

Enter the number of points indicated from each statement that applies to you in the blank at right.

**SECTION 1: History / Diagnoses**

- Have you ever been diagnosed with a stomach or intestinal ulcer? **5 PTS** \_\_\_\_\_
- Family members with a history of ulcers, acid reflux or other digestive complaints? **3 PTS** \_\_\_\_\_
- Is there a history of stomach cancer in your family? **3 PTS** \_\_\_\_\_
- Diagnosed with iron-deficiency anemia or vitamin B12 deficiency? **3 PTS** \_\_\_\_\_
- Have you ever been admitted to a hospital with chest pains that felt like you were having a heart attack (but ECG tests showed no abnormality)? **3 PTS** \_\_\_\_\_

**SECTION 2: Digestive Symptoms**

- Do you have frequent pain or burning in the upper abdominal / chest area? **5 PTS** \_\_\_\_\_
- Do you suffer with acid reflux or take antacid medications regularly? **5 PTS** \_\_\_\_\_
- Do you feel nauseous (especially in the mornings)? **5 PTS** \_\_\_\_\_
- Do you occasionally vomit in the morning for no apparent reason? **5 PTS** \_\_\_\_\_
- Are there dark specs or grains present if / when you vomit? **5 PTS** *\*Please See Doctor* \_\_\_\_\_
- Does it feel like you have a lump in your throat? **5 PTS** \_\_\_\_\_
- Do you experience belching or burping after meals? **5 PTS** \_\_\_\_\_
- Does your upper digestive tract feel bloated? **5 PTS** \_\_\_\_\_
- Do you experience constipation or diarrhea? **5 PTS** \_\_\_\_\_
- Do your digestive symptoms worsen at night? **5 PTS** \_\_\_\_\_

**Section 3: Non-GI Symptoms**

- Do you experience symptoms that feel like heart palpitations? **3 PTS** \_\_\_\_\_
- Do you have bad breath / halitosis? **3 PTS** \_\_\_\_\_
- Do you have rosacea? **3 PTS** \_\_\_\_\_
- Do you get urticaria / hives? **3 PTS** \_\_\_\_\_
- Do you have other skin problems? **2 PTS** \_\_\_\_\_
- Do you feel more tired than usual? **2 PTS** \_\_\_\_\_
- Do you feel anxious or depressed for no apparent reason? **2 PTS** \_\_\_\_\_
- Do you experience pain between your shoulder blades or in the upper back or middle back region? **3 PTS** \_\_\_\_\_

**TOTAL POINTS\***

**Total Points** \_\_\_\_\_

Total Possible Points = 88 88

**% of Total Possible Negative Indicator Points (Divide Total Points by 88)** \_\_\_\_\_

\* Note: Ideally, Total Points should be 0. The higher the score, indicates need for further investigation.