

Section 10- Read each symptom and circle the

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|---|--|
| 113. 0 1 2 3 Crave sweets | 118. 0 1 2 3 Get shaky or weak if hungry |
| 114. 0 1 2 3 Awaken during night, hard to fall
back asleep | 119. 0 1 2 3 Sleepy in afternoon |
| 115. 0 1 2 3 Excessive appetite | 120. 0 1 2 3 Fatigue relieved by eating |
| 116. 0 1 2 3 Crave coffee or sugar in afternoon | 121. 0 1 2 3 Afternoon headaches |
| 117. 0 1 2 3 Headache if meals are delayed | 122. 0 1 2 3 Irritable before meals |

number that applies.

Section 11- Men Only - Read each symptom and

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|---|---|
| 138. 0 1 2 3 Prostate problems | 142. 0 1 2 3 Fatigue |
| 139. 0 1 2 3 Decreased libido | 143. 0 1 2 3 Pain on inside of legs or heels |
| 140. 0 1 2 3 Urination difficult | 144. 0 1 2 3 Feeling of incomplete bowel
elimination |
| 141. 0 1 2 3 Pain or burning with urination | |

circle the number that applies.

Section 12- Women Only – Read each symptom and circle the number that applies.

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|------------------------------------|-----------------------------------|
| Key: 0=no, symptom does not occur | 2=Moderate symptom, occurs weekly |
| 1=Yes, mild symptom, rarely occurs | 3=Severe symptom, occurs daily |

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|---------------------------------------|----------------------------------|
| 123. 0 1 2 3 Painful menstrual cycle | 131. 0 1 2 3 Uterine fibroids |
| 124. 0 1 2 3 Mood swings around cycle | 132. 0 1 2 3 Fibrocystic breasts |
| 125. 0 1 2 3 Painful breasts at cycle | 133. 0 1 2 3 Hot flashes |
| 126. 0 1 2 3 Irregular cycles | 134. 0 1 2 3 Vaginal itchiness |
| 127. 0 1 2 3 Heavy menstrual flow | 135. 0 1 2 3 Vaginal discharge |
| 128. 0 1 2 3 Acne at menstrual cycle | 136. 0 1 2 3 Night sweats |
| 129. 0 1 2 3 Yeast Infections | 137. 0 1 2 3 Menopausal symptoms |
| 130. 0 1 2 3 Endometriosis | |

Section 13- Read each symptom and circle the number that applies.