



AGE PRINT SUPPLEMENT

WHAT YOUR BODY IS TELLING YOU

Here at PATH Medical, we believe that every patient should be completely symptom-free. If you have **one** symptom in each category, talk to your doctor about lifestyle or nutritional changes you might want to consider to prevent further complications. **Two** or more symptoms may indicate a problem or condition with the corresponding system. For a more complete “Age Print” quiz, please refer to Dr. Braverman's bestselling book, *Younger You*.

Please indicate whether the statement is true (T) or false (F)

Neuropause:

1. I have large white patches on my skin. _____
2. I sometimes feel numbness or tingling in my legs. _____
3. I have lost/gained weight for no apparent reason. _____

Total Number of “True” Responses: _____

Thyropause:

1. My eyebrows have shortened. _____
2. I've noticed a lump in my neck. _____
3. I have large white patches on my skin. _____
4. My fingernails are often dry and/or brittle. _____
5. My hair is often dry and/or brittle. _____
6. I shed large amounts of hair. _____

7. My eyes seem to bulge lately. _____
8. I'm losing hair from various parts of my body. _____
9. I often feel cold all over my body. _____
10. I often feel hot all over my body. _____

Total Number of "True" Responses: _____

Cardiopause:

1. My fingernails have horizontal lines. _____
2. My hair is prematurely gray. _____
3. For men: My waist:hip ratio is greater than 1:1. _____
For women: My waist: hip ratio is greater than 0.85: 1. _____
4. My veins appear enlarged and prominent (varicose veins). _____

Total Number of "True" Responses: _____

Pulmonopause:

1. I have clubbed fingers. _____
2. My nails appear blue. _____
3. I have thick, curved, or yellow fingernails. _____

Total Number of "True" Responses: _____

Gastropause/Metabolism:

1. I have yellow bumps on my eyelids. _____
2. My eyelids sometimes turn inside out. _____
3. My gums often bleed or are inflamed. _____
4. I have chronic canker sores. _____

5. My fingernails are dry and brittle. _____
6. My hair texture has changed for no apparent reason. _____
7. I have lost/gained weight for no apparent reason. _____

Total Number of "True" Responses: _____

Pancreopause:

1. My eyelids sometimes turn inside out. _____
2. My gums often bleed or are inflamed. _____
3. For men: My waist:hip ratio is greater than 1:1. _____
4. For women: My waist: hip ratio is greater than 0.85: 1. _____
5. I sometimes feel numbness or tingling in my feet. My feet have sores that have not healed. _____
6. I have lost/gained weight for no apparent reason. _____

Total Number of "True" Responses: _____

Immunopause:

1. I have white patches on my tongue. _____
2. I have chronic cancer sores. _____
3. I frequently and easily bruise for no apparent reason. _____
4. I can see several small, white spots on my skin. _____
5. My fingernails have horizontal lines. _____
6. My fingernails appear thick, curved, and/or yellow. _____
7. My hair sheds in profuse amounts. _____
8. My eyes appear yellow. _____
9. My eyes appear red. _____

10. (For men and women) My breasts have lumps and/or dimples, and/or feel swollen. My nipples sometimes leak. _____
11. I sometimes feel numbness or tingling in my legs. _____
12. I sometimes feel numbness or tingling in my feet. My feet have sores that have not healed. _____
13. I often feel cold all over my body. _____

Total Number of "True" Responses: _____

Nephropause/Uropause:

1. My skin appears white near the cuticles of my fingernails. My fingernails appear red or brown at the tips. _____
2. My fingernails appear to be clubbed or bent downward. _____
3. I feel bloated in my abdominal region (chest/stomach). _____
4. I have spider veins in my abdominal region. _____
5. I sometimes feel numbness or tingling in my legs. _____

Total Number of "True" Responses: _____

Osteopause:

1. My shoulders appear to be at an uneven height. _____
2. I have noticed a decrease in my height. _____

Total Number of "True" Responses: _____

Dermatopause:

1. I have noticed irregularly shaped or changing moles. _____
2. I have red, crusty spots on my skin. _____

3. I have small red dots on my skin. _____
4. I frequently and easily bruise for no apparent reason. _____
5. The skin on my face, hands, or fingers is thick and hard. _____
6. I have several small white spots on my skin. _____

