

## CARDIOMETABOLIC SCREENING

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Please check the appropriate box if you are currently experiencing any of these symptoms, and/or if you have experienced them in the last 7 to 14 days.

**AUTONOMIC NERVOUS SYSTEM DYSFUNCTION (ANS/D)**

- Blurred Vision
- Elevated Blood Sugar
- Extreme Thirst
- Frequent Urination
- Fatigue (Tiredness)
- Heartburn
- Increased Hunger
- Nausea
- Numbness & Tingling in Hands or Feet
- Vomiting

**SUDOMOTOR DYSFUNCTION (SUDOD)**

- Burning Sensation
- Difficulty Digesting Food
- Dizziness or Fainting
- Exercise Intolerance
- Sexual Difficulties
- Tingling Hands & Feet
- Urinary Problems

**ENDOTHELIAL DYSFUNCTION (ENDOD)**

- Angina (severe chest pain, often spreading to shoulder, arm, neck or jaw)
- Chest pain that goes away with rest
- Heartburn
- Pain in calves
- Shortness of breathe
- Stroke
- TIA(Mini Stroke)

**CARDIOMETABOLIC RISK (CMR)**

- Headaches
- Dizziness
- Swelling if Ankles

**TODAY    7-14 DAYS**

- |                          |                          |
|--------------------------|--------------------------|
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**INSULIN RESISTANCE (IR)**

- Blurred Vision
- Extreme Thirst
- Elevated Blood Sugar
- Fatigue(Tiredness)
- Increased Hunger

**TODAY    7-14 DAYS**

**SMALL FIBER SENSORY NEUROPATHY (SFN)**

- Burning Sensations
- Painful Contact with Socks or Bed sheets
- Pebble or Sandlike Sensation in Shoes
- Stabbing or Electrical Shock Sensations
- Pins and Needles
- Sensations in Feet

**CARDIOMETABOLIC AUTONOMIC NEUROPATHLY**

- Blurred Vision
- Cold, Clammy Pale Skin
- Depression
- Dizziness or Light-headedness
- Thirst
- Fainting
- Fatigue (Tiredness}
- Lack at Concentration
- Lack of Energy
- Nausea
- Rapid, Shallow Breathing

**PLETHYSMOGRAPHY CARDIOVASCULAR DISEASE (PTG CVO)**

- Blood clot in a vein (Venous Thrombosis)
- Heart Attack
- Irregular heartbeat, too fast/slow (Atrial Fibrillation)
- Stroke