

Autoimmune Questionnaire

Risks for and Symptoms of Autoimmune Disease

The following list is an excerpt from a 30-page detailed "Autoimmune Disease Risk Factors and Symptoms Checklist" featured in the new book, Living Well With Autoimmune Disease by Mary Shammon.

This partial checklist touches upon some frequently-noticed symptoms of some common autoimmune conditions. This list is by no means exhaustive (for an exhaustive list, see the book). This list can be a helpful start, however.

Fever / Body Temperature

_____ Elevated fever, higher body temperature - Lupus, Graves' Disease/Hyperthyroidism, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome

_____ Feeling cold when others feel hot -- Hashimoto's Hypothyroidism

_____ Feeling hot when others feel cold -- Graves' Disease/Hyperthyroidism

_____ Low body temperature -- Hashimoto's Hypothyroidism

Hair

_____ Hair loss, round bald patches on the scalp -- Alopecia Areata

_____ Hair loss, loss of facial and scalp hair -- Alopecia Totalis, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism, Lupus

_____ Male patterned baldness -- Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism, Polycystic Ovary Syndrome (PCOS)

_____ Excess hair growth on the face, necks, chests, abdomens, and thighs, in women - Cushing's Disease, Polycystic Ovary Syndrome (PCOS)

_____ Loss of hair in outer eyebrow -- Hashimoto's Hypothyroidism

_____ Hair is rough, coarse dry, breaking, brittle - Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism

Skin

_____ Hyperpigmentation, or dark tanning in skin -- Addison's Disease

_____ Painful skin rash, called dermatitis herpetiformis -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome

_____ Fragile thin skin - Cushing's Disease

_____ Skin that bruises easily - Cushing's Disease

_____ Acne -- Polycystic Ovary Syndrome (PCOS), Hashimoto's Hypothyroidism

_____ Skin rashes, especially "butterfly rash" on the nose and cheeks -- Lupus

_____ Sun sensitivity -- Lupus

_____ Skin thickening -- Scleroderma

_____ Skin ulcers on the fingers -- Scleroderma

Eyes

_____ Dry eyes -- Sjogren's Syndrome, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism

_____ Blurred vision -- Sjogren's Syndrome, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism, Multiple Sclerosis

_____ Eye discomfort or pain -- Sjogren's Syndrome, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism, Multiple Sclerosis

_____ Nystagmus or jerking, rapid involuntary eye movement -- Multiple Sclerosis, Hashimoto's

Hypothyroidism

- _____ Optic neuritis, inflammation of the nerves in the eye -- Multiple Sclerosis
- _____ Unclear or double vision -- Graves' Disease/Hyperthyroidism, Multiple Sclerosis

Throat, Neck, Voice, Mouth

- _____ Dry mouth -- Sjogren's Syndrome
- _____ Hoarseness, husky or gravelly voice -- Sjogren's Syndrome, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism
- _____ Difficulty in swallowing -- Sjogren's Syndrome, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism
- _____ Mouth and nose sores -- Lupus
- _____ Pale sores inside the mouth, called aphthous ulcers -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome
- _____ Fullness or pressure, choking sensation in throat, lump in the neck -- Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism

Fatigue, Sleep

- _____ Chronic fatigue - Addison's Disease, Hashimoto's Hypothyroidism, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Chronic Fatigue Syndrome, Sjogren's Syndrome, Lupus, Insulin-Dependent Type 1 Diabetes
- _____ Insomnia -- Graves' Disease/Hyperthyroidism
- _____ Exhaustion after minimal effort or exercise - Fibromyalgia, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism, Chronic Fatigue Syndrome, Sjogren's Syndrome, Lupus

Muscles, Joints, Tendons

- _____ Pain and tenderness throughout the body - Fibromyalgia, Chronic Fatigue Syndrome, Lupus, Sjogren's Syndrome
- _____ Muscle weakness -- Addison's Disease, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism, Fibromyalgia, Chronic Fatigue Syndrome
- _____ Joint Stiffness - Scleroderma, Rheumatoid Arthritis, Fibromyalgia
- _____ Bone, joint and muscle aches, inflammation, and pains -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Cushing's Disease, Lupus, Sjogren's Syndrome, Rheumatoid Arthritis
- _____ Backaches, unexplained rib and spinal column fractures- Cushing's Disease
- _____ Deformed joints - Rheumatoid Arthritis
- _____ Carpal-tunnel syndrome / tendinitis -- Hashimoto's Hypothyroidism