Total Number of "True" Responses: _____

Menopause (for women only):

1. I have noticed a decrease in my height. _____
2. My hair texture has changed for no apparent reason. _____
3. I have an excess amount of facial hair. _____
4. My breasts have lumps and/or dimples, and/or feel swollen. My nipples sometimes leak. _____
5. I feel bloated in my abdominal region (chest/stomach). _____
6. I often feel hot all over my body. _____

Total Number of "True" Responses: _____

Andropause (for men only):

1. I have noticed that my breasts have become bigger. _____

Total Number of "True" Responses: _____

Vasculopause:

1. My lips sometimes appear blue. _____
2. My hands are frequently very cold, regardless of the surrounding temperature. _____
3. My fingernails appear blue. _____
4. My earlobes have diagonal creases. _____

5. I have lost significant amounts of hair on various parts of my body. _____

6. I sometimes feel numbness or tingling in my legs. _____

Total Number of "True" Responses: _____

EXPLANATION OF SYMPTOMS

Neuropause:

-Large white patches could be thyroid anemia or Addison's disease (a rare endocrine disorder)

-Numb or tingling legs- could be peripheral-artery or nerve disease, hormone or electrolyte imbalances, Lyme disease or Guillain- Barre syndrome, an autoimmune disorder

-Unexplained weight loss/gain- Could signal thyroid disease, diabetes, gastrointestinal disorder, malabsorption or depression

Thyropause:

-Eyebrows- shortening could signal hypothyroidism

-Neck- Lump could signal thyroid disease

-Large white patches could be thyroid anemia or Addison's disease (a rare endocrine disorder)

-Fingernails- Dry, brittle nails could be a sign of thyroid disease or an iron or vitamin deficiency

-Hair- Dryness, brittleness can signify underactive thyroid

-Profuse shedding could be from chemotherapy, thyroid disease or infection

-Bulging eyes could signal thyroid disease

-Hair loss on the body- Could signify thyroid or adrenal disorders or circulatory problems

-Feeling cold all over- Under active thyroid or other hormone disorders, iron deficiency or, in

rare cases a warning sign of leukemia

-Feeling hot all over- Overactive thyroid, menopause, reaction to medication or caffeine or anhidrosis, the inability to sweat, which raises the risk of heat stroke

-Unexplained weight loss/gain- Could signal thyroid disease, diabetes, gastrointestinal disorder, malabsorption or depression

Cardiopause:

-Horizontal lines could be from illness or stress, or a sign of a heart failure, Hodgkin's disease, malaria, or leprosy

-Sudden premature graying could be pernicious, anemia, or heart disease

-Belly fat- A waist-to-hip ratio greater than 1 to 1 in men, or 0.85 to 1 in women, signals visceral fat, risk factor for diabetes, hypertension, and heart disease

-Varicose Veins- Can be hereditary or a sign of fatigue, but could also indicate increased risk for blood clots and deep-vein thrombosis

Pulmonopause:

-Clubbed fingers- could be hereditary and benign or a sign of lung cancer, cystic fibrosis or tuberculosis

-Blue nails could be a sign of lung disease or peripheral artery disease

-Thick, curved yellow nails could be from a fungal infection, lung disease, disease of buildup of lymph fluid

Gastropause/Metabolism:

-Eyelids- Yellow bumps could signal high cholesterol

-Lids turned inside out could mean hypertension or diabetes

- Mouth- Bleeding or inflamed gums could signify diabetes or hypertension
- Chronic canker sores could be lupus or gastrointestinal disease
- Fingernails- Dry, brittle nails could be a sign of thyroid disease or an iron or vitamin deficiency
- Hair texture changes could be a nutrition deficiency, menopause, or general aging
- Unexplained weight loss/gain- Could signal thyroid disease, diabetes, gastrointestinal disorder, malabsorption or depression

Pancreopause:

- Lids turned inside out could mean hypertension or diabetes
- Mouth- Bleeding or inflamed gums could signify diabetes or hypertension
- Belly fat- A waist-to-hip ratio greater than 1 to 1 in men, or 0.85 to 1 in women, signals visceral fat, a risk factor for diabetes, hypertension, and heart disease
- Feet- Numbness, tingling, or unhealed sores could indicate uncontrolled diabetes, and risk of infection and gangrene
- Unexplained weight loss/gain- Could signal thyroid disease, diabetes, gastrointestinal disorder, malabsorption or depression

