

Jennifer Lorber

Lupus Symptoms Checklist



Communicating your symptoms to your care provider is an important part of identifying a medical issue. Remember to take this checklist with you to your next appointment.

Symptoms	I have had this symptom since my last doctor visit	When did you first experience this symptom?	How often do you have this symptom?	How long does this symptom typically last? ___ hr/days/weeks
Skin				
Rash across cheeks and nose	Yes	5 - 10 Years ago	A few times a year	6 Days
Skin rash of raised red patches	No	5 - 10 Years ago	Every few months	8 Days
Rash on skin exposed to sunlight				
Sores in the mouth or nose	No	1 - 3 Years ago	A few times a year	4 Days
Hair Loss				
Pain and Swelling				
Swollen joints	Yes	3 - 5 Years ago	Once a week	2 Days
Stiff joints	Yes	3 - 5 Years ago	Once a month	11 Days
Painful joints	Yes	3 - 5 Years ago	Once a week	2 Days
Fingers or toes that turn white, blue, or purple often with numbness	No	3 - 5 Years ago	Every few months	1 Days
Pain in the chest with deep breath, laugh or cough				
Sharp chest pain behind the breastbone or in the left side of the chest				
Pain and tenderness in the abdomen				
Aching muscles	Yes	3 - 5 Years ago	Every day	9 Days
Swelling of legs and/or feet				
Fever				
Recurrent low grade fevers under 101° F	Yes	1 - 3 Years ago	Once a month	2 Days
Neurological/Cognitive				
Brain fog – lack of concentration, memory loss, headaches	No	3 - 5 Years ago	Once a week	1 Days
Seizures				

Lupus Symptoms Checklist (continued)

Symptoms	I have had this symptom since my last doctor visit	When did you first experience this symptom?	How often do you have this symptom?	How long does this symptom typically last? ___ hr/days/weeks
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Fatigue and Sleep

Fatigue	Yes	3 - 5 Years ago	Every day	12 Hours
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General

Dry eyes or dry mouth	Yes	3 - 5 Years ago	Once a week	2 Days
Bruising easily				
Weight change				
Anemia – low red blood cell count				
Urine that is an abnormal color or frothy	No	3 - 5 Years ago	Once a week	1 Days

Additional Information

Does anything make your symptoms better or worse?	The pain reliver that I started last year makes the pain manageable. I still live in pain almost everyday.
Are your symptoms constant or do they come and go?	Come and Go
Do your symptoms get worse at a certain time of the day?	Morning
Has any member of your family had lupus or another autoimmune disease?	My mother and aunt were both diagnosed with an autoimmune disease 20+ years ago. I dont remember the name of the disease but they had symptoms very similar to mine.
Have you had a positive anti-nuclear antibody (ANA) test?	Yes
Notes you would like your provider to know:	We have been working on a diagnosis for my symptoms for over 3 years now. I feel that we need to change our approach and use new testing to help determine what is causing my symptoms.

This symptom checklist was developed by Exagen Inc., a CAP-accredited and CLIA certified rheumatology specialty laboratory. Exagen Inc. is the maker of the AVISE testing portfolio. Powered by proprietary CB-CAPs, AVISE delivers the most advanced autoimmune test available for lupus and other CTD patients and their providers.