

Autoimmune Disorder Check List

When visiting a physician about an autoimmune disorder. This checklist will help you answer questions your physician may have. Check all that may apply:

Symptoms you may have:

- Fatigue
- Weight change
- Depression
- Swollen lymph nodes
- Joint pain
- Muscle pain or weakness
- Swelling in hands and feet
- Dizziness, vertigo
- Craving of salty foods
- Increased thirst
- Low Fever

Write in any additional symptoms not listed:

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Potential Causes:

- Physical stress
- Emotional stress
- Hormonal changes
- Hormonal replacement therapy
- Accident (Car or Home Injuries)
- Viral infections
- Pregnancy
- Aging

Consider wearing a medical ID bracelet or carry a Medi-alert card in your wallet.

Visit [MamasHealth.com](http://www.MamasHealth.com) for more information

<http://www.MamasHealth.com/auto/>



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