This is one of the questionnaires filled out by patients new to Dr. Goldstein. It can also be found in his books on Chronic Fatigue Syndrome. The numbers in parentheses are the percentage of CFIDS patients who experience those symptoms. To complete the survey, rate the severity of your symptoms from 0 to 10, with zero being the least and ten being the greatest severity.

1. Fatigue (100%) - usually made worse by physical exertion.

2. Cognitive function problems (80%)
   _____ a. attention deficit disorder
   _____ b. calculation difficulties
   _____ c. memory disturbance
   _____ d. spatial disorientation
   _____ e. frequently saying the wrong word

3. Psychological problems (80%)
   _____ a. depression
   _____ b. anxiety
   _____ c. personality changes, usually a worsening of a previously mild tendency
   _____ d. emotional lability (mood swings)
   _____ e. psychosis (1%)

4. Other nervous system problems (100%)
   _____ a. sleep disturbance
   _____ b. headaches
   _____ c. changes in visual acuity
   _____ d. seizures
   _____ e. numb or tingling feelings
   _____ f. disequilibrium
   _____ g. lightheadedness - feeling "spaced out"
   _____ h. frequent and unusual nightmares
   _____ i. difficulty moving your tongue to speak
   _____ j. ringing in ears
   _____ k. paralysis
   _____ l. severe muscle weakness
   _____ m. blackouts
   _____ n. intolerance of bright lights
   _____ o. intolerance of alcohol
   _____ p. alteration of taste, smell, hearing
   _____ q. non-restorative sleep
   _____ r. decreased libido
   _____ s. twitching muscles ("benign fasciculations")

5. Recurrent flu-like illnesses (75%) - often with chronic sore throat.

6. Painful lymph nodes - especially on sides of neck and under the arms (60%).

7. Severe nasal and other allergies - often worsening of previous mild problems (40%).
8. **Weight changes** - usually gain (70%).

9. **Muscle and joint aches** with tender "trigger points" or Fibromyalgia (65%).

10. **Abdominal pain, diarrhea, nausea, intestinal gas** - "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:**
   - a. rashes
   - b. hair loss
   - c. impotence
   - d. chest pain
   - e. dry eyes and mouth
   - f. cough
   - g. TMJ syndrome
   - h. mitral valve prolapse
   - i. frequent canker sores
   - j. cold hands and feet
   - k. serious rhythm disturbances of the heart
   - l. carpal tunnel syndrome
   - m. pyriform muscle syndrome causing sciatica
   - n. thyroid inflammation
   - o. various cancers (a rare occurrence)
   - p. periodontal (gum) disease
   - q. endometriosis
   - r. easily getting out of breath ("dyspnea on exertion")
   - s. symptoms worsened by extremes of temperature
   - t. multiple sensitivities to medicines, food and other substances

**Additional Symptoms You Have:**

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Jay Goldstein MD's CFS Symptom Checklist