

PART IV

Section A

1. Sense of being overly tired	0	1	2	3
2. Prolonged recovery after exercise	0	1	2	3
3. Coldness, especially in hands and feet	0	1	2	3
4. Difficulty breathing on exertion, palpitations	0	1	2	3
5. Headache, dizziness, spots before eyes	0	1	2	3
6. Irritable	0	1	2	3
7. Forgetful, poor concentration	0	1	2	3
8. Ringing in ears	0	1	2	3
9. Jaundice and dark urine	0	1	2	3
10. Black stool (no iron supplements)	0	1	2	3
11. Unusual cravings for clay, dirt, ice	0	1	2	3
12. Fingernails are flattened, spoonshaped, brittle, thin	N			Y (5)
13. White patches on skin	N			Y (3)
14. Pale lips, gums, eyelids, nail beds	N			Y (3)
15. Red, sore tongue	N			Y (3)
16. Mouth, throat, rectum ulcers	N			Y (3)
17. Unusual bruising	N			Y (3)
18. Spontaneous bleeding - nose, mouth, gums, rectum or vagina	N			Y (3)
19. Small red dots under the skin	N			Y (3)
20. Sores in the corner of mouth	N			Y (3)
21. Smooth tongue	N			Y (3)
22. Mild yellowing of eyes or skin	N			Y (3)
23. Susceptible to infections	N			Y (3)

Total Points _____

Section B

1. Nosebleeds	0	1	2	3
2. Headache, typically in morning	0	1	2	3
3. Weakness, fatigue, nervous	0	1	2	3
4. Ringing in ears	0	1	2	3
5. Dizziness, drowsiness	0	1	2	3
6. Blushing - no apparent cause	0	1	2	3
7. Numbness, tingling in hands and feet	0	1	2	3
8. Blurred vision	0	1	2	3

Total Points _____

Section C

1. Feel jittery	0	1	2	3
2. Heartburn that moves to neck, jaws, left shoulder and arm	0	1	2	3
3. First effort of the day causes pain around chest	0	1	2	3
4. Dizziness	0	1	2	3
5. Choking, smothering sensation	0	1	2	3
6. Exhaustion with minor exertion	0	1	2	3

Section C (continued)

7. Heart pounds easily	0	1	2	3
8. Heavy sweating (no exertion)	0	1	2	3
9. Mild or severe chest pain	0	1	2	3
10. Difficulty catching breath especially during exercise	0	1	2	3
11. Wheezing or dry cough	0	1	2	3
12. Heart palpitations - slow, rapid or irregular	0	1	2	3
13. Swelling in feet, ankle, legs comes and goes	0	1	2	3
14. Veins on neck are prominent	0	1	2	3

Total Points _____

Section D

1. Fluid retention	0	1	2	3
2. Numbness, tingling, prickling sensation in hands, feet	0	1	2	3
3. Muscle pain in the calves or thighs when walking	0	1	2	3
4. Muscle pain at rest	0	1	2	3
5. Cold feet	0	1	2	3
6. Headaches	0	1	2	3
7. Dizziness, everything spins	0	1	2	3
8. Poor concentration	0	1	2	3
9. Slurred speech	0	1	2	3
10. Ringing in ears	0	1	2	3
11. Brief moments of hearing loss	0	1	2	3
12. Nausea comes and goes quickly	0	1	2	3
13. Falling without known cause	0	1	2	3
14. Brief difficulty swallowing	0	1	2	3
15. Brief difficulty speaking	0	1	2	3
16. Stammering or twitching of tongue	0	1	2	3
17. Double vision	0	1	2	3
18. Difficulty understanding spoken or written word	0	1	2	3
19. Brief loss of muscular coordination in legs, arms	0	1	2	3
20. Inability to recognize persons or things that pass very quickly	0	1	2	3
21. Inability to feel pain or temperature, usually on one side, that disappears quickly	0	1	2	3
22. One leg or arm - shiny, hairless skin	N			Y (5)
23. Discolored or blue toes	N			Y (5)
24. Open sores on feet and legs	N			Y (5)
25. Fingers and toes numb in response to cold weather even when protected	N			Y (5)

Total Points _____

PART V

Section A

Missing meals or fasting is associated with the following:

1. Sudden anxiety associated with hunger	0	1	2	3
2. Tingling sensation in hands	0	1	2	3
3. Palpitations	0	1	2	3
4. Feel shaky, jittery, have tremors	0	1	2	3
5. Weakness	0	1	2	3
6. Profuse perspiration, clammy skin	0	1	2	3
7. Nightmares	0	1	2	3
8. Awake from sleep restless	0	1	2	3
9. Agitated, easily upset, nervous	0	1	2	3
10. Poor memory, forgetful	0	1	2	3
11. Confusion, disoriented	0	1	2	3
12. Dizziness, feel faint	0	1	2	3
13. Feeling cold, numbness	0	1	2	3
14. Mild headache	0	1	2	3

Section A (continued)

15. Blurred or double vision	0	1	2	3
16. Lack of coordination	0	1	2	3

Total Points _____

Section B

1. Excessive, frequent urination	0	1	2	3
2. Increased thirst and appetite	0	1	2	3
3. Blurred vision, failing eyesight	0	1	2	3
4. Fatigue, drowsiness	0	1	2	3
5. Crave sweets, but eating sweets does not relieve craving	0	1	2	3
6. Feel hungry for air (can't get enough)	0	1	2	3
7. Breath smells sweet	0	1	2	3
8. Depressed	0	1	2	3
9. Tingling, numbness, prickling sensation in extremities	0	1	2	3
10. Profuse sweating	0	1	2	3