



Keep track of the questions you answer "YES" to...

- I have dark, coarse hair growth on my chin, cheeks, nipples, mid-chest, abdomen, or back.
- My fasting insulin is higher than 5.4 uIU/mL.
- I feel "stressed out" often.
- I have trouble falling asleep or staying asleep.
- I have elevated fasting blood sugar, >95 mg/dL.
- I experience blood sugar swings.
- My waist to hip ratio is greater than .8. (Measure your waist just below your ribs, measure your hips over your buttocks and then do the quick equation: waist measurement/hip measurement = ?)
- I have elevated triglycerides, above 120 mg/dL.
- I experience elevated blood pressure.
- I am tired a lot of the time.
- I consider myself overweight.
- When I look back at old family photos, I can see other women in my family have dark, coarse facial hair.
- My menstrual cycle is (or was) irregular.
- My short term memory is sometimes not so great.
- I suffer from anxiety or depression at times.
- My body feels inflamed.

Total number of "yesses": _____