# Autoimmune Questionnaire

**Autoimmune Disease Risk Factors and Symptoms**

This partial checklist touches upon some frequently noticed symptoms of some common autoimmune conditions. This list is not exhaustive, but can provide a helpful starting point. These symptoms are weighted accordingly to the severity of the symptom.

## Fever/Body Temperature
- Recurrent fever, high body temperature (3)
- Night sweats (1)

## Hair
- Alopecia (loss of hair on the front and top of the head) (1)
- Loss of hair in outer eyebrow (4)

## Skin
- Hyperpigmentation, or dark tanning in skin (3)
- Skin that bruises easily (1)
- Acne (1)
- Skin rashes of unknown cause (4)
- Sun sensitivity (2)
- Skin ulcers on the fingers and/or toes (2)

## Eyes
- Dry eyes (2)
- Eye discomfort or pain (1)

## Throat, Neck, Voice, and Mouth
- Dry mouth (1)
- Hoarseness, husky, or gravelly voice (1)
- Difficulty swallowing (1)
- Mouth and nose sores (1)

## Fatigue and Sleep
- Lack of energy (1)
- Exhausted after minimal effort or exercise (1)

## Muscles, Joints, and Tendons
- Pain and tenderness throughout the body (3)
- Loss of muscle control (4)
- Muscle weakness (1)
- Joint stiffness (1)
- Bone, joint, and muscle aches, inflammation, and pain (4)
- Backaches, unexplained rib and spinal column fractures (1)
- Carpal tunnel syndrome/tendonitis (1)

## Hands and Feet
- Raynaud's phenomenon (extreme sensitivity to cold in the hands and feet) (4)
- Swelling in hands and feet (1)

## Digestion/Gastrointestinal
- Recurring abdominal bloating and pain (1)
- Pale, foul-smelling stool (1)
- Constipation (1)

## Mood and Thinking
- Irritability, anxiety, and depression (1)
- "Brain Fog," difficulty concentrating, forgetfulness (1)

## Balance, Coordination, and Neurological Symptoms
- Dizziness (1)
- Vertigo (the room spins) (2)
- Loss of balance (4)

## Blood Changes
- Unexplained anemia (low count of red blood cells) (3)
- High cholesterol levels (1)

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Doctor's use: _______ Total

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