

1 = none 2 = some but can be ignored basically all the time 3 = can be ignored for short times if really involved in something else
 4 = can still do something else but cannot ignore 5 = can't do anything else

Symptom	Since	Frequency	Low range	High Range	Most common	Interferes with life, work, etc.	Description	Treatments
Fatigue	2008	2-3 days/week all day, 5-6 days per week afternoon	2	5	3-4	3-4	Not related to motivation nor amount of sleep. Typically sleep 8-9 hours, but up to 12 hours, naps most days when I can. Overdoing it results in long periods of fatigue. Sleep is not restorative but it makes the time less miserable. Sleep can be disturbed by pain - can be woken up with aching, painful muscles (arms, hips, legs) and not be able to fall back asleep).	Never directly treated. No other treatments benefitted.
Motor Control	Spring 2011	at first sporadic, now daily	2	5	3-4	3-4	First noticed when spray painting picture frames. After holding down button hands wouldn't work correctly. Also happened when spraying cleaning products, squeezing lemon, holding cooking utensils, etc. Sometimes also pain and/or tightness in back of hands. Reduce ability to use pincer grasp, squeeze or pinch, write, type, hold phone and type, cook, washing hair, etc. Feels like hands don't work right - awkward, loss of dexterity, similar to when hands are really cold and you try to write.	Never directly treated. No other treatments benefitted.
Brain Fog	Fall 2010	1-2 days/week	2	4	3	3	Trouble finding right word when talking, trouble concentrating & reading. Forget things - make mistakes (like leaving car on while getting gas). First noticed when speaking in front of groups of with an individual or when trying to write.	Never directly treated. No other treatments benefitted.
Dry Eyes	at least 2008	constant	3	5	4	4	Dry, painful, burning.	Drugstore eye drops work about 30 seconds. Single use vials (mineral oil based work for 1-5 minutes depending on how bad they are that day). Punctal plugs - regular kind rubbed eyeballs - but while they were in restasis burning was lessened and did notice benefit. Internal plugs fell out within hours. Flat regular kind - didn't help as much as regular shaped. One fell out in 1 month, the other about 2.5 months
Hand Pain	Spring 2011	Usually daily	2	4	3	3	Finger joints all the time, some worse than others. No time of the day worse than others - constant ache. Motion (typing, camera, etc.) makes it worse. Sometimes stiffness as well. Ankle and knee joints about half the time (pain and stiffness).	Prednisone 5mg some relief
Muscle Pain	2012	about half the time	1	5	2-3	2-3	Muscles ache, worse after doing something (light cleaning for 3 hours results in almost unable to move the next two days). Can wake me up from sleep. Arms, legs, hips. Recently shooting pain in back left hip muscle.	Never directly treated. No other treatments benefitted.
Dry Skin	always. Fall 2014 really bad	Daily	2	3	2-3	2	So dry that I feel like I want to scratch my face off. Hands dry and painful. Inner leg/arm so dry that pajamas moving across while walking hurts	No lotions I've found yet provide relief

Chest Tightness	2012	Sporadic - happens daily for a week or so and then not at all for weeks or months	1	3	3	2	Deep breath, pushing right in middle of chest, bra band around all chest all cause pain	Never directly treated. No other treatments benefitted.
Dry mouth	Can't even remember	Constant	3	4	3-4	2-3	Pain in back of jaw when saliva is produced (eating something sour or sucking on candy cane, etc.) - also pain to touch in that area. Can't eat without drinking. Cotton mouth feel all day. Interferes with talking/teaching for periods of time	Pilocarpine does benefit
Dry nose	Can't even remember	Comes and goes - dry weather/environment is worse	1	4	2-3	2	Stuffy, dry, can't breath - exacerbates dry mouth with mouth breathing. Sinus congestions - multiple times per year. Infections usually every fall.	Usually suggested steroid spray short term to reduce inflammation and allow drainage.
Vaginal dryness	early 2008 or earlier	more than half the time	2	3	2-3	2	Uncomfortable. Continues and worsens over year from first report in spring 2008	Estrogen cream used in early 2008 benefitted.