



Dr. Olivia Greenspan ND



"Red Flags" Checklist

- Blood pressure over 120/80
- Diabetes, insulin resistance
- Overweight
- Waist circumference over 88cm/35in for a caucasian women or 80cm/32in for Chinese/South Asian descent
- Nicotine use current or past or second hand smoke
- Exercise less than 150 min/week
- FmHx of heart attack or stroke (especially for male 1st degree relative <55, and for female 1st degree relative <65)
- Elevated cholesterol (esp LDL)
- Autoimmunity - lupus, rheumatoid arthritis, psoriasis
- Gestational diabetes, hypertension in pregnancy
- Pre-eclampsia
- Polycystic ovaries
- Depression, anxiety, stress



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"Red Flags" Checklist

- Breast cancer treatment

- Migraines (especially with aura)

- Gum disease

- Asian, African, Hispanic descent

- Sleep problems, sleep apnea

- Gout

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