

FQAD (Fluoroquinolone-Associated-Disability)

Questionnaire and Diagnostic Criteria

*Practise for Integrative Medicine Dr. Pieper
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Date:

14 dec 2025

Name:

Veronika

Surname

Pogrebova

Date of Birth:

14 oct 1992

Age:

33

Weight:

58

Height:

175

Profession:

Tattoo artist

Marital Status:

Married

Retired:

no

Diminished Earning Capacity:

Inability to do a general type of work:

cant do normal everyday activities because of depression

Percentage:

50

Adress:

Carrer Grecia 3

Postal code, Town, Country:

17310

Health Insurance Company:

AXA

Insurance-Nr.:

Insurance Policy-Nr.:

Phone:

+34641022317

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1	Which fluoroquinolone (FQ) was taken?
	Ciprofloxacin (Cipro, Ciproxin, Ciloxan) 250mg / 500mg
✓	Levofloxacin (Levaquin, Tavanic) 250mg / 500mg
	Moxifloxacin (Avelox) 400mg
	Ofloxacin (Floxin, Exocin, Tarivid) 100mg / 200mg / 400mg
	Norfloxacin (Noroxin, Tavanic, Bactracid, Barazan) 400mg
	Gemifloxacin (Factive)
	Enoxacin (Enoxor) 200mg
	another fluoroquinolone:
2	Medication Intake Modalities
	When was it taken? (Month, Year) jan 2024
	How often daily? IV injection
	For how long? 2 days
	What dose was taken?
3	What kind of disease has been treated?
	Pneumonia
4	Which Doctor has been prescribing the Fluorquinolone? Have you been warned of possible side effects?
	Doctor in hospital in UK in London. In private clinic Cromwell Hospital
	Nobody told me anything about any side effects
5	Did you take Antibiotics before? Do you know which, when and why?
	I took before just regular antibiotics that i had when i was young but nothing happened

6	Did you take one of the following drugs while on or shortly after FQ
	Ibuprofen
	Diclofenac / Voltaren
	ASS / Aspirin
	Cortison / Steroids
✓	Benzodiazepine (Tavor, Diazepam, Oxazepam, Bromazepam, Lorazepam etc.)
	Coffee or Black Tea
7	Have you had any lab-tests done? Any abnormal laboratory values
	Lots of lab tests during this 2 years because i had a bad symptoms and now is a relapse with worse symptoms than before Severe depression and insomnia accured 3 months ago and I feel really bad now I had low ferritin 4 when normal was 30 and after i took escitalopram for 6 weeks my liver was bad. i had ALT x7 from norm ald AST x5
8	Pre-existing illnesses? If so, which one?
	no i was healthy before antibiotics
9	Are you on any medication for this pre-existing illnesses? if so, which?
10	Any serious illnesses / diseases in your family?
	no. nothing all are healthy

11	When did the first complaints appear? (after starting to take the fluoroquinolone)
✓	within hours
	within weeks
	within 6 months
	later than 6 months
12	These complaints already exist after discontinuation of the product
	for several days
	for 30 days or more
	for at least 3 months
	for at least 6 months
	since at least 1 year
✓	for over 1 year
13	By the existing complaints your physical performance is
	not affected
✓	little reduced
	greatly reduced
	over 50% reduced
	very strongly (over 70-90%) reduced
14	Predisposing factors
	Problems with previous treatments with fluoroquinolones
	female
	older than 60 years
	concurrent cortisone therapy
	concurrent NSAR therapy
	Heart disease / Cardiac insufficiency
	Glucose-6-phosphate dehydrogenase deficiency
	Potassium or Magnesium deficiency
	Diabetes
	Epilepsy
	Stroke / Cerebral ischemia
	Depression / Psychosis

	Liver dysfunction
	Renal dysfunction
	Myasthenia gravis
	Marcumar intake
	Vascular aneurysm
	Aortic dissection
	Hypertension
	Atherosclerosis / Vascular changes
	Marfan syndrome
	Ehlers-Danlos Syndrome
	Behcet's disease

15 What kind of medical complaints did you notice initially after taking FQs? How many hours / days / weeks later did they occur?

