

## Clinical Questionnaire

This questionnaire is designed to help your clinician decide what type of testing might be appropriate for you. Please ask your clinician if you are unsure about a question.

### Do you have...

1. Use of antibiotics or immunosuppressant medications; inflammatory problems; autoimmune conditions; abdominal cramping, discomfort, or pain; nausea; gas; bloating; heartburn or GERD; bad breath; constipation or diarrhea; changes in bowel habits; abnormal appetite; bloody stools; irritable bowel syndrome; inflammatory bowel disease; malabsorption; chronic skin conditions; or chronic fatigue?  
**Yes  Consider the **Expanded Gastrointestinal Health Panel with Calprotectin (GI-02C)** or **Expanded Gastrointestinal Health Panel with GP3x and Calprotectin (GI-02xC)****
2. History of food allergies, allergy-related symptoms (e.g., runny nose, congestion, sinusitis, ear infections), or symptoms associated with eating?  
**Yes  Consider the **Food Panel (FP)** or the **Expanded Gastrointestinal Health Panel (GI-02)****
3. Low energy, weakness, anxiety, excessive stress, sleep disturbance, abnormal weight gain, difficulty losing weight, lightheadedness, dizziness, fainting, mental dullness, poor memory, depression, irritability, mood swings, high blood pressure, family history of diabetes, or history of abnormal glucose or insulin levels?  
**Yes  Consider the **Adrenal Stress Index (ASI)****
4. Joint and musculoskeletal pain; chronic fatigue; neurodegenerative disease (e.g., amyotrophic lateral sclerosis); metabolic disorder (e.g., diabetes); insulin resistance; difficulty losing weight; anemia; cognitive dysfunction (e.g., memory loss or "brain fog"); heart abnormalities (e.g., cardiomyopathy or abnormal heart beat); nervous system symptoms (e.g., numbness, tingling of hands and feet, or weakness); abdominal pain; nausea; vomiting; diarrhea; skin disorders (e.g., eczema or psoriasis); autoimmune disease (e.g., rheumatoid arthritis); hair loss; infertility; fibromyalgia; allergies; asthma; ADHD; anxiety; depression; high blood pressure; kidney disease; liver disease; thyroid disease; or cancer?  
**Yes  Consider a **Toxic Metals & Elements Panel (CMETALS or UMETALS)****
5. Itching, rashes or irritation of skin crevices, mouth, or genital area?  
**Yes  Consider the **Yeast Panel**, the **GI-02**, and the **ASI****
6. History of falls; prolonged drinking or smoking; low body weight; aching joints; abnormal findings on DEXA scan or other bone density tests; no screening for bone illness and over 54 years of age; family history of osteoporosis; high levels of thyroid, prolactin, growth, cortisol, or parathyroid hormones; or low levels of vitamin D, testosterone, or estrogen hormones?  
**Yes  Consider the **Bone Health Panel (BHP)****

7. Scalp hair loss, low libido, excessive hair growth, depressed or apathetic mood, low metabolism, weight gain, aggressive behavior, or acne?

Yes  Consider the **Expanded Male Hormone Panel (eMHP)** for men and **Expanded Female Hormone Panel\* (eFHP)** for women

8. Current difficulty conceiving a child?

Yes  Consider the **Expanded Male Hormone Panel (eMHP)** for men and the **Expanded Female Hormone Panel\* (eFHP)** for women

## **MEN STOP HERE**

### **Women Continue**

9. Symptoms that come and go with menstrual cycling or with a monthly pattern?

Yes  Consider the **Expanded Female Hormone Panel\* (eFHP)**

10. Any night sweats, hot flashes, headaches, mood swings, insomnia, weight gain, or other menopausal symptoms that may be associated with abnormal or absent cycling/menopause?

Yes  Consider the **Expanded Post Menopause Hormone Panel (ePostM)**

## **CONTINUE ONLY IF THE ANSWER TO #10 IS YES**

11. Is there any chance of predictable menstruation this month or next month with a monthly cycle less than 43 days? May answer “unsure”.

Yes  Consider the **Expanded Female Hormone Panel (eFHP)**

Unsure  Consider the **Expanded Peri Menopause Panel (ePeriM)**

## **For Clinicians Only**

\* Ordering the **Expanded Female Hormone Panel (eFHP)** for women on hormonal contraception is generally of limited usefulness due to the altered hormone production that results. Consider the **Expanded Post Menopause Hormone Panel (ePostM)** on days 19-23 to assess androgen production in women on hormonal contraception experiencing cycling symptoms and to check if ovarian production of progesterone is adequately suppressed by the hormonal contraception.

Overall: Consider the **ASI** panel for a multi-system screen and the **GI-02C** or **GI-02** panel to uncover infections, especially if the patient is asymptomatic or symptoms are not easily communicated or described.

It is recommended that an **ASI** panel be ordered as an associated screening test when investigating hormone levels with the **Expanded Post Menopause Hormone Panel (ePostM)** or the **Expanded Male Hormone Panel (eMHP)**.

Hormone testing can be combined with tests from the **ASI** on a **Flexi-Saliva** or the **GI-02C** on a **Flexi-Combo**.

**Flexi-Saliva**, **Flexi-Stool**, and **Flexi-Combo** can be used to combine some panels or combinations of individual tests more economically.

If 3 or 4 foods on a **Food Panel** are positive consider a **GI-02C** to investigate possible causes of inflammation.