



Risk Profile

Name _____

Date ____/____/____

Arthritis & Osteoporosis

Use this questionnaire to find the likelihood that one of these problems is causing your symptoms.

Answer "Yes" if more than minor or once per wk or more. Answer "No" if rare or for a CLEARLY unrelated reason.

Need for Bone Resorption Assessment – to track activity of RA or OP over months	Yes	No
Diagnosed with or Suspect rheumatoid arthritis(RA) AND/OR osteoporosis(OP)	3	0
Desire to know if RA or OP treatment is working	1	0
Total		

Total=4 Maybe=NA Prob=3 Definitely = 4

Need for IL-6 test – marker of inflammatory disease activity to determine if disease is progressing	Yes	No
Dx with or suspect rheumatoid arthritis(RA)	3	0
Recent painful & red or swollen joint (NOT trauma)	1	0
Diagnosed with any autoimmune disease	1	0
Take antacids	1	0
Total		

Total=5 Maybe=1 Prob=2 Definitely = 3

Need for Strength evaluation/training*	Yes	No
History of no- or low-resistance [or impact] exercise	1	0
Part or all of leg, arm, or back feels like it gives out or feels weak or unstable	1	0
Need to maintain or gain bone strength/density (low threshold due to sensitivity of questions)	1	0
Total		

Total=3 Maybe=1 Prob=2 Definitely = 3

Body awareness/Proprioception evaluation	Yes	No
History of avoiding use of body part for more than [6] weeks for any reason	1	0
Pain is spreading and/or worsening	1	0
Have pain, weakness, or poor coordination which has lasted more than 3 months beyond the expected healing time	1	0
Pain, weakness, or poor coordination for which no cause has been found on exams or imaging.	2	0
Chiropractic tried with unsatisfactory results.	2	0
Massage and/or Phy. Therapy tried with unsatisfactory results.	2	0
Unpredictable pain or even small mvmts. hurt	1	0
Previous, Current, or Anticipated threats in your life	1	0
Total		

Total=11 Maybe=3 Prob=5 Definitely = 7

Need for DEXA & Bone Resorption Assessment (http://www.osteopenia3.com/osteoporosis-risk.html)	Yes	No
Sedentary (less than 30 min exer./wk)	1	0
Yo-Yo dieting history	1	0
>7 alcohol drinks/week or smoking	1	0
GI disorder or surgery	1	0
BMI of less than 19 (=VERY skinny) (click this link)	1	0
Family history of osteoporosis	1	0
older than 65	2	0
Female	2	0
Older than 15 at first menstruation or younger than 45 at menopause	1	0
Joint or muscle aches	1	0
Total		

Total=12 Maybe=4 Prob=6 Definitely = 8

Need for Vit D test*	Yes	No
At least 3 hour large skin(at least arms+legs) sun exposure/week from April through September	0	1
Regularly taking @ least RDA (500 IU _(adult))Vit D/day	0	1
I eat cold water fish /shrimp at least 2x/wk or take at least 2,000 IU / day in winter	0	1
Health condition involves the whole body or a system (like immune, energy, hormones, etc.)	1	0
Total		

Total=4 Maybe=1 Prob=2 Definitely = 3

Zn Tally and/or Mineral Deficiency (Mg⁺⁺)*	Yes	No
Diminished ability to Taste or Smell	2	0
Weak immune system / frequent infections	2	0
Muscle twitches, spasms, tension; Leg or foot cramps; or Heart Palpitations	2	0
Trouble falling asleep	1	0
Moderate-to-high physical or emotional stress	1	0
Single Mineral supplementation without others	1	0
Take antacids	1	0
Bonus: Male & Less than 5 on "Zinc Taste Test"	4	0
Bonus: Female & Less than 5 on "Zinc Taste Test"	1	0
Total		

Total=10 Maybe=3 Prob=4 Definitely = 5



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<u>Chiropractic and Orthopedic Exam</u>	Yes	No
Hx of neck or back injuries	1	0
Back or neck pain or discomfort	2	0
Deep achiness in thighs or shoulders	2	0
Limited or uncomfortable motion when turning or bending	2	0
Total		

Total=7 Maybe=1 Prob=2 Definitely = 3

<u>Essential Fatty Acid Deficiency*</u>	Yes	No
Soft, fraying, or brittle nails	1	0
Dry, scaly, or flaky skin	2	0
Chicken skin (tiny bumps on my arms)	2	0
Dandruff	1	0
Pain or stiffness in my joints	2	0
Dry, lackluster, or unruly hair	1	0
Excessive thirst	1	0
Menstrual cramps	1	0
Premenstrual breast pain	1	0
Gallbladder sluggish/removed (not taking bile salts)	1	0
Do you have Depression or hot flashes?	1	0
Total		

Total=14 Maybe=3 Prob=4 Definitely = 5

<u>Vitamin K Deficiency*</u>	Yes	No
Bruise easily	1	0
Bleed too much (nose, menstrual, intestines, gums)	1	0
Artery calcification	1	0
Total		

Total=1 Maybe=1 Prob=2 Definitely = 3

<u>Need for Triad Profile – Biochemical pathways for deficiency, toxicity, & delayed food allergy testing</u>	Yes	No
Specific, early treatment worth spending \$600	1	0
Tried dietary and supplemental treatments with unsatisfactory results	1	0
Health condition involves the whole body or system (like immune, energy, hormones, etc.)	1	0
Total		

Total=3 Maybe=1 Prob=2 Definitely = 3

<u>B Vitamin Deficiency*</u>	Yes	No
Pregnant, Lactating, Hyperthyroid, or much Stress	1	0
Drink 20+ alcohol drinks/wk or have Diarrhea	2	0
Diet low in legumes, and green, leafy vegetables	1	0
Diet low in animal protein (milk, meat, fish)	1	0
Stomach or Intestinal problems	2	0
Crack around mouth corners or lips	1	0
Sore and extra red mouth and tongue	1	0
Scaly patches near Nose, Ears, Eyes, Head, or Genitals	2	0
Fatigued or Irritable feeling	1	0
History of (or presently have) Anemia	1	0
Poor Memory or sleep	1	0
Take the antibiotic isoniazid, hydralazine (for HBP), or penicillamine	2	
“Pins and Needles” feeling in <u>BOTH</u> hands OR feet	1	0
Total		

Total=17 Maybe=2 Prob=3 Definitely = 5

What does your score mean? (The scores have been derived from published research and clinical experience. The results are not medical advice. Only your health professional can give accurate advice.)

- **Less than “Maybe”** – This is likely **NOT** your problem. Focus your efforts in more likely places.
- **“Maybe”** – It may be worth looking more closely at this, but focus mostly on other areas.
- **“Probably”** – This is an area that you will likely find a problem for which you will realize a benefit.
- **“Definitely”** – Focus on this with the correct treatment and you will realize a significant benefit!

Some of these problems can be handled on your own using the **Six Synergistic Steps**. If you do not know what to do or if your efforts are coming up short of good success, **NOW** you know where you need the most assistance.

Give us a call and set up an appointment to evaluate you for solutions for your Headache, Neck pain, or TMJ dysfunction.