

# Research Notes

Your Symptom Journal Information

Identified Body System Always Labeled on Your Charts: \_\_\_\_\_

Symptom Summary -

Start with the most prevalent, common, intense symptom at the top and work your way down in intensity.

*Example:*

*High fever every 23 days*

*Mouth sores*

*Sores in throat*

*Swollen tonsils*

*Joint pain*

*Sleep issues*

*Upset stomach*

*Doesn't eat*

Blood Work Results Returned Out of Range:

Same as above - start with most times returned out of range down to least times.

*Example: ESR, CRP and RDW high on all symptomatic blood work. All CBC and other levels normal during asymptomatic times.*

First Search Strand: \_\_\_\_\_

Summarize Most Important Information learned about these results.

Second Search Strand:

---

---

---

---

---

Third or More Search Strands:

---

---

---

---

---

Symptom or Disease Search Strands:

---

---

---

---

---

Conclusions of 1-3 condition possibilities based on matching symptoms:

---

---

---

---

---

---

---

Conclusions or summaries of symptomatic versus asymptomatic times:

---

---

---

---

---

---

---

---

---

---

*Example: When Parker is asymptomatic his blood work shows regular results. When he has an episode, he shows high ESR, CRP and RDW. These results (both) line up with PFAPA. Because of his asymptomatic blood work, I am fairly certain he has ONLY PFAPA and no other periodic fever condition, and no other autoimmune disorder.*

Questions for Doctor Next Visit?

---

---

---

---

---

*Example: Should we test for a few other autoimmune disorders just to rule out those diagnoses? (Ex: rheumatoid arthritis, and lupus). Family history has mother with lupus and aunts and grandparents with rheumatoid arthritis.*