

APPENDIX 4. Signs and Symptoms

As the neurological, immune and endocrine systems are widely distributed, symptoms are numerous, multifiform and of variable intensities. Many of the following symptoms are not present in everyone or at all times and, therefore, cannot be included as part of the criteria for diagnosis.

Circulatory System

- neurally mediated hypotension (NMH)
- postural orthostatic tachycardia syndrome
- delayed orthostatic hypotension
- light-headedness
- palpitations
- fluid retention
- extreme palor
- bruising

Digestive System

- lump in throat
- nausea
- heart burn
- abdominal pain
- irritable bowel syndrome

Neuroendocrine System

- loss of thermostatic stability—subnormal body temperature or diurnal fluctuations
- hot flushes
- excessive sweating or night sweats
- feelings of feverishness
- feelings of cold extremities
- heat/cold intolerance
- anorexia or abnormal appetite
- marked weight change
- hair loss

Musculoskeletal System

- myalgia
- muscle cramps, particularly in legs
- chest pressure and pain
- arthralgia
- TMJ

Nervous System

- persistent fatigue
- lack of endurance
- migraines or new onset headaches
- seizure like phenomena

Sensory

- hypersensitivity to pain
- hyper-responsiveness to noxious stimuli
- perceptual & dimensional distortions
- feeling of burning or swelling
- overload phenomena
- loss of cognitive map
- altered taste and/or smell

Cognitive

- difficulties processing information
- concentration problems
- confusion
- difficulties with word retrieval
- word mix-ups
- short-term memory difficulties
- slowness in cognitive processes

Motor and Balance

- muscle weakness or paralysis
- poor balance, ataxia & tandem gait
- clumsiness & tendency to drop things
- difficulty in tandem gait
- atypical numbness or tingling

Sleep Disturbances

- sleep disturbance—hyper- or insomnia
- non-refreshing sleep

Visual and Auditory Disturbances

- photophobia
- visual changes or eye pain
- double, blurred or wavy vision
- dry or itchy eyes
- tinnitus—buzzing or ringing in ears
- hyperacusis & cocktail party phenomena

Neuropsychological

- loss of adaptability
- worsening of symptoms with stress
- emotional flattening or personality change
- anxiety &/or panic attacks
- reactive depression

Immune System

- tender lymph nodes
- recurrent sore throat
- recurrent flu-like symptoms
- new sensitivities to medications, chemicals

Reproductive System

- dysmenorrhea
- PMS or irregular menstrual cycles
- loss of sexual libido or impotence

Respiratory System

- exertional dyspnea
- sinusitis
- persistent cough & wheezing

Urinary System

- urinary frequency, bladder dysfunction