

Autoimmune Disease Checklist

The following is a partial checklist of frequently-noticed symptoms of the most common autoimmune conditions. This list is by no means all inclusive, 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.

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 -- Alopecia 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

Blood Sugar Changes

- Hypoglycemia/low blood sugar -- Addison's Disease, Hashimoto's Hypothyroidism
- High blood sugar- Cushing's Disease, Polycystic Ovary Syndrome (PCOS)

Breathing

- Increase in snoring -- Hashimoto's Hypothyroidism
- Shortness of breath and tightness in the chest -- Hashimoto's Hypothyroidism

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 aphthous 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 Syndrome, Lupus

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
- _____ 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

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

This brief check list for autoimmune diseases was created by Mary J. Shomon. Mary is a patient advocate, bestselling author, communications consultant, wife and mother who has transformed her own struggle with thyroid disease into an advocacy campaign on behalf of patients with chronic diseases such as thyroid disease, autoimmune conditions, chronic fatigue, among others.

Mary was diagnosed with Hashimoto's Thyroiditis in 1995, and now researches and writes about these conditions and their impact on health and weight. Since early 1997, she has served as founder and Guide for the award-winning About.com Thyroid website, and as editor of the popular patient thyroid news report, Sticking Out Our Necks. Her patient advocacy focus brings much-needed attention to underdiagnosed and often overlooked health issues. Her desire to cut through medical jargon and deliver information to my fellow patients in a form they can understand resulted in her first health-related book, Living Well With Hypothyroidism: What Your Doctor Doesn't Tell You That You Need to Know, which was first published in 2000 by HarperCollins, and has been a best-seller, going to more than 20 printings before a 2nd Revised Edition was published in 2005. The book was a Prevention Book Club Selection, and Amazon Top-Selling health book, and its popularity launched a new series of consumer health books for publisher HarperCollins.