

Intake Questionnaire for Brain Tumor Clients

Name: _____ Referred by: _____

Spouse / Family Caregiver: _____ Relation to Client: _____

Address: _____

City/State/Zip/Country: _____

eMail: _____ Skype ID: _____

Home phone: _____ Cell: _____

Blood Type (ABO): _____ Gender: _____ Best way to reach me: cell home email

Date of Birth: _____ Weight now: _____ Usual weight (*if different*): _____ Height: _____

Waist Measurement (*at narrowest area*): _____ Hip Measurement (*at widest area*): _____

Tumor Type & Grade (I-IV): _____ Date of diagnosis: _____

Tumor Location (right or left hemisphere? where in brain?): _____

MEDICAL TREATMENTS (*Please do not send medical records*)

Did you have an initial surgery to remove the tumor? Have you had any additional surgeries for recurrence, cyst drainage, shunt placement or necrosis removal? (Please specify if your tumor is considered inoperable.)

DATE REASON FOR SURGERY? AMOUNT REMOVED COMPLICATIONS?

Have you had radiation therapy? Gamma Knife, Cyber knife or stereotactic radiosurgery?

DATES TYPE OF TREATMENT? SIDE EFFECTS? WAS IT EFFECTIVE?

Have you had chemotherapy?

DATES NAME OF DRUG(S)? HOW MANY COURSES? SIDE EFFECTS? WAS IT EFFECTIVE?

Have you participated in any other treatments or clinical trials not listed above?

DATES TYPE OF TREATMENT? SIDE EFFECTS? WAS IT EFFECTIVE?

When was your last MRI, CT or PET scan? What did the results show (compared to your previous scans)?

What are your plans (or your doctor's recommendations) for your next treatments? When are you scheduled to begin receiving these treatments?

CURRENT HEALTH STATUS

What is your current Karnofsky score? _____ [Ask your doctor or rate yourself: **100**=normal, no evidence of disease; **90**=able to carry on normal activities, minor signs/symptoms of disease; **80**=normal activity with some effort, some signs/ symptoms of disease; **70**=cares for self, unable to carry on normal activities or do active work; **60**=requires occasional assistance but is able to care for most personal needs; **50**=requires considerable assistance and frequent medical care; **40**=disabled, requires special care and assistance; **30**=severely disabled, hospitalization indicated; **20**=very sick, hospitalized or in hospice]

Please indicate any of the following symptoms you are **currently experiencing**.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> headaches | <input type="checkbox"/> seizures | <input type="checkbox"/> muscle weakness | <input type="checkbox"/> muscle cramps |
| <input type="checkbox"/> loss of appetite | <input type="checkbox"/> nausea | <input type="checkbox"/> weight loss | <input type="checkbox"/> weight gain |
| <input type="checkbox"/> increased appetite | <input type="checkbox"/> vomiting | <input type="checkbox"/> trouble quitting decadron | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> loss of taste/smell | <input type="checkbox"/> trouble walking | <input type="checkbox"/> constipation | <input type="checkbox"/> diarrhea |
| <input type="checkbox"/> balance problems | <input type="checkbox"/> excessive sleep | <input type="checkbox"/> insomnia | <input type="checkbox"/> depression |
| <input type="checkbox"/> night sweats | <input type="checkbox"/> low WBC counts | <input type="checkbox"/> poor short-term memory | <input type="checkbox"/> anxiety |
| <input type="checkbox"/> difficulty swallowing | <input type="checkbox"/> low RBC counts | <input type="checkbox"/> personality changes | <input type="checkbox"/> mental confusion |
| <input type="checkbox"/> ringing ears | <input type="checkbox"/> low platelet count | <input type="checkbox"/> loss of peripheral vision | <input type="checkbox"/> double vision |
| <input type="checkbox"/> cognitive changes | <input type="checkbox"/> speech difficulties | <input type="checkbox"/> loss of use or hand/arm/leg | <input type="checkbox"/> hand/foot numb |

OTHER (please list): _____

HEALTH HISTORY

P Enter “P” if you’ve had this condition in the **past** but no longer experience it.

C Enter “C” if you **currently** have the condition.