Hands and Feet

- _____ Raynaud's phenomenon (extreme sensitivity to cold in the hands and feet) -- Lupus, Hashimoto's Hypothyroidism, Graves' Disease/Hyperthyroidism
- _____ Swelling in hands and feet - Lupus, Scleroderma, Hashimoto's Hypothyroidism

Weight Changes

- _____ Weight loss -- Addison's Disease, Graves' Disease/Hyperthyroidism, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Lupus, Insulin-Dependent Type 1 Diabetes
- _____ Weight Gain - Cushing's Disease, Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism, Chronic Fatigue Syndrome, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome
- _____ Weight gain in upper body, abdomen - Cushing's Disease, Polycystic Ovary Syndrome (PCOS)
- _____ Rounded or puffy face - Cushing's Disease, Hashimoto's Hypothyroidism
- _____ Increased fat around the neck - Cushing's Disease
- _____ Thinning arms and legs - Cushing's Disease

Digestion, Gastrointestinal

- _____ Nausea, vomiting, or diarrhea -- Addison's Disease, Graves' Disease/Hyperthyroidism, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Scleroderma, Insulin-Dependent Type 1 Diabetes
- _____ Recurring abdominal bloating and pain -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome
- _____ Pale, foul-smelling stool -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome
- _____ Gas -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome
- _____ Increased urination -- Insulin-Dependent Type 1 Diabetes
- _____ Constipation - Hashimoto's Hypothyroidism

Pulse/Blood Pressure

- _____ Low blood pressure -- Addison's Disease, Hashimoto's Hypothyroidism
- _____ High blood pressure- Cushing's Disease, Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism, Polycystic Ovary Syndrome (PCOS)
- _____ Slow pulse -- Hashimoto's Hypothyroidism
- _____ Fast Pulse -- Graves' Disease/Hyperthyroidism

Mood, Thinking

- _____ Irritability, anxiety and depression -- Addison's Disease, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Cushing's Disease, Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism
- _____ "Brain Fog," difficulty concentrating, forgetfulness -- Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism, Fibromyalgia, Chronic Fatigue Syndrome

Balance, Coordination, Neurological Symptoms

- _____ Lack of coordination or unsteady gait -- Multiple Sclerosis
- _____ Dizziness, vertigo -- Multiple Sclerosis, Hashimoto's Hypothyroidism
- _____ Numbness, weakness, tingling or paralysis in one or more limbs - Multiple Sclerosis, Insulin-Dependent Type 1 Diabetes
- _____ Tremor -- Multiple Sclerosis, Graves' Disease/Hyperthyroidism

Food/Drink & Cravings

- _____ Craving of salty foods -- Addison's Disease
- _____ Increased thirst -- Insulin-Dependent Type 1 Diabetes
- _____ Loss of appetite -- Addison's Disease, Graves' Disease/Hyperthyroidism

Menstruation/Gynecological - Women

- _____ Irregular or absent menstrual periods -- Addison's Disease, Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism, Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Cushing's Disease, Polycystic Ovary Syndrome (PCOS)
- _____ Cysts on Ovaries -- Polycystic Ovary Syndrome (PCOS)

Fertility and Sex Drive, Pregnancy

- _____ Infertility or decreased fertility in women -- Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism, Polycystic Ovary Syndrome (PCOS)
- _____ Decreased fertility in men- Cushing's Disease
- _____ Reduced sex drive - Cushing's Disease, Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism
- _____ Recurrent miscarriage - Graves' Disease/Hyperthyroidism, Hashimoto's Hypothyroidism

Breathing

_____ Increase in snoring -- Hashimoto's Hypothyroidism

_____ Shortness of breath and tightness in the chest -- Hashimoto's Hypothyroidism

Especially in Children

_____ Delayed growth in children, failure to thrive in infants -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome, Cushing's Disease, Hashimoto's Hypothyroidism

Blood Changes

_____ Unexplained anemia (low count of red blood cells) -- Celiac Disease/Gluten Intolerance/Irritable Bowel Syndrome

_____ High cholesterol levels -- Hashimoto's Hypothyroidism

Blood Sugar Changes

_____ Hypoglycemia/low blood sugar -- Addison's Disease, Hashimoto's Hypothyroidism

_____ High blood sugar- Cushing's Disease, Polycystic Ovary Syndrome (PCOS)