



Brain and Nervous System Inflammation Assessment

	NEVER: 0	RARELY: 1	SOMETIMES: 2	OFTEN: 3	ALWAYS: 4
Are you more forgetful than usual—losing things, missing appointments, or forgetting what you are doing or saying?					
Are you depressed for no apparent reason? Have you lost motivation and interest in things you used to enjoy?					
Are you more anxious or worried than usual? Do you get anxiety or panic attacks or feel a general, constant sense of unease or foreboding?					
Do you have “brain fog,” or more difficulty concentrating and focusing or staying with one task to completion than usual?					

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Do you experience unexplained mood swings?					
Do you say words you don't mean to say, or call things by the wrong name, and notice only after you say it or when someone else points it out?					
Do you have sensory issues—i.e., are you experiencing sound, light, or touch in a different way than is normal for you?					
Have you been diagnosed with (or do you suspect you have) mild cognitive decline, and/or do you have a family history of dementia, such as Alzheimer's disease?					

BRAIN AND NERVOUS SYSTEM INFLAMMATION SCORE: _____