

These are some questions that will help us understand your condition. Please try to answer them as best as you can. Feel free to add to it.

Section A	Yes	No
Can you now or could you ever place your hands flat on the floor without bending your knees?		
Can you now or could you ever bend your thumb to touch your forearm?		
As a child did you amuse your friends by contorting your body into strange shapes or could you do the splits?		
As a child or teenager, did your kneecap or shoulder dislocate on more than one occasion?		
Do you consider yourself double jointed		
Did you have significant growing pains?		
Are you very klutzy (bump into furniture, trip over stairs, bump into doorways)		
Do you drop things often?		
Do you bruise easily with minor injuries?		
Do you have unexplained bruises?		
Do you have stretch marks since young age?		
Section B		
Do you have skin flushing?		
Do you have itchiness?		
Do you have skin flushing after a warm shower?		
Do you sweat a lot (e.g. wake up sweating)?		
Brain fog?		
Allergies:		
Difficulty maintaining weight (weight gain or weight loss despite trying your best)?		
Acid reflux?		
Nausea?		
Do you get diarrhea and constipation intermittently?		
Hair - Is your hair dry / brittle or have hair loss (circle the ones that apply)?		
Nails – do they have ridges, white spots, short dark white lines?		
Eyes – do you have dry eyes, grittiness?		
Do your eyelids tremble?		
Ears: do you have ringing in your ears or have hearing loss?		
Nose and sinus: Do you get frequent sinus infections, nose bleeds, hearing loss?		
Mouth – do you get burning in your mouth?		
Section C: Have you ever been told that:		

Your condition is in "your head"		
You are making it up?		
You have Conversion disorder		
Its all anxiety or depression		
You are "attention seeking"		
Accused of Munchausen by Proxy or Munchausen		