Nephropause/Uropause:

- White near cuticle, red or brown near tip could be from a kidney disease
- Clubbed downward facing nails could signify liver or inflammatory bowel disease
- Abdominal Bloating- could be lactose intolerance, constipation, irritable bowel syndrome or a warning sign of ovarian cancer
- Abdomen- Spider veins could be a sign of liver disease
- Numb or tingling legs- could be peripheral-artery or nerve disease, hormone or electrolyte

imbalances, Lyme disease or Guillain- Barre syndrome, an autoimmune disorder

Menopause:

-Losing Height- A sign of osteoporosis particularly in women

-Hair texture changes could be a nutrition deficiency, menopause, or general aging

-Excess facial hair- In women, could signal polycystic ovarian syndrome (also possibly ovapause)

-Breasts- Lumps, swelling, dimpling, or leaking nipples could signify cancer in men or women or benign fibrocystic disease

-Abdominal Bloating- could be lactose intolerance, constipation, irritable bowel syndrome or a warning sign of ovarian cancer

-Feeling hot all over- Overactive thyroid, menopause, reaction to medication or caffeine or anhidrosis, the inability to sweat, which raises the risk of heat stroke

Andropause:

-Enlarged breasts in men can be from obesity, puberty, or loss of testosterone

Vasculopause:

-Blue lips could be Raynaud's disease (a restriction of small arteries)

-Hands- Chronic coldness could be Raynaud's or peripheral-artery disease

-Blue nails could be a sign of lung disease or peripheral artery disease

-Earlobes- Diagonal crease linked to heart risk

-Hair loss on the body- Could signify thyroid or adrenal disorders or circulatory problems

-Numb or tingling legs- could be peripheral-artery or nerve disease, hormone or electrolyte imbalances, Lyme disease or Guillain-Barre syndrome, an autoimmune disorder

-Varicose Veins- Can be hereditary or a sign of fatigue, but could also indicate increased risk for blood clots and deep-vein thrombosis

Osteopause:

- Shoulders- Uneven height could be scoliosis or spinal degeneration
- Losing Height- A sign of osteoporosis particularly in women

Dermatopause:

- Skin- Irregular shaped or changing moles could be melanoma
- Red crusty spots could be other forms of skin cancer
- Small red dots are cherry angiomas, a harmless sign of aging
- Frequent unexplained bruising could be an early sign of Leukemia or Cushing's or a reaction to medications.
- Thick hard skin on hands, face or fingers could be scleroderma a connective tissue disorder
- Small white spots could be from minor injuries or fungus, psoriasis or sarcoidosis a systematic inflammatory disease

Immunopause:

- White patches on the tongue could be a fungal infection
- Chronic canker sores could be lupus or gastrointestinal disease
- Frequent unexplained bruising could be an early sign of Leukemia or Cushing's or a reaction to medications.
- Small white spots could be from minor injuries or fungus, psoriasis or sarcoidosis a systematic inflammatory disease
- Horizontal lines could be from illness or stress, or a sign of a heart failure, Hodgkin's

disease, malaria, or leprosy

-Thick, curved yellow nails could be from a fungal infection, lung disease, disease of buildup of lymph fluid

-Profuse shedding could be from chemotherapy, thyroid disease or infection

-Yellowing eyes could be jaundice

-Redness could be from allergies, eye strain, or alcohol abuse

-Breasts- Lumps, swelling, dimpling, or leaking nipples could signify cancer in men or women or benign fibrocystic disease

-Numb or tingling legs- could be peripheral-artery or nerve disease, hormone or electrolyte imbalances, Lyme disease or Guillain- Barre syndrome, an autoimmune disorder

-Feet- Numbness, tingling, or unhealed sores could indicate uncontrolled diabetes, and risk of infection and gangrene

-Feeling cold all over- Underactive thyroid or other hormone disorders, iron deficiency or, in rare cases a warning sign of leukemia

*Note: This quiz is based on the article, "What Your Body is Telling You," published in The Wall Street Journal, in the health section of their June 23rd issue (2009). To view the article, visit the Wall Street Journal Web site: **online.wsj.com**.

This Age Print Supplement was written and edited by Eric Braverman, M.D.