

Charcot-Marie-Tooth Disease Symptom Checklist



HEREDITARY
NEUROPATHY
FOUNDATION

1-855-HELPCMT
www.hnf-cure.org

Use this checklist to keep track of your symptoms. Take it with you to each visit with your doctor to help in discussing your health and treatment plan.

Symptom	Frequency of Occurrence [Often, Sometimes, Rarely, Constantly]	Severity scale of 1-10 [10 means bothers you a lot]	One Side More Than Other? Which?	Has This Increased with Age or Over Time?	Does This Interfere with your Day-to-Day Life?	Other Comments
PROBLEMS WITH GETTING AROUND						
absent or reduced reflexes						
clumsiness						
difficulty in running						
dizziness						
hip dysplasia						
knee hyperextension						
loss of balance, tripping, and falling						
poor proprioception						
scoliosis or other curvature of the spine						
"slapping" when walking (feet hit the floor hard)						
trouble walking because of trouble picking up the feet						
Other:						
LEG OR FOOT PROBLEMS						
curled toes (known as hammer toes)						
decreased sensation in the legs and feet (risk of calluses and sores)						
difficulty in lifting the foot at the ankle (foot drop)						
knee dislocations						
leg cramps						
loss of lower leg muscle (leads to skinny calves)						
lower limb swelling (Venous insufficiency)						
numbness, cold or burning sensation in feet (neuropathic pain)						
poor circulation (discolored or reddish/purple coloring in feet)						
restless leg syndrome (RLS)						
toe walking (early sign in children)						
unable to go up on toes with progression						
unable to walk on heels with progression						
very high arched foot/feet (cavus arch)						
ARM OR HAND PROBLEMS						
claw-like hands						
deterioration of muscle between thumb and forefinger						
difficulty grasping or holding objects and opening jars						

Continued on next page.

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hand cramps						
hypermobility						
numbness or cold/burning sensation in the hands						
EAR, NOSE AND THROAT PROBLEMS						
speech and swallowing difficulties						
difficulties chewing						
hearing loss						
reflux						
ringing in ears [tinnitus]						
sleep apnea						
vision problems (optic atrophy)						
vocal cord strain or weakness						
BREATHING, LUNG PROBLEMS						
breathing difficulties, especially when lying flat						
dysfunction/paralysis of diaphragm causing severe shortness of breath						
High residual lung volume(can't empty lungs fully)						
GENERAL WELL-BEING AND MOOD						
fatigue						
anxiety						
depression						
exercise intolerance						
feelings of isolation						
poor sleep						
random panic attacks						
sweating abnormalities, such as heavy sweating for no reason						
PAIN						
back or hip pain						
hyperesthesia (areas of hypersensitivity)						
muscle cramps						
muscle, nerve and joint pain/weakness						
sciatica						
Sudden, shooting pains [feel like electric shocks]						
OTHER SYMPTOMS NOT ABOVE						
benign fasciculation (muscle twitching, tremors)						
bladder problems, such as not emptying completely						
digestive issues						
incontinence						
localized, hot or cold in extremities						
tremors						
LIST OTHER PROBLEMS OR SYMPTOMS						