I was hospitalised when i was with pneumonia on jan 2025. I had for 2 days IV of levoflox in. Nobody told me in hospital that i could have such side effects. When my husband took me from the hospital in 2 days i was telling him that I want to kill myself. He was shocked. Then I came back home and I cant walk normaly i was thinking that Im dying and told to my husband crying that they will take my kids now and what to do. After that we moved to Spain from UK and now live here. I had a functional medicine doctor who gave me natural healing stuff and i was trying to recover. I was taking all his prescribed supplemens, eating healthy not taking any coffee and was meditating doing yoga and making sports. After 1 year of hard discipline I felt much better and after 5 months more i felt almost ok. I started to ahve parties and drink wine and smoke cigarets. After three months all came back. I was feeling same fog in my brain. Tiredness etc. And three months ago I cant fall asleep. Since than I developed depression panic attacks insomnia and suicidal thoughts. I visited 5 hospitals and 40+ doctors. I made full body check up and doctors prescribed clonazepam and cipralex escitalopram10 mg. during this 3 last months it was worse 3 months of my life. After taking cipralex for 6 weeks i didnt feel better but worse. I made blood work and my ast and alt was x5 from normal. Doctor told me that i have to stop escitalopram and take only clonazepam when i feel horrible to calm down. Now I take only clonazepam 2 drops when i feel bad.

16 What happened next? Did you notice any other complaints? If so, when? What kind of remedies helped? Further course of the symptoms?

I took with functional medicine doctor lots of supplements like L thianine magnesium omega 3, vitamin b comples, glutathion, iron for now, some adrenal glands complex as well. Now nothing helps after relapse. I feel horrible. Only clonazepam can calm me down but i dont feel better in general.

17 What are your actual complaints?

Im super low. I cant do anything. I have 2 kids and I cant even take care of them. My husband and my mom helps me alot but I dont know what to do. I think about suicide but I will never make it. I just super tired. I can sleep better now but all this ruminating thoughts cant stop. I had 1948219 doctors who tell me same thing you have depression take antidepressants and benzos. I know from first time experience that Its bad to be on pills so I really feel not good about any pills and now I even think that this escitalopram 6 weeks course made my situation even worse. I dont know what to do and try to find a solution

18	What kind of medication, supplements or diet are you on at the time being?
	I dont eat red meat but eat healthy food in general lots of vegetables and fruites.
	I take now clonazepam when i feel bad. Now its 2 weeks i stopped escitalopram.
	I took escitalopram for 6 weeks. I take magnesium and l thianine.

Please tick off every symptome or point which has developed AFTER taking FQs	
19	General Symptoms / Fatigue-Associated Complaints (Mitochondrial Disorders)
✓	Weakness / Asthenia / Fatigue
	General indisposition / Feeling ill
✓	Tiredness
	Fever / Sweating
✓	Muscular weakness
	Pain including pain in the back, chest, pelvis and limbs
✓	Muscle and Bone pain
	chronic pain (long-term pain)
	reduced appetite / reduced food intake
	reduced resistance to infections
	serious deterioration of the general condition in febrile infections
	local symptoms such as sore throat, pharynx and mouth or pain when urinating in the case of febrile infections
20	Collagen Disorder
	Tendons / Muscles / Joints
✓	Muscle pain / Myalgia
	increased muscle tone
	Muscle cramps / Muscle twitches
	Muscle reactions with damage to the muscle cells
	Rhabdomyolysis
✓	Joint pain / Arthralgia
✓	Pain and swelling of the joints, joint inflammation, arthritis
	Tendon complaints
	Pain and swelling of the tendons, tendon inflammation / tendonitis
	Tendosynovitis
	Rupture of tendons / ligaments / muscles
	Achilles tendon complaints / Rupture
	Lumbago / lumbar spine complaints (low-back-pain)

