

Co-infection Checklist

As with other co-infections, there is a lot of overlap of symptoms between Lyme disease Bartonellosis and Babesiosis. An accumulation of the following signs and symptoms in one or the other category probably warrant testing and/or treatment for that co-infection:

Bartonellosis

Common symptoms of bartonellosis include:

- Fatigue (often with agitation, unlike Lyme disease, which is more exhaustion)
- Low grade fevers, especially morning and/or late afternoon, often associated with feelings of "coming down with the flu or a virus"
- Sweats, often morning or late afternoon (sometimes at night) - often described as "thick" or "sticky" in nature
- Headaches, especially frontal (often confused with sinus) or on top of head
- Eye symptoms including episodes of blurred vision, red eyes, dry eyes
- Ringing in the ears (tinnitus) and sometimes hearing problems (decreased or even increased sensitivity - so-called hyperacusis)
- Sore throats (recurring)
- Swollen glands, especially neck and under arms
- Anxiety and worry attacks; others perceive as "very anxious"
- Episodes of confusion and disorientation that are usually transient (and very scary); often can be seizure-like in nature
- Poor sleep (especially difficulty falling asleep); poor sleep quality
- Joint pain and stiffness (often both Left and Right sides as opposed to Lyme which is often on one side only with pain and stiffness that changes locations)
- Muscle pains especially the calves; may be twitching and cramping also
- Foot pain, more in the morning involving the heels or soles of the feet (sometimes misdiagnosed as plantar fasciitis)
- Nerve irritation symptoms which can be described as burning, vibrating, numb, shooting, etc.
- Tremors and/or muscle twitching
- Heart palpitations and strange chest pains

- Episodes of breathlessness
- Strange rashes recurring on the body often, red stretch marks, and peculiar tender lumps and nodules along the sides of the legs or arms, spider veins
- Gastrointestinal symptoms, abdominal pain and acid reflux
- Shin bone pain and tenderness

Babesiosis

Common symptoms of babesiosis include:

- Chills
- Fatigue and often excessive sleepiness
- High fever at onset of illness
- Night sweats that are often drenching and profuse
- Severe muscle pains, especially the large muscles of the legs (quads, buttocks, etc.)
- Neurological symptoms often described as "dizzy, tipsy, and spaciness," similar to a sensation of "floating" or "walking off the top of a mountain onto a cloud"
- Depression
- Episodes of breathlessness, "air hunger", and/or cough
- Decreased appetite and/or nausea
- Spleen and/or liver enlargement
- Abnormal labs (low white blood count, low platelet counts, mild elevation of liver enzymes, and elevated sed rate)
- Headaches (migraine-like, persistent, and especially involving the back of the head and upper neck areas)
- Joint pain (more common with Lyme and Bartonella)
- Anxiety/panic (more common with Bartonella)
- Lymph gland swelling (more common with Bartonella and Lyme)