

Breast Implant Illness Symptom Checklist

The degree in which women experience symptoms relates to many factors, but the collection of observed and experienced Breast Implant Illness (BII) symptoms are listed below. The first list is compiled from research to be more commonly present in individuals. If you're checking several boxes BII may be a concern.

Most common symptoms:

- Numbness and tingling in the arms and legs
- Joint and/or muscle pain
- Hair loss
- Memory loss/difficulty concentrating
- Dry eyes and/or blurred vision
- Chronic fatigue
- Breast pain
- Rashes or hives
- Food sensitivities/intolerances
- Flu - like symptoms and/or low grade fever
- Difficulty breathing/Shortness of breath
- Diagnosis of an autoimmune disease (Most common: Rheumatoid arthritis, Grave's thyroiditis, Hashimoto's, Celiac disease, Sjogren's syndrome, Ankylosing spondylitis, Systemic lupus, Progressive systemic sclerosis and vasculitis)

Additional symptoms correlated with BII

- Weight gain or weight loss
- Easy bruising and slow healing of wounds
- Swollen and tender lymph nodes in the breast area, underarms, throat, neck, or groin
- Ringing in the ears
- Heart palpitations
- Metallic taste in the mouth
- Oral thrush (white tongue)
- Night sweats
- Insomnia
- Estrogen/progesterone imbalance, diminishing hormones, or early menopause
- Burning pain around the chest wall or breasts
- Cold and discolored hands and feet
- Foul body odor
- Muscle twitching
- Vertigo
- Frequent urination
- Chronic neck and back pain
- Photosensitivity (Light sensitivity)
- Nail changes (cracking, splitting, slow growth, etc.)
- Edema (swelling) around eyes
- Slow muscle recovery after activity
- Gastrointestinal and digestive issues
- Smell or chemical sensitivities
- New or persistent infections – viral, bacterial, and/or fungal (candida)

- Reoccurring sinus, yeast, and UTI infections
- Throat clearing, cough, difficult swallowing, choking feeling
- Chronic inflammation
- Headaches, dizziness, and migraines
- Mood swings, emotional instability, Anxiety, panic attacks and or Depression
- Hypo/hyper thyroid symptoms
- Hypo/hyper adrenal symptoms
- Symptoms or diagnosis of fibromyalgia
- Symptoms or diagnosis of dysautonomia (POTS)
- Symptoms or diagnosis of mast cell activation disorder (MCAS)