

HSD Symptom Checklist

	At least one blood relative diagnosed with hEDS
	As a child, slow to walk, talk clearly, potty train, read aloud, hold a pencil, write in cursive, or color within the lines
	Are or were bendy = ever able to do the splits, bend over and lay hands flat on the floor, pull pinkie back >90°, touch forearm with thumb; or knees or elbows tend to bend backwards
	Recurrent skin secretion disorders (≥2) = too little or too much sweat, tears, saliva, nasal mucous, skin oil, or breast milk
	Oft fluctuating triggers = symptoms begin/exacerbated by changes in weather, inflammation, hormones, etc. (<i>not</i> seasonal allergies)
	When <50, recurrent memory problems = poor/slow recall, don't form new memories, forget things you once knew
	Recurrent pain hypersensitivity = feel pain sooner, stronger, or when you shouldn't (e.g., normally "painless" procedures)
	Recurrent widespread pain = pain throughout the body or that migrates around the body (either constant or on/off)
	Recurrent localized nerve pain = pain from pinched or entrapped nerves (e.g., sciatica shooting down a leg, carpal tunnel in wrist)
	Recurrent or persistent migraines = pressure-like pain, often with visual disturbances, nausea, sensitivity to light/noise
	Recurrent or persistent headaches = new daily headache, occipital headache, tension headache, etc.
	Recurrent or persistent insomnia = can't fall asleep (onset) or stay asleep (maintenance), or wake up too early (wakefulness)
	Recurrent or persistent non-restful sleep = regularly feeling tired despite sleeping apparently normally
	Recurrent or diverse arthritic conditions = inflammation of tissues, indicated by swelling, tenderness, heat, or redness
	Recurrent cognitive difficulties = brain fog, cog-fog, poor attention, inability to concentrate
	Recurrent cardiovascular dysautonomia = cardio disorders of the autonomic nervous system (ANS), such as too hot/cold, blood pooling, or Raynaud's (extremities become cold, numb, or pale)
	Recurrent dysautonomia = other ANS disorders, such as "panic attacks", on/off or waxing/waning symptoms, can't reach orgasm
	Persistent depression = lack of motivation, apathy, hopelessness, negative self-esteem, oppressively dark feelings, suicidal thoughts
	Persistent phobias = unreasonable and disruptive fears, such as of leaving safe spaces like your home or of exercising (for fear of pain)
	Persistent eating disorders = anorexia nervosa, bulimia

	Recurrent unusual eyelids = prominent horizontal eyelid fold(s) and/or droopy eyelid(s)
	Severe and unstable myopia = near-sightedness that perpetually and frequently worsens (e.g., need new prescription yearly)
	Recurrent or persistent dry eyes = sore, scratchy, gunky eyes (despite normal tears for cold, wind, objects, or emotions)
	Recurrent temporary vision disturbances = blurry eyesight, double vision, greying/blacking out, static/zigzags/snow, many floaters (<i>not</i> with migraine)
	Small mouth = too little room for teeth (crowded), can't see the roof of your mouth (high palate), can't take big bites
	Delicate gums = easily injured (from dental work, hard brushing), prone to gingivitis (red, inflamed, tender, bleeding) and recession, sensitive to toothpastes
	Jaw disorder (TMJD) = popping/crackling of jaw joint, pain in jaw or ear, episodes when can't fully open or close or align teeth
	Recurrent or persistent voice difficulties = weak, hoarse, or strained voice, laryngitis, or difficulty articulating
	Recurrent or persistent swallowing difficulties = discomfort taking pills, choking on food or drink, feel something "stuck" in throat
	Recurrent or persistent acid reflux = fullness, heartburn, & sour taste, with frequent antacid use, sore throat, or vocal changes (including GERD, Barrett's esophagus)
	Recurrent or persistent heart rate irregularities = resting rate >90 bpm, palpitations, tachycardia with lightheadedness (e.g. POTS)
	Recurrent or persistent breathing difficulties = shortness of breath, wheezing, shallow breathing, labored breathing
	Recurrent or persistent constipation = frequent or persistent constipation despite dietary adjustments (e.g., increasing fiber)
	Recurrent or persistent diarrhea = frequent or persistent diarrhea/urgency (<i>not</i> traced to an acute cause like a stomach flu)
	Recurrent or persistent dyspareunia = painful sex , stemming from vulvodynia, UTIs, fragile tissues, ovarian cysts/fibroids, etc.
	Recurrent or diverse abdominal distress = stomach pain, nausea, abdominal pain, bloating, malabsorption/malnutrition, hunger, etc.
	Recurrent or diverse food sensitivities (≠ allergies) = non-Celiac gluten intolerance, fiber triggers bloating, or immune markers for commonly consumed foods
	Recurrent or diverse urinary incontinence = leak when cough/sneeze/laugh/lift, overactive bladder, bad childhood bedwetting
	Recurrent or diverse menstrual difficulties = heavy bleeding (menorrhagia), severe and frequent cramps (dysmenorrhea), bleeding between periods or for more than a week (metrorrhagia)

