

AS symptom checklist

AS affects different people in different ways, however, here are some of the more common symptoms. If you think you may have ankylosing spondylitis (AS), take this AS checklist. Tick the boxes that describe the symptoms you are experiencing.

Have you experienced any of the following?

- Back pain / stiffness which came on gradually
- Early morning pain / stiffness which reduces with movement
- Pain/stiffness improves after exercise and is worse after rest
- Sleep disturbance, particularly second half of the night
- Persistence of the above symptoms for more than 3 months
- Pain relieved for a time after a shower, bath or heat treatments
- Inflammation of the iris, within the eye. This may include pain in the eye or brow region, pain associated with exposure to light, blurred vision or a reddened eye
- Symptoms which began in late teens or 20s

If you ticked one or more boxes, you should print out the results of this test and discuss them with your doctor.