

INFLAMMATION CHECKLIST

Many medical conditions are believed to be linked to chronic inflammation in the body. Some of these include:

- Alzheimer's Disease
- Asthma
- Cancer
- Chronic Obstructive Lung Diseases (emphysema and bronchitis)
- Chronic Pain
- Type 2 Diabetes
- Heart Disease
- Inflammatory Bowel Disease
- Stroke
- Diseases where the immune system attacks the body, such as rheumatoid arthritis, lupus, or scleroderma

Do You Have Symptoms of Chronic Inflammation?

- | | |
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| <input type="checkbox"/> Do you smoke? | <input type="checkbox"/> Do you have headaches? |
| <input type="checkbox"/> Do you have diabetes? | <input type="checkbox"/> Do you get shaky when hungry? |
| <input type="checkbox"/> Do you have gum disease? | <input type="checkbox"/> Are you always craving caffeine? |
| <input type="checkbox"/> Are you overweight? | <input type="checkbox"/> Do you need a snack to fall asleep at night? |
| <input type="checkbox"/> Are you always craving carbohydrates? | <input type="checkbox"/> Are you frequently hungry in the middle of the night? |
| <input type="checkbox"/> Are you constantly hungry? | <input type="checkbox"/> Do you nibble between meals? |
| <input type="checkbox"/> Are you tired, especially after exercise? | <input type="checkbox"/> Do you get moody or irritable before meals? |
| <input type="checkbox"/> Are your fingernails brittle? | <input type="checkbox"/> Do you have difficulty maintaining your ideal weight? |
| <input type="checkbox"/> Are you constipated? | <input type="checkbox"/> Is your fatigue relieved by eating? |
| <input type="checkbox"/> Are you groggy upon waking? | |
| <input type="checkbox"/> Do you have difficulty concentrating? | |

Should You Get Tested?

Blood tests for markers such as C-reactive protein (CRP) are a means to determining your degree of silent inflammation.

If you answer "yes" to more than three of the questions above, you could benefit from a CRP blood test.

FOR MORE INFORMATION

Name

Phone

Consultant ID #

Web Address