Autoimmune Disease Checklist:

A Handy List of Symptoms That Can Point to Possible Autoimmune Conditions, to Bring to the Doctor

by Mary Shomon

The following is a partial checklist of frequently-noted symptoms of the most common autoimmune conditions. This list is by no means exhaustive, but it covers many of the common autoimmune symptoms and conditions. Carefully filling out this checklist and taking it to your doctor can be an important first step in getting appropriate testing and the right medical diagnosis. (For more information on autoimmune conditions, read, Do You Have An Autoimmune Disease?)

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 -- Alopeica 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 faces, 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 aphthus 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
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, Scleroderma, Insulin-Dependent Type 1 Diabetes
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)

Source: [http://www.thyroid-info.com/articles/autoimmune-checklist.htm](http://www.thyroid-info.com/articles/autoimmune-checklist.htm)