	Vascular Diseases
	Aortic dissection
	Aortic aneurysm
	Inflammation of the blood vessels (vasculitis) / leukocytoclastic vasculitis
	Other Collagen Disorders
	retinal detachment, uveitis, floaters, corneal damage
	inguinal hernia
	Penis fracture
	Wound healing disorder
	Anastomosis insufficiency
	Arthropathy in children
	rapidly aging or sunken skin, thin skin, hair loss,
21	Nerve Symptoms (Neurotoxicity)
	Peripheral Neuropathy
	pain, burning, tingling, numbness, decreased or altered sensation (electric, electric shock or other)
	Limb weakness
	increased or reduced sensitivity of the skin to pain, temperature and touch stimuli
	peripheral sensory or sensorimotor neuropathy
	Guillan-Barré Syndrome
	Nerve Symptoms (Neurotoxicity) of the Cranial Nerves
✓	visual disturbances / vision loss / blurred vision / double vision
✓	hearing disorders / deafness / tinnitus / vertigo
	Flavour disturbances / loss of taste
	Odour disturbance / loss of odour
	Nerve Symptoms (Neurotoxicity) of the Autonomic Nerves
	abdominal pain
	Nausea / Feeling of fullness
	Swallowing difficulties
	Vomiting
	Diarrhoea
	Constipation

	Flatulence / Meteorism
	Heartburn / Dyspepsia
	Dizziness when getting up / Feeling of impending unconsciousness
	Tachycardia / abnormally fast heart rhythm / Change in heart rhythm
	Dilatation of blood vessels (vasodilation) / low blood pressure
	Hypertension
	Sweating / excessive perspiration / Hyperhidrosis
	Skin dryness
	Central Nervous and Cognitive Symptoms (Neurotoxicity)
✓	Headaches
✓	Dizziness
	Concentration disorder
	Impairment of the ability to react
✓	limited memory
	Drowsiness
	Coordination disorders
	Gait insecurity / gait disorder
✓	disturbed attention
	Speech disorder
	partial or total loss of memory
	Shaking / Tremor
	Migraine
	Increase of the cerebral pressure
	colour vision disorder
22	Psychological Symptoms (GABA Receptor Disorder)
	Restlessness
✓	Overactivity / Agitation
	psychomotoric hyperactivity
✓	Nervousness
	Confusion
✓	brain-fog (clouded thinking)
	Faint / Syncope / temporary Unconsciousness

	Disorientation
✓	Anxiety or panic attack
✓	Mood swings
	unusually increased reaction to sensory stimuli / light sensitivity
	extrapyramidal disorders / dyskinesias
✓	Insomnia
	Nightmares / abnormal dreams
	Hallucinations / Paranoia
	Hallucinations with vision of grimaces
	Depersonalisation
	mental disorders / psychotic reactions
✓	Depression
✓	Suicidal thoughts
	psychotic reactions with self-endangering behaviour/suicide attempts or completed suicide
	Seizures
23	Gastrointestinal Symptoms (Dysbiosis)
	Loss of appetite / Anorexia
	Nausea
	Abdominal pain
	Vomiting
	Diarrhoea
	Feeling of fullness
	Heartburn / Dyspepsia
	Flatulence
	upset stomach
	Digestive disorders
	Constipation
	Gastro-intestinal inflammations
	haemorrhagic diarrhoea / enterocolitis / very severe diarrhoea with blood or mucus / pseudomembranous colitis / colitis with fatal outcome
24	Other Symptoms and Diseases