	Recurrent pregnancy complications = infertility, miscarriage, pre- (<37 wks) or post- (42+ wks) term birth, eclampsia, early water breaking, long or precipitate (<3 hrs) labor, hemorrhage, infection
	Unusual skin = soft, silky, thin, transparent, and/or velvety skin
	Stretchy skin = skin hyperextensibility in 3+ locations
	Prone to easy bruising and skin injury = bruises, scratches, scrapes, hangnails, etc.
	Poor wound healing = slow healing of skin wounds and incomplete healing (mild atrophic scarring = pale, wrinkly, or thin scar tissue)
	Inadequacy of anesthetics = topical anesthetics (e.g., lidocaine) are inadequate or wear off too soon
	Sudden stretch marks = unexplained striae atrophicae (i.e., not due to rapid weight gain such as pregnancy)
	Spider hands = extremely long, slender fingers (arachnodactyly)
	Flat feet = arches collapse under weight until essentially flat
	Funny gait = walking difficulties, unusual walking/running gate (e.g., bouncy), short stride
	Prone to crepitus = cracking knuckles, other crunchy noises from joint movement (jaw, neck, etc.)
	History of W-sitting (legs in W shape) or concave-sitting (slouched forward), atypical pencil hold, or avoid handwriting due to fatigue
	Recurrent or diverse muscle weakness = low muscle tone/resistance (hypotonia), with or without low muscle mass
	Recurrent or diverse muscle tension , pain = frequent cramps, spasm/tightness, trigger points
	Recurrent neck/back pain = muscle or nerve pain along the spine (cervical, thoracic, sacrum)
	Recurrent or diverse dystonia = involuntary muscular contractions , such as twitch, tic, tremble, spasm, tonic-clonic, restless leg
	Recurrent or diverse cysts = fluid-filled sacs, such as Ganglion, Baker's, Tarlov, or Syringomyelia (may become inflamed = bursitis)
	Recurrent or diverse tendonitis = pain, reduced range of motion, tenderness, and swelling in the wrist (carpel tunnel), foot (plantar fasciitis), elbow (tennis elbow), etc.
	Spontaneous sprains = pain, stiffness, reduced range of motion, and swelling in any joint (e.g., shoulders, elbows, wrists, fingers, ribs, hips, knees, patella, ankles, toes, etc.) (<i>not</i> due to accident)
	Cervical hypermobility = excess motion of C0-C7, indicated by neck crepitus, muscle spasm pain in neck, shoulders, or upper back

	<p>Spontaneous subluxations = bones of a joint are out of place but still touch, causing pain and swelling but still allowing movement with reduced range of motion. Includes slipped cervical and vertebral discs as well as partial dislocations of other joints. Subluxations may move back into place on their own or with little help (e.g., chiropractic- or self-adjustment).</p>
	<p>Spontaneous dislocations = bones are so far out of place they no longer touch correctly, causing severe pain, swelling, bruising, and inability to move the joint normally. Dislocations usually result in a trip to the emergency room.</p>
	<p>Persistent fascial tension, pain = tightness ('feels like wrapped in teflon') due to myofascia, resulting in trigger points, plantar fasciitis, myofascial pain syndrome, etc.</p>
	<p>Persistent nerve damage = recurrent numbness, tingling, or sudden muscle weakness in an extremity</p>