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**THE HOROWITZ LYME-MSIDS QUESTIONNAIRE**

DATE \_\_\_\_\_

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

TOTAL SCORE \_\_\_\_\_

Answer the following questions as honestly as possible. Think about how you have been feeling over the previous month and how often you have been bothered by any of the following problems. Score the occurrence of each symptom on the following scale: none, mild, moderate, severe.

**SECTION 1: SYMPTOM FREQUENCY SCORE**

**0** None **1** Mild **2** Moderate **3** Severe

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 soreness
15. \_\_\_\_\_ Shortness of breath or cough
16. \_\_\_\_\_ Heart palpitations, pulse skips, heart block
17. \_\_\_\_\_ History of 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
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

Add up your totals from each of the four columns. This is your first test score  
 Score \_\_\_\_\_

**SECTION 2: MOST COMMON LYME SYMPTOMS SCORE**

If you rated a 3 for each of the following in section 1, give yourself 5 additional points

- Fatigue (#3)
- Forgetfulness, poor short-term memory (#33)
- Joint pain or swelling (#18)
- Tingling, numbness, burning, or stabbing sensations (#24)
- Disturbed sleep; too much, too little (#37)

Score \_\_\_\_\_

**SECTION 3: LYME INCIDENCE 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 points*
2. You have had a tick bite, an erythema migrans, or an undefined rash, followed by flulike symptoms. *5 points*
3. You live in what is considered a Lyme-endemic area. *2 points*
4. You have a family member who has been diagnosed with Lyme and/or other tick-borne infections. *1 point*
5. You experience migratory muscle pain. *4 points*
6. You experience migratory joint pain. *4 points*
7. You experience tingling/burning/numbness that migrates and/or comes and goes. *4 points*
8. You have received a prior diagnosis of chronic fatigue syndrome or fibro-myalgia. *3 points*

9. You have received a prior diagnosis of a specific autoimmune disorder, (lupus, MS, rheumatoid arthritis) or a nonspecific autoimmune disorder. *3 points*
10. You have had a positive Lyme test (IFA, ELISA, Western Blot, PCR, and/or borrelia culture.) *5 points*

Score \_\_\_\_\_

**SECTION 4: OVERALL HEALTH SCORE**

1. 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
2. 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 number of days.  
0-5 days= 1 point  
6-12 days= 2 points  
13-20 days =3 points  
21-30 days= 4 points  
Score \_\_\_\_\_

**SCORING**

Record your total scores for each section below and add them together to achieve your score.

Section 1 Total \_\_\_\_\_

Section 2 Total \_\_\_\_\_

Section 3 Total \_\_\_\_\_

Section 4 Total \_\_\_\_\_

**Final Score** \_\_\_\_\_

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

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

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

**Interpreting the Results**

We see a high frequency of Section 1 symptoms in our patients, including fatigue, joint and muscle pain that often migrates, sleep disorders, as well as memory and concentration problems, and a high frequency of Section 3 symptoms, especially neuropathic pain that comes

and goes and migrates (tingling, numbness, burning, etc.). These form a cluster of presenting symptoms that are characteristic of those with a high probability of having Lyme-MSIDS. The most common symptoms related to Lyme and MSIDS are:

- Fatigue, tiredness
- Headaches
- Stiffness of the neck or back
- Pain in muscles or joints that migrates/moves around
- Joint pain or swelling
- Tingling, numbness, and/or burning of the extremities
- Difficulty with concentration or reading
- Confusion, difficulty thinking
- Forgetfulness, poor short-term memory
- Disturbed sleep; too much, too little, early awakening
- Difficulty with speech or writing