**Autoimmune Disease Questionnaire – Symptoms and Risk Factors**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Please review the following list of symptoms and risk factors. Check any that apply to you.

**Risk Factors**

[ ] Have a family history of an autoimmune disease

[ ] Have worked around chemicals, petroleum products or stone masonry.

[ ] Have chronic allergies to foods or pollens.

[ ] Have had or do you currently have Epstein-Barr virus/mononucleosis.

[ ] Do you smoke tobacco, or were you a smoker in the past?

[ ] Work, or have worked, in an environment where you breath others tobacco

smoke.

[ ] Have had the anthrax or hepatitis B vaccines.

[ ] Have experienced chronic physical stress.

[ ] Have experienced chronic emotional stress.

[ ] Have experienced one or more serious emotional or physical stresses (divorce, death

of a spouse, death of a child, death of a close friend or parent, hospitalized for a serious

trauma, experienced a physical assault, etc.)

[ ] Have been diagnosed with a thyroid condition

[ ] Have been diagnosed with carpal tunnel syndrome

**Symptoms**

[ ] Do you have pain, swelling or warmth in the joints , particularly in the hands, feet,

ankles, hips, and knees.

[ ] Pain in the Achilles tendon of the foot,

[ ] Pain in sole of foot

[ ] Eyes are sensitive to bright light

[ ] Shoulder pain.

[ ] Unexplained chest pain.

[ ] Get migraine headaches.

[ ] Do you have general muscle weakness, and/or weakness in the arms or hands, legs, or face?

[ ] Do you experience chronic fatigue or are you often tired?

[ ] Are your reflexes reduced, absent, or increased?

[ ] Do you frequently get colds or flu or does it take you longer than other people to get over

these?

[ ] Do you have recurring urinary track infections?

[ ] Do you have a chronic cough?

[ ] Do you have allergies, chronic sinus infections, and/or chronic yeast infections?

[ ] Are you having balance problems/clumsiness/unsteadiness and/or difficulty walking?

[ ] Do you have lesions, discolorations, rashes, blisters or pustules on your scalp, face, neck,

ears, palms, fingers, extremities, and/or soles of your feet?

[ ] Do you have areas of unusual pigmentation in the skin, where there are tan or freckle-like

spots, or white patches on the skin or in your mouth?

[ ] Do you have a recurring or chronic low-grade fever or temperature?

[ ] Do you have swollen lymph nodes/glands?

[ ] Are your eyes uncomfortable – blurry, tearing, scratchy, red, sensitive to light, or gritty?

[ ] Have you lost weight without a change in diet or exercise?

[ ] Do you have difficulty losing weight, even if you exercise or diet?

[ ] Do you gain weight easily even if you try to eat right?

[ ] Has your hair turned grey or white prematurely?

[ ] Are you left-handed or ambidextrous?

[ ] Do you have a chronically dry mouth?

[ ] Do you have mouth pain, a burning sensation in mouth, and/or get dental cavities easily?

[ ] Do you get sores inside your nose or mouth?

[ ] Do you experience shortness of breath?

[ ] Do you have heart palpitations, feel missed heartbeats, changes in rhythm, skipped beats,

or irregular heart rhythms?

[ ] Have you suffered from recurrent miscarriage?

[ ] Are you experiencing infertility?

[ ] Are your periods irregular – shorter or longer than normal, or erratic?

[ ] Are you experiencing anxiety, panic attacks and/or irritability?

[ ] Are you having cognitive/thinking problems such as difficulty speaking, putting words in

order, memory problems, or short attention span?

[ ] Do you get recurring headaches

[ ] Do you suffer from migraines?

[ ] Do you have digestive problems (gas, bloating, indigestion, ulcers, gastric reflux, etc.)

[ ] Do you have depression?

The more of the above symptoms and risk factors you have, the more likely you are to have an autoimmune disease. However, even if you have only a few of the listed symptoms you could still have an autoimmune problem. In this case, treatment for the condition or problem would likely not be successful or lasting, because the autoimmune aspect of your problem was not addressed.