood pressure)

3. Muscles and Joints

☐ Migrating joint pain (classic Lyme symptom)
☐ Migrating muscle pain
☐ Stiffness, especially morning stiffness
☐ Heel and foot pain (typical for Bartonella)
☐ Pain in shins, soles of the feet, or calves
☐ Tendon insertion pain (tendinopathy)
☐ Muscle cramps
☐ Exercise intolerance
☐ Rapid fatigability
☐ Fibromyalgia-like pain
☐ Rheumatoid-like inflammation

4. Cardiovascular System

☐ Forceful heartbeats or “thumping” sensations
☐ Palpitations
☐ Irregular heartbeat
☐ POTS
☐ Shortness of breath with mild exertion
☐ Chest pain

☐ Pericarditis
☐ Myocarditis
☐ High or fluctuating blood pressure
☐ Reduced physical capacity despite exercise

5. Lungs and Breathing

☐ Shortness of breath
☐ Heavy or labored breathing
☐ Air hunger
☐ Sensation of not getting enough oxygen
☐ Dry cough
☐ Recurrent respiratory infections
☐ Burning sensation in the lungs (Babesia / Mycoplasma)

6. Gastrointestinal and Digestive Symptoms

☐ Nausea
☐ Vomiting (common in early TBE)
☐ Acid reflux
☐ IBS-like symptoms
☐ Abdominal bloating
☐ Digestive difficulties
☐ Constipation or diarrhea
☐ Gallbladder issues
☐ Liver problems or elevated liver enzymes
☐ Appetite fluctuations

7. Hormonal / Endocrine Symptoms

☐ Irregular menstrual cycle
☐ Increased PMS
☐ Hypothyroid-like symptoms
☐ Adrenal dysfunction
☐ Blood sugar fluctuations
☐ Feeling that the body is “out of sync”
☐ Extreme fatigue despite sleep

8. Immune System and Infection Tolerance

☐ Recurrent infections
☐ Prolonged recovery after illness
☐ Sensitivity to chemicals or medications
☐ Sudden onset of allergic reactions
☐ Mast cell symptoms (MCAS): flushing, histamine reactions, itching, chest pressure

9. Skin and Mucous Membranes

☐ Scratch-like streaks or linear marks (Bartonella)
☐ Purple or pink rashes
☐ Capillary changes
☐ Sensitive skin
☐ Burning skin sensation
☐ Unexplained bruising
☐ Raynaud-like phenomena
☐ Erythema migrans (Lyme rash – many never develop the classic ring)
☐ Eyelid swelling
☐ Dry skin
☐ Eczema-like rashes

10. Eyes

☐ Flashes of light
☐ Blurred vision
☐ Light sensitivity
☐ Eye fatigue
☐ Floaters
☐ Burning or dry eyes
☐ Eye pain
☐ Temporary vision loss

11. Ears

☐ Tinnitus
☐ Pressure in the ears
☐ Fluctuating hearing
☐ Sudden sound sensitivity
☐ Ear pain

12. Psychological and Neuropsychiatric Symptoms

☐ Anxiety
☐ Depression
☐ Irritability
☐ Mood swings
☐ Feelings of unreality or dissociation
☐ PTSD-like reactions
☐ Hypervigilance
☐ Sudden anger or irritability (“Bartonella rage”)
☐ Apathy
☐ Reduced stress tolerance

13. Sleep

☐ Difficulty falling asleep
☐ Frequent awakenings
☐ Waking around 3 a.m.
☐ Nightmares
☐ Restless sleep
☐ Early awakening
☐ Non-restorative sleep

14. Babesia-Specific Symptoms

☐ Shortness of breath
☐ Internal vibrations
☐ Severe night sweats
☐ Brain fog related to oxygen deficiency
☐ Blood pressure drops

☐ Skipped or irregular heartbeats
☐ Fever spikes
☐ Increased anxiety

15. Bartonella-Specific Symptoms

☐ Shin pain
☐ Morning foot pain
☐ Linear skin streaks
☐ Neuropsychiatric symptoms
☐ Forceful heartbeats
☐ Meningeal irritation without meningitis
☐ Eye pain or visual disturbances
☐ Hyperacusis (sound sensitivity)

16. TBE-Specific Symptoms (Second Phase)

☐ Severe headache
☐ Neck stiffness
☐ Vomiting
☐ Light and sound sensitivity
☐ Altered consciousness
☐ Seizures
☐ Paralysis
☐ Prolonged recovery time

17. Anaplasma & Ehrlichia

☐ High fever
☐ Chills
☐ Muscle pain
☐ Elevated liver enzymes
☐ Severe fatigue
☐ Low white blood cell count
☐ Low platelet count

18. Rickettsia

☐ Fever
☐ Severe headache
☐ Rash on wrists or ankles
☐ Nausea
☐ Muscle pain
☐ Low-grade meningitis

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19. Cardiovascular & Autonomic Nervous System Symptoms

☐ POTS
☐ Extremely fluctuating blood pressure
☐ Near-fainting sensations
☐ Sudden episodes of weakness
☐ Adrenaline surges
☐ Internal tremors

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