

*Over the last 4 weeks and due to calcium problems, ...*

1. I've felt sleepy after getting up in the morning and it's been hard to get going
  2. I've felt weak
  3. I've found it hard to walk for a long time
  4. I've noticed I get short of breath when I walk quickly
  5. I've had back pain
  6. My bones and/or joints have ached
  7. I've found it difficult to carry out my daily activities
  8. I've restricted some of my leisure activities
  9. I've restricted what household chores I do
  10. I've been irritable
  11. I've felt depressed
  12. The illness has stopped me from sleeping well
  13. I've woken up during the night
  14. I've found it hard to concentrate
  15. I've been worried, not only about the illness but also its complications
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16. I've noticed I find it more difficult to concentrate at work than before