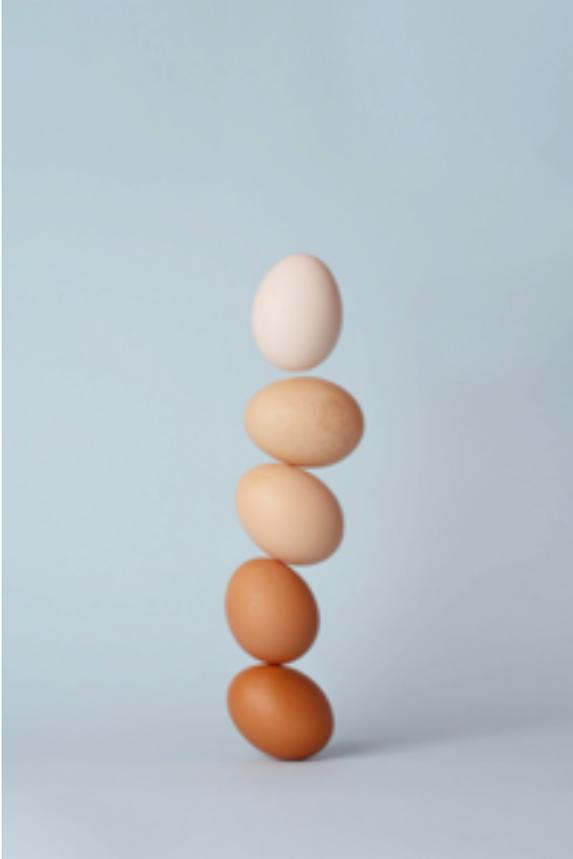


COMPLETE FERTILITY CHECKLIST





At Acubalance, we're all about digging for the **why** underlying your health concerns. Having worked with men and women for over 20 years in the field of fertility, we've come to identify key signs and symptoms that can signal an underlying imbalance that may influence your fertility.

Use this checklist to help you understand all the areas of your health that affect your fertility.

Our medicine is designed to create balance. When it comes to fertility, a one-size-fits-all approach simply doesn't work. By assessing yourself with this list, you'll see how unique your case is. It will also help your practitioner develop an individualized treatment plan to get you to your goal of a healthy baby quickly and effectively.

Let us help you trust your body again.

Check all that apply, and bring this with you to your next appointment:

- Are your cycles shorter than 24 days?
- Are your cycles longer than 35 days?
- Do you have a hard time figuring out when you ovulate?
- Do you suffer menstrual cramps that require medication or cause nausea/vomiting?
- Do you experience spotting leading up to your menstrual cycle?
- Do you experience pain with intercourse and/or with bowel movements?
- Do you have night sweats or hot flashes at any point in your cycle?
- Do you suffer from cold hands/feet or poor circulation?
- Do you work shift work, or nights, on a regular basis?
- If you track your body temperature (BBT), is there an irregular or non-biphasic pattern?
- Do you experience nipple discharge?
- Do you have excessive dark hair growth on the face, chest, or nipples?
- Do you experience acne?
- Have you ever taken Accutane to treat acne?
- Do you have thinning hair, or excessive hair loss?
- Did your mom or sisters suffer from early menopause (before age 50)?
- Do you have trouble regulating your blood sugar (do you get "hangry" easily)?
- Do you have difficulty losing weight?
- Is your stress level more than you can handle?

- ♡ Have you had a full thyroid panel tested (including TSH, fT4, fT3, TPO and anti-TG antibodies)?
 - ♡ Have you ever been told you have low thyroid function?
 - ♡ Have you had your 25-OH vitamin D3 levels checked?
 - ♡ Do you suffer from iron deficiency or anemia?
 - ♡ Are you a past or current smoker?
 - ♡ Do you drink more than 2 alcoholic beverages per week?
 - ♡ Do you drink more than 1 cup of coffee per day?
 - ♡ Do you have any anaphylactic allergies or suffer with hives?
- Have you ever been diagnosed with, or suspected of having:
- ♡ Any autoimmune condition (ie. lupus, MS or rheumatoid arthritis)?
 - ♡ A blood clotting disorder?
 - ♡ PCOS?
 - ♡ Endometriosis?
 - ♡ Fibroids or cysts?
 - ♡ IBD (Crohn's disease or ulcerative colitis)?
 - ♡ An MTHFR mutation?
- ♡ Do you have workplace exposures to chemicals, solvents, dyes or pesticides?
 - ♡ Is your BMI less than 20?
 - ♡ Do you train or workout intensively more than 3 times per week?
- If you are a male partner:
- ♡ Have you had a semen analysis tested?
 - ♡ Do you have erectile dysfunction, infrequent morning erections or low libido?
 - ♡ Have you ever suffered a concussion (TBI)?
 - ♡ Did you have undescended testicles as a baby?
 - ♡ Do you have varicose veins/varicosities on your testes?
 - ♡ Have you ever been told you have low testosterone levels?

We've helped thousands of couples take control of their fertility.

Call today to book an appointment with one of our Naturopathic Physicians or Doctors of Chinese Medicine who can help support you on your fertility journey.

