

Chronic Inflammatory Response Syndrome (CIRS)

(Includes Chronic Fatigue, Fibromyalgia, Multiple Chemical Sensitivities, Chronic Lyme Syndrome)

(From Dr R Shoemaker, 2016):

CIRS History:

Chronic fatigue that interferes with functioning, associated with at least 2 of:

- **Brain fog**
- **Poor sleep**
- **Generalized muscle aching**
- **Bowel problems (Irritable Bowel Syndrome)**
- **Nerve symptoms (tingling, numbness, burning pain)**
- **Chronic flu-like symptoms**
- **Excessive fatigue after exercise**

CIRS Questionnaire:

Diagnostic Question Clusters (Dr Shoemaker, 2016):

(Scoring: + in 8/13 clusters => Biotoxin Illness, CIRS) (6/13 for children)

1. Fatigue

- a. Do you feel tired most or all of the time? For how long?

2. Weak, assimilation, aching, headache, light sensitivity

- a. Are you physically weaker than you used to be? Is it more difficult to lift a weight or turn a jar? How is your endurance compared to what it was before you became ill?
- b. Is it more difficult for you to learn new material than it used to be?
- c. Do you get recurrent aching in any muscle groups?
- d. Do you get frequent headaches? How often, where do they start, do they travel, how long do they last? What makes them better or worse? What do they feel like?
- e. Do fluorescent lights bother your eyes? How about when you first go outside on a bright day? How about bright headlights?

3. Memory, word finding

- a. Do you have problems with your memory? Are you forgetting things you should not be forgetting?
- b. Do you lose words in the middle of speaking?

4. Concentration

- a. Are you having trouble focusing or concentrating on a single task?

5. Joint, AM stiffness, cramps

- a. Do you get recurrent pain in any of your joints? Do you get redness, heat or swelling with the pain?
- b. When you wake in the morning, are you pretty stiff? How long does it take for the stiffness to go away? (Abnormal is >5 min.)
- c. Do your hands cramp up like a claw or your feet cramp and your toes turn under?

6. Unusual skin sensations, tingling

- a. Do you get any weird types of pains? Pains that burn? Pains that itch?
- b. Do you ever get a "pins and needles" feeling anywhere? Where and how often?
 - i. (Ex: If you cross your legs long enough, your foot may become numb. When you put it down, the blood would go back in and you may get a "pins and needles" feeling in your foot. Do you get that feeling anywhere?)

7. Shortness of breath, sinus congestion

- a. Do you get short of breath doing very little exertion, like going up a single flight of stairs?
- b. Do you feel congested all or almost all the time, year round? Do you get more than 1-2 sinus infections a year?

8. Cough, thirst, confusion

- a. Do you have coughing for no apparent reason like a cold or allergies?
- b. Do you feel thirsty all the time or almost all the time?
- c. Do you get confused easily? For instance, can you have a conversation with someone and completely forget what you were talking about before the conversation has even ended?

9. Appetite swings, body temp regulation, urinary frequency

- a. Do you have some days when you eat too much and others when you forget to eat?
- b. Do you sometimes have trouble regulating your body temperature?
- c. How many times do you void in a day? (Normal is 3-4.) How many times do you get up to void at night? (Normal is 0 unless elderly.)

10. Red eyes, blurred vision, sweats, mood swings, ice-pick pains

- a. Do the whites of your eyes seem red most of the time?
- b. Do you get episodes where you have to blink your eyes and re-focus?
- c. Do you get excessive sweating or night sweats??
- d. Do you get rapid changes in mood with even little issues?
- e. Do you get any stabbing pains?

11. Abdominal pain, diarrhea, numbness

- a. Do you get any stabbing pains?
- b. Do you get diarrhea more than once a month? Do you get diarrhea and constipation?
- c. Do you get numbness anywhere on your body?

12. Tearing, disorientation, metallic taste

- a. Do you get eyes tearing without any apparent reason (as if allergies or onions)?
- b. Have you ever forgotten your own name or who you are? Have you ever been driving in your own neighborhood and not recognized where you were even for a few seconds?
- c. Do you sometimes have a metallic taste in your mouth?

13. Static shocks, vertigo

- a. Do you get shocked frequently when you touch a person or a light switch?
- b. Do you sometimes have dizziness or difficulty keeping your balance?

Score (# of clusters with at least one positive answer): _____