

## **LOOKING IN THE MIRROR:**

### **AN M.E./CFIDS SYMPTOM CHECKLIST**

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1. Fatigue (95%) usually made worse by physical exercise.
2. Cognitive function problems (80%)
  - attention deficit disorder
  - calculation difficulties
  - memory disturbance
  - spatial disorientation
  - frequently saying the wrong word
3. Psychological problems (80%)
  - depression
  - anxiety - which may include panic attacks
  - personality changes - usually a worsening of a previous mild tendency
  - emotional lability (mood swings)
  - psychosis (1%)
4. Other nervous system problems (75%)
  - sleep disturbance
  - headaches
  - changes in visual acuity
  - seizures
  - numb or tingling feelings
  - disequilibrium
  - lightheadness - feeling "spaced out"
  - frequent unusual nightmares
  - difficulty moving your tongue to speak
  - ringing in the ears
  - paralysis
  - severe muscular weakness
  - blackouts
  - intolerance of bright lights
  - intolerance of alcohol
  - alteration of taste, smell, hearing
5. Recurrent flu-like illnesses (75%) - often with chronic sore throat
6. Painful lymph nodes - especially on sides of the neck and under the arms (60%)
7. Severe nasal and other allergies-often worsening of previous mild problems (40%)
8. Weight change usually gain but may be loss (70%)
9. Muscle and joint aches with tender "trigger points" or fibromyalgia (65%)
10. Abdominal pain, diarrhea, nausea -"irritable bowel syndrome" (50%)
11. Low grade fevers or feeling hot often (70%)

12. Night sweats (40%)
13. Heart palpitations (40%)
14. Severe premenstrual syndrome - PMS (70% of women)
15. Rash of Herpes Simplex or Shingles (20%)
16. Uncomfortable or recurrent urination - pain in prostate (20%)
17. Other symptoms seen in less than 10% of patients
  - rashes
  - hair loss
  - impotence
  - chest pain
  - dry eyes and mouth cough
  - TMJ syndrome
  - mitral valve prolapse
  - Frequent canker sores
  - cold hands and feet
  - serious rhythm disturbances of the heart
  - carpal tunnel syndrome
  - pyriform muscle syndrome causing sciatica
  - thyroid inflammation
  - various cancers (a rare occurrence)

The above is a checklist Dr. Goldstein uses in his preliminary consultation with patients who maybe suffering from M.E/CFIDS. This does not constitute a comprehensive diagnostic procedure and patients should consult their physicians to rule out other diseases which produce similar symptoms and to undergo appropriate medical tests to confirm their diagnosis.