

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 great 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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Metabolic Syndrome Self-Assessment Test

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

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