

| SYMPTOM OR SIGN | CURRENT SEVERITY | | | | CURRENT FREQUENCY | | | | |
|---|------------------|------|----------|--------|-------------------|-------|------------|-------|----------|
| | NONE | MILD | MODERATE | SEVERE | NA | NEVER | OCCASIONAL | OFTEN | CONSTANT |
| Hearing: buzzing, ringing, decreased hearing | | | | | | | | | |
| Increased motion sickness, vertigo, spinning | | | | | | | | | |
| Off balance, "tippy" feeling | | | | | | | | | |
| Lightheadedness, wooziness, unavoidable need to sit or lie | | | | | | | | | |
| Tingling, numbness, burning or stabbing sensations, shooting pains, skin hypersensitivity | | | | | | | | | |
| Facial paralysis-Bell's Palsy | | | | | | | | | |
| Dental pain | | | | | | | | | |
| Neck creaks and cracks, stiffness, neck pain | | | | | | | | | |
| Fatigue, tired, poor stamina | | | | | | | | | |
| Insomnia, fractionated sleep, early awakening | | | | | | | | | |
| Excessive night time sleep | | | | | | | | | |
| Napping during the day | | | | | | | | | |
| Unexplained weight gain | | | | | | | | | |
| Unexplained weight loss | | | | | | | | | |
| Unexplained hair loss | | | | | | | | | |
| Pain in genital area | | | | | | | | | |
| Unexplained menstrual irregularity | | | | | | | | | |
| Unexplained milk production; breast pain | | | | | | | | | |
| Irritable bladder or bladder dysfunction | | | | | | | | | |
| Erectile dysfunction | | | | | | | | | |
| Loss of libido | | | | | | | | | |
| Queasy stomach or nausea | | | | | | | | | |
| Heartburn, stomach pain | | | | | | | | | |
| Constipation | | | | | | | | | |
| Diarrhea | | | | | | | | | |
| Low abdominal pain, cramps | | | | | | | | | |
| Heart murmur or valve prolapse? | | | | | | | | | |
| Heart palpitations or skips | | | | | | | | | |
| "Heart block" on EKG | | | | | | | | | |
| Chest wall pain or ribs sore | | | | | | | | | |
| Head congestion | | | | | | | | | |
| Breathlessness, "air hunger", unexplained chronic cough | | | | | | | | | |
| Night sweats | | | | | | | | | |
| Exaggerated symptoms or worse hangover from alcohol | | | | | | | | | |
| Symptom flares every 4 wks. | | | | | | | | | |
| Degree of disability | | | | | | | | | |