



West Coast Women's Reproductive Center
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During the past four weeks, how much have you been bothered by any of the following problems	Not bothered at all	Bothered a little	Bothered a lot
Stomach pain			
Back pain			
Pain in your arms or legs or other joints			
Menstrual cramps or other problems with your periods (women only)			
Headaches			
Chest Pain			
Dizziness			
Fainting spells			
Feeling your heart pound or race			
Shortness of breath			
Pain or problems during sexual intercourse			
Constipation, loose bowels, or diarrhoea			
Nausea, gas, or indigestion			
Feeling tired, or having low energy			
Trouble sleeping			

Do you smoke tobacco?	never	1-2 per week or per month	1-2 per day	5-10 per day	10 or more per day
Do you smoke or eat marijuana?	Never	1-2per year	1-2 per month	1-2 times per week	daily
Do you make yourself SICK because you feel full? Forced vomiting or stools?	Never	In the past	Sometime	yes	
Do you worry you have lost CONTROL over how much you eat	Never	In the past	Sometime	yes	
Have you recently lost more than 15 lbs	No	yes			
Do you think you are FAT (and others say you are too thin)	No	yes			
Does FOOD dominate your life	No	yes			

Over the last two weeks, how often have you been bothered by any of the following problems?

	<i>Not at all</i>	<i>Several days</i>	<i>More than half the days</i>	<i>Nearly every day</i>
<i>Little interest or pleasure in doing things</i>				
<i>Feeling down, depressed or hopeless</i>				
<i>Trouble falling asleep or staying asleep or sleeping too much</i>				
<i>Feeling Tired or having little energy</i>				
<i>Poor appetite or overeating</i>				
<i>Feeling bad about yourself, or that you are a failure, or have let yourself or family down</i>				
<i>Trouble concentrating on things</i>				
<i>Moving or speaking so slowly that's other notice or opposite, being so fidgety or restless you have been moving around a lot more than usual</i>				
<i>Thoughts that you would be better off dead or of hurting yourself in some way</i>				
<i>Feeling nervous, anxious or on edge</i>				
<i>Not being able to stop or control worrying</i>				
<i>Worrying too much about different things</i>				
<i>Trouble relaxing</i>				
<i>Being restless that is hard to sit still</i>				
<i>Becoming easily annoyed or irritable</i>				
<i>Feeling afraid as if something awful might happen</i>				

Question	0	1	2	3	4
How often do you have a drink containing alcohol?	never	Monthly or less	2-4 a month	2-3 per week	4 or more per week
How many alcoholic drinks do you have on a typical day	1-2	3-4	5-6	7-9	>= 10
How often do you have more than 5 drinks per occasion	never	Less than monthly	Monthly	Weekly	daily
How often in the last year have you had a drink in the morning to get yourself going?	never	Less than monthly	Monthly	Weekly	daily
How often do you feel guilty or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	daily
How often have you been unable to remember what happened when drinking	Never	Less than monthly	Monthly	Weekly	daily
Have others been concerned about your drinking	No		Yes but not in last year		Yes during the last year

Health Quiz

Part 1 Inflammation	True	False
I have swollen or achy joints		
I have chronic muscle pain		
I have chronic digestive issues Constipation, reflux, diarrhea, abdominal pain		
I have dry eyes		
I have dry mouth		
I am prone to rashes; Dermatitis, acne, eczema,		
I have a thick white coating on my tongue		
I have elevated ESR, CRP or homocysteine		
PART 2 Oxygenation		
I exercise less than 3times/week		
My resting heart rate is higher than 75		
My diet has less than 3 servings each of fruit and vegetables per day		
I have frequent shortness of breath		
PART 3 DETOX		
I have a sallow, dull complexion		
I have a purple color to my tongue		
I do NOT have a BM daily		
I don't sweat every day		
I don't drink 6 glasses of water daily		
I have elevated AST< ALT liver tests		
I have low methyl malonic acid(<400)		
I have bacterial overgrowth or yeast		
PART 4 NUTRITION		
I have cracked dry lips		
I have peeling cracked skin		
I have fatigue		
I have chronic constipation		
I have anxiety and depression		
My hair is dry and brittle		

