

Do You Have Lyme Disease?

Lyme Disease Symptom Checklist



Early diagnosis and treatment are essential to restore patients to health and to prevent progression of the disease to late or chronic Lyme disease, which is much harder to treat. Lyme disease is a clinical diagnosis—based on the patient’s medical history, symptoms and exposure to ticks. Many people with Lyme disease are misdiagnosed. Delay in diagnosis of Lyme disease is common. Approximately 60% of patients with chronic Lyme disease are not diagnosed for at least 2 years.

In May, LymeDisease.org launched a symptom checklist to assist patients and physicians in the diagnosis of Lyme disease. The checklist helps people document exposure to Lyme disease and provides a print out that people can share with their physicians. It asks basic questions such as have you been exposed to a tick habitat, do you recall being bitten by a tick, have you had a red expanding skin rash, and typical symptoms of Lyme disease.

Exposure



1

Have you been exposed to a tick habitat? (this could be where you live, camp, hike, ride horses, or play-- usually wooded or grassy areas)

☐

Yes

☐

No

☐

Unsure

Over ten billboards were launched in various states to promote the symptom checklist. In the two months since launch, 30,000 patients have taken the symptom checklist. It was also featured in [Prevention Magazine](#).



The completed form can be printed out. It includes information about each of the items suggestive or Lyme disease and is footnoted. The person taking the survey is encouraged to discuss the form with a physician. In this way, the form serves to educate both patients and physicians about the clinical factors associated with Lyme disease.

CHECK YOUR SYMPTOMS

If you haven't yet tried the Lyme Disease Symptom Checklist, check it out.

<https://www.lymedisease.org/lyme-disease-symptom-checklist/>

Share it widely. Together we can help patients get earlier diagnosis and educate physicians.