

COMPLICATING FACTORS IN DIABETES/METABOLIC SYNDROME :

FACTOR	YES	NO
Age < 40 yrs		
Hypertension (On/Off medicines)		
Dyslipidemia (On/Off medicines)		
Hyperinsulinemia (On/Off medicines)		
High Uric Acid		
Waist circumference (> 80 cms in woman/> 90 cm in man / OBESITY		
Knee pains / Osteoarthritis		
Hypothyroidism (On/Off medicines)		
Other hormonal issues (On/Off medicines)		
PMS(only in women)		
Menstrual complaints(only in women)		
Infertility		
PCOD(only in women)		
H/O Hormone treatment		
Menopause(only in women)		
OSA/ Snoring		
Daytime Lethargy		
Daily work hampered because of health		
Sexual Dysfunction of any type		
Unhealthy eating habits		
Sedentary life style		
Alcoholism		
Smoking		
Fatty Liver		
Stress		
Low energy		
Mood swings		

Your score _____

**Grade < 7
Mild**

**8 – 12
Moderate**

**> 13
Severe**