Skin and Mucous Membranes	
	Mucocutaneous reactions
	Skin rash / Itching / Hives / Urticaria
	Skin is more sensitive to sunlight and/or UV light
	toxic epidermal necrolysis / Stevens-Johnson syndrome / erythema multiforme / photosensitivity reaction
	small, punctiform skin bleedings / petechiae
	Stomatitis / Oral mucosa inflammation
	Oral thrush
	painful blistering in mouth / nose, penis or vagina
	Fungal disease of the vagina (Candida)
	Infections with other bacteria or fungi
	Candida infections
	vesicular rash with fever
Kidney	
	urinary tract inflammation
	Fluid retention
	Dehydration
	increased serum creatinine and urea levels / kidney dysfunction
	Blood and crystals in urine
	Renal failure / acute renal failure
	interstitial nephritis
	necrotizing renal vasculitis
Allergic Reaction	
	swelling of hands, feet, ankles, mouth and neck
	allergic reaction, angioedema, anaphylactic reaction and death
	Respiratory distress, including asthmatic symptoms / bronchospasm
	allergic pneumonitis
Liver / Bile	
✓	Increase in liver values Bilirubin, ALT/AST, GGT, AP, LDH
	Liver dysfunction / inflammation of the liver / jaundice
	Bile flow

	severe, rapidly progressing liver inflammation up to life-threatening liver failure including death / death of liver cells (liver necrosis) up to life-threatening liver failure
	Pancreas
	Increase of the enzyme amylase
	inflammation of the pancreas (pancreatitis)
	Blood Count
	Blood picture changes, leukocytopenia, leukocytosis, neutropenia, anaemia, reduction or increase of a blood clotting factor (thrombocytes), eosinophilia
	haemolytic anaemia
	Agranulocytosis
	Pancytopenia
	Reduced function of the bone marrow, which can be life-threatening
	Metabolism / Laboratory Values
	Increase in blood sugar (hyperglycemia)
	Hypoglycaemia / hypoglycaemic coma
	elevated blood lipid level
	elevated uric acid level
	elevated calcium blood level
	elevated sodium blood level
	Heart / Circulation
	life-threatening irregular heartbeat
	ventricular arrhythmia / torsade de pointes
	Cardiac arrest
	Angina pectoris
	Revision after
	3 months
	6 months
	12 months
	FQAD Disability Scale (adopted from Bell) Value:

FQAD Disability Scale (adopted from Bell)			
	Name:	Prename:	Date:
100	No symptoms at rest; no symptoms with exercise; normal overall activity level; able to work full-time without difficulty.		
90	No symptoms at rest; mild symptoms with activity; normal overall activity level; able to work full-time without difficulty		
80	Mild symptoms at rest; symptoms worsened by exertion; minimal activity restriction noted for activities requiring exertion only; able to work full-time with difficulty in jobs requiring exertion		
70	Mild symptoms at rest; some daily activity limitation clearly noted. Overall functioning close to 90% of expected except for activities requiring exertion. Able to work full-time with difficulty		
60	Mild to moderate symptoms at rest; daily activity limitation clearly noted. Overall functioning 70-90%. Unable to work full-time in jobs requiring physical labor, but able to work full-time in light activity if hours flexible		
50	Moderate symptoms at rest. Moderate to severe symptoms with exercise or activity; overall activity level reduced to 70% of expected. Unable to perform strenuous duties, but able to perform light duty or desk work 4-5 hours a day, but requires rest periods		
✓ 40	Moderate symptoms at rest. Moderate to severe symptoms with exercise or activity; overall activity level reduced to 50-70% of expected. Not confined to house. Unable to perform strenuous duties; able to perform light duty or desk work 3-4 hours a day, but requires rest periods		
30	Moderate to severe symptoms at rest. Severe symptoms with any exercise; overall activity level reduced to 50% of expected. Usually confined to house. Unable to perform any strenuous tasks. Able to perform desk work 2-3 hours a day, but requires rest periods		
20	Moderate to severe symptoms at rest. Unable to perform strenuous activity; overall activity 30-50% of expected. Unable to leave house except rarely; confined to bed most of day; unable to concentrate for more than 1 hour a day		
10	Severe symptoms at rest; bedridden the majority of the time. No travel outside of the house. Marked cognitive symptoms preventing concentration		
0	Severe symptoms on a continuous basis; bedridden constantly; unable to care for self		

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