

NUTRITION & IMMUNE STATUS

Physical assessment of common markers of malnutrition, maldigestion, malabsorption, hypermetabolic stress syndrome and protein calorie malnutrition. Exam to be conducted by a healthcare professional.

General Appearance:

- Undernourished, skinny (especially the temporal muscles)

Hair:

- Dull, dry
- Thin, fine, straight
- Easily plucked
- Areas of lighter or darker spots
- Hair loss

Face:

- Pale complexion
- Generalized swelling
- Dark areas on cheeks
- Dark circles under eyes
- Lumpy or flaky skin around the nose and mouth
- Enlarged parotid glands

Eyes:

- Difficulty adjusting to the dark
- Dull appearance
- Dry and either pale or red membranes
- Triangular, shiny gray spots on conjunctivas
- Red and fissured eyelid corners
- Bloodshot ring around cornea

Lips:

- Red and swollen, especially at corners
- Cheilosis (fissures and chapping of lips)

Tongue:

- Swollen
- Purple and raw-looking with sores and abnormal papillae

Teeth:

- Missing, or emerging abnormally
- Visible cavities or dark spots
- Bleeding gums

Nails:

- Spoon-shaped
- Brittle
- Ridged

Neck:

- Swollen thyroid gland

Skin:

- Dry, flaky
- Swollen, with lighter and darker spots, some resembling bruises
- Tight and drawn, with poor turgor (elasticity)
- Dermatitis
- Retarded wound healing
- Skin lesions

Smell and Taste:

- Partial loss of taste
- Partial loss of smell

Musculoskeletal System:

- Muscle wasting
- Muscle weakness
- Muscle atrophy
- Knock-knee or bowlegs
- Bumps on ribs
- Swollen joints
- Musculoskeletal hemorrhages
- Stunted growth, loss of height
- Dowager's hump
- Tetany (muscle twitches and/or cramps)

Cardiovascular System:

- Heart rate above 100 beats/minute
- Arrhythmias
- Elevated blood pressure

Abdomen:

- Enlarged liver and spleen

Reproductive System:

- Decreased libido
- Amenorrhea
- Retarded development of the reproductive system

Nervous System:

- Irritability
- Mental confusion
- Abnormal behavior
- Depression
- Paresthesias (tingling) in hands and feet
- Loss of proprioception (unable to maintain balance with eyes closed)
- Decreased ankle and knee reflexes
- Paralysis (no spinal cord injury)
- Tremor

Consider blood deficiency (pernicious anemia) with the following clinical picture:

- Considerable weight loss without apparent cause
- Burning tongue
- General weakness, malaise and fatigue
- Numbness and tingling in the extremities
- Alternating constipation and diarrhea
- Abdominal pain
- Nausea and vomiting
- Bleeding gums
- Ataxia (incoordination and irregularity of voluntary, purposeful movements)
- Diplopia (double vision) and blurred vision
- Irritability
- Headache

Ethnic Background:

- White (non-Hispanic origin)
- Hispanic
- African American
- Asian
- Pacific Islander
- Native North American
- East Indian

Health Appraisal Graph

NAME _____ INITIAL TEST DATE ____/____/____ RETEST DATE ____/____/____

Category	Initial Test Score					Retest Score					
	0	20	40	60	80	0	20	40	60	80	
I Gastrointestinal (GI)	A. Gastric Function	56	44	32	20	8	7	6	5	4	
	B. GI Inflammation	72	56	40	24	8	7	6	5	4	
	C. Small Intestine & Pancreas	80	64	48	32	16	14	12	10	8	
	D. Colon	72	58	44	30	16	14	12	10	8	
II Liver/GB	Hepatobiliary Function		120	94	68	42	16	14	12	10	8
	III Endocrine		120	98	76	54	32	28	24	20	16
IV Glucose Regulation	A. Dysglycemia-L	128	102	76	50	24	22	20	18	16	
	B. Dysglycemia-E	80	66	52	38	24	22	20	18	16	
V Cardiovascular	A. Heart	56	45	34	23	12	11	10	9	8	
	B. Circulation	96	72	48	24	16	14	12	10	8	
VI Mood	A. Depression	72	59	46	33	20	18	16	14	12	
	B. Anxiety	112	89	66	43	20	18	16	14	12	
	C. Anger	64	51	38	25	12	11	10	9	8	
VII Immune	Eyes, Ears, Nose, Throat & Lungs	112	87	62	37	12	11	10	9	8	
VIII Urological	Kidney & Bladder	96	80	64	48	32	26	20	14	8	
IX Musculoskeletal	A. Bone Integrity	72	56	40	24	8	7	6	5	4	
	B. Connective Tissue	104	80	56	32	8	7	6	5	4	
	C. Muscle & Nerves	112	88	64	40	16	14	12	10	8	
X CNS & Brain	A. Central Nervous System	128	100	72	44	16	14	12	10	8	
	B. Cognition	72	62	52	42	32	28	24	20	16	
XI Male	Prostate Health	64	50	36	22	8	7	6	5	4	
XII Female	A. Premenstrual Balance	176	142	108	74	40	32	24	16	8	
	B. Menstruation	80	64	48	32	16					
	C. Reproductive Tissue Inflammation	76	60	44	28	12	10	8	6	4	
	D. Hormone Balance	144	116	88	60	32	26	20	14	8	
	E. Ovarian Function	88	74	60	46	32	26	20	14	8	
F. Estrogen/ Progesterone Decline	120	96	72	48	24	20	16	12	8		

HIGH PRIORITY

MODERATE PRIORITY

LOW PRIORITY

Initial Test Score

Retest Score