

Patient's Last Name _____ First Name _____

Physician's Name _____ Date _____

Evaluating Inflammation

Check the items that apply to you. Please complete both surveys; even if an item is repeated, check it if it applies to you. Your doctor can explain any terms that are unfamiliar to you.

Survey #1

- I often eat food from restaurants, take-out, or prepared or packaged foods.
- I regularly use dairy foods, especially butter, cheese, cream and milk.
- I regularly consume vegetable oils such as corn, soy, safflower, peanut oil, shortening or margarine, or foods that contain these oils.
- I have chronic pain.
- I have one or more inflammatory "itis" conditions such as arthritis, colitis, tendinitis, etc.
- I have hair loss.
- Aspirin, or similar drugs including non-steroidal anti-inflammatory drugs (NSAIDs), improves my symptoms.
- My body fat is above normal.
- I engage in weekly anaerobic exercise such as weight-lifting, hard training or competition.
- I often engage in regular repetitive activity (jogging, cycling, walking, computer/typing, etc.).
- I take birth control or an estrogen replacement.
- I have a family or personal history of stroke, heart disease, osteoporosis, ulcer, cancer, allergies or asthma, chronic fatigue syndrome or cataracts.

Survey #2

- Aspirin, or similar drugs including non-steroidal anti-inflammatory drugs (NSAIDs), improves my symptoms.
- I have one or more chronic or recurring inflammatory "itis" conditions such as arthritis, colitis, tendinitis, etc.
- I have a history or increased risk of heart disease, stroke, or high blood pressure.
- I often eat food from restaurants, take-out, or prepared or packaged foods.
- I am intolerant to sweets and other carbohydrates.
- I follow a low-fat diet.
- I have frequent feelings of depression.
- I have a history of tumors or cancers.
- I often sense a reduced mental acuity.
- I have diabetes or family history of diabetes.
- I am age 50 or over.
- I have elevated blood fats – triglycerides or cholesterol.

Your doctor will review your responses to these surveys to help determine your risk for chronic inflammation. Chronic inflammation often produces no symptoms, but may be the first stage of a number of serious medical conditions. Your doctor can supply you with important information regarding diet and how the foods you eat may help increase or decrease your risk for chronic inflammation.

Evaluating Inflammation: Survey Review

Possible Implications

These surveys relate to potential chronic inflammation (Survey #1) and possible essential fatty acid imbalance (Survey #2). While any one check may indicate a problem, the risk increases rapidly with more responses. Chronic inflammation and essential fatty acid imbalance are not uncommon. Chronic inflammation often produces no symptoms, but may be the first stage of cancer, stroke, Alzheimer's disease and heart disease, as well as other common "itis" conditions such as arthritis, colitis, bursitis, etc. Chronic inflammation can also trigger a wide range of unhealthy conditions, including cataracts, osteoporosis, chronic fatigue and asthma. It worsens pain and negatively affects immune function and hormonal balance. Essential fatty acid imbalance is a common cause of inflammation.

Most Effective Anti-inflammatory Foods

Omega-3 oils from wild fish (EPA and DHA), and flaxseed oil (which requires vitamin B6, niacin, low-dose vitamin E and C, magnesium and zinc for conversion to EPA) are the most effective anti-inflammatory foods. Ginger, garlic, citrus peel, turmeric, and raw sesame-seed oil are also very effective, as are almonds, walnuts, pecans, green vegetables, red chili peppers, onions, and extra-virgin olive oil to a lesser degree.

Avoid margarine, shortening and hydrogenated or partially hydrogenated oils, or foods that contain them. High intakes of sugar or other carbohydrates can also promote inflammation. Reduce consumption of dairy fats such as butter, cheese, cream and milk, and omega-6 vegetable oils, including safflower, corn, peanut, cottonseed, and soy.