Metabolic Syndrome Self-Assessment Test

Score 1 point each time you answer "yes" to the following questions by putting a check mark in the box on the right. The interpretation of your score follows.

Do you have a waist-to-hip ratio greater than 0.8 if you are a woman or greater than 0.9 if you are a man? (To figure out your waist-hip ratio, measure the circumference of your waist around your belly button in inches. Take this measurement and divide it by the circumference of your hips at their widest point.) □ Yes □ No

Do you crave sweets, eat them, get a temporary boost of energy and mood and later crash? □ Yes □ No

Do you have a family history of diabetes, hypoglycemia, or alcoholism? □ Yes □ No

Do you get irritable, anxious, tired or jittery or develop headaches intermittently throughout the day but temporarily feel better after meals? □ Yes □ No

Do you feel shaky two to three hours after a meal? □ Yes □ No

Do you eat a low-fat diet but can’t seem to lose weight? □ Yes □ No

If you miss a meal, do you feel cranky, irritable, weak or tired? □ Yes □ No

If you eat a carbohydrate breakfast (muffin, bagel, cereal, pancakes, etc), do you feel as though you can’t control your eating for the rest of the day? □ Yes □ No

Once you start eating sweets or carbohydrates, do you feel as though you can’t stop? □ Yes □ No

If you eat fish or meat and vegetables, do you feel good but seem to get sleepy or feel “drugged” after eating a meal full of pasta, bread, potatoes and dessert? □ Yes □ No

Do you go for the bread basket at the restaurant? □ Yes □ No

Do you get heart palpitations after eating sweets? □ Yes □ No

(LOL Do you get heart palpitations just seeing sweets?) □ Yes □ No

Do you seem salt-sensitive (do you tend to retain water)? □ Yes □ No

Do you get panic attacks in the afternoon in you skip breakfast? □ Yes □ No

Do you often get moody, impatient or anxious? □ Yes □ No

Are your memory and concentration poor? □ Yes □ No

Does eating make you calm? □ Yes □ No

Do you get tired a few hours after eating? □ Yes □ No

Do you get night sweats? □ Yes □ No

Do you frequently get thirsty? □ Yes □ No

Do you seem to get frequent infections? (For example, do you have frequent colds or poorly healing wounds?) □ Yes □ No

Are you tired most of the time? □ Yes □ No

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Have you been diagnosed with polycystic ovarian syndrome, infertility, high blood pressure, heart disease or adult-onset diabetes? □Yes □No

Do you have chronic fungal infections (jock itch, vaginal yeast, infections, dry scaly patches on your skin)? □Yes □No

Optional
Dr Hyman recommends specific testing to diagnose metabolic syndrome. You can ask your doctor for the appropriate tests. He refers to his site ultrametabolism.com for doctor recommendations. I can give you some local referrals.

If you have taken the tests and have abnormal lab results, give yourself another point for each of the following by checking the box on the right.

A low HDL level (<50 mg/dl [milligrams per deciliter] for men, <80 for women) □Yes □No
High triglycerides (>100 mg/dl) □Yes □No
A triglyceride/HDL ratio of greater than 4:1 □Yes □No
Abnormal liver function tests (AST, ALT, GGT) or fatty liver □Yes □No
A high serum ferritin level (>200 ng/ml [nanograms per milliliter]) □Yes □No
A high serum uric acid level (<7.0 mg/dl) □Yes □No
A low serum magnesium level (<2.0 mg/dl) □Yes □No
A fasting blood sugar level <90 mg/dl □Yes □No
A fasting insulin level <8 miU/mi (micro International Units per milliliter) □Yes □No
A 1 or 2 hour post-75-gram-load sugar level <120 mg/dl or insulin <30 miU/mi □Yes □No

Total your score: _____

INTERPRETATIONS
Now see whether or not you have metabolic syndrome and how severe your condition is.

1 – 5: Doing well
5 – 10: Moderate metabolic syndrome
11 and up: Severe metabolic syndrome