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> pneumonia | <input type="checkbox"/> tuberculosis | <input type="checkbox"/> hepatitis | <input type="checkbox"/> jaundice |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> hypoglycemia | <input type="checkbox"/> kidney stones | <input type="checkbox"/> kidney disease |
| <input type="checkbox"/> skin boils | <input type="checkbox"/> hives | <input type="checkbox"/> eczema/psoriasis | <input type="checkbox"/> dental/gum disease |
| <input type="checkbox"/> anemia | <input type="checkbox"/> osteoarthritis | <input type="checkbox"/> rheumatoid arthritis | <input type="checkbox"/> asthma / COPD |
| <input type="checkbox"/> drug reaction | <input type="checkbox"/> migraines | <input type="checkbox"/> stroke / TIAs | <input type="checkbox"/> gout |
| <input type="checkbox"/> low blood pressure | <input type="checkbox"/> obesity | <input type="checkbox"/> heart disease/attack | <input type="checkbox"/> cancer (other) |
| <input type="checkbox"/> high blood pressure | <input type="checkbox"/> high cholesterol | <input type="checkbox"/> high triglycerides | <input type="checkbox"/> fungal infection |
| <input type="checkbox"/> blood transfusion | <input type="checkbox"/> candida | <input type="checkbox"/> parasite infection | <input type="checkbox"/> herpes infection |
| <input type="checkbox"/> brain injury | <input type="checkbox"/> chicken pox | <input type="checkbox"/> shingles | <input type="checkbox"/> bladder infections |
| <input type="checkbox"/> epilepsy/seizures | <input type="checkbox"/> autoimmune condition (please list): _____ | | |

OTHER surgeries, illnesses, injuries (please list): _____

Do you have any drug allergies? NO YES (please list): _____

Have you ever had any other adverse reactions to drugs or supplements? NO YES (please specify): _____

DIET AND LIFESTYLE

Do you adhere to a particular diet? *Check all that apply.*

- | | | |
|---|---|---|
| <input type="checkbox"/> Vegetarian | <input type="checkbox"/> Low-fat diet | <input type="checkbox"/> Organic |
| <input type="checkbox"/> Vegan | <input type="checkbox"/> Low-carb diet | <input type="checkbox"/> Paleo / Primal / Whole-9 |
| <input type="checkbox"/> Kosher | <input type="checkbox"/> Raw foods diet | <input type="checkbox"/> Ketogenic diet |
| <input type="checkbox"/> SCD or GAPS diet | OTHER: _____ | |

Do you consume alcohol? Amounts? How often? _____

Do you experience digestive difficulties? NO YES - *Check all that apply.*

- | | | |
|--|--|--|
| <input type="checkbox"/> burping or belching | <input type="checkbox"/> flatulence (gas/wind) | <input type="checkbox"/> undigested food particles in stools |
| <input type="checkbox"/> bloating | <input type="checkbox"/> loss of energy 1-2 hrs after eating | <input type="checkbox"/> acid reflux / GERD |
| <input type="checkbox"/> constipation | <input type="checkbox"/> diarrhea | <input type="checkbox"/> poor appetite |

Are there particular foods (or food groups) that upset your digestion?

- | | | |
|---|---|---|
| <input type="checkbox"/> fats / fried foods | <input type="checkbox"/> lactose / milk / dairy | <input type="checkbox"/> beans / legumes |
| <input type="checkbox"/> beans / legumes | <input type="checkbox"/> fructose / fruits | <input type="checkbox"/> cabbage / cruciferous vegetables |
| <input type="checkbox"/> gluten / grains | <input type="checkbox"/> high-fiber foods / FODMAPS | <input type="checkbox"/> raw vegetables |

OTHER: _____

Do you have any food allergies or intolerances? NO YES To what? _____

History of intestinal disturbances? NO YES - *Check all that apply.*

- | | | |
|--|---|---|
| <input type="checkbox"/> Celiac disease | <input type="checkbox"/> Ulcerative colitis | <input type="checkbox"/> Irritable bowel (IBD or IBS) |
| <input type="checkbox"/> Crohn's disease | <input type="checkbox"/> Intestinal polyps | OTHER: _____ |

When / how often have you had to take antibiotics? _____

Are you very sensitive to chemicals—perfumes, exhaust fumes, strong odors? NO YES (*specify*) _____

Are you able to exercise? YES NO Is your exercise level mild moderate strenuous?

List exercise activities and frequency: _____

Do you sleep well? YES NO How many hours nightly? _____ What is your typical bed time? _____

What are your goals for your health? What are your plans for meeting those goals?

Please attach a photo of yourself (pre- or post-diagnosis), which helps us get to know you better.

eMail we should send updates and new research to? _____

Is there any additional information you would like to share with us?

Nutritional Solutions

Jeanne M. Wallace, PhD, CNC
Michelle Gerencser, MS

(435) 563-0053

Fax (435) 538-8058

www.nutritional-solutions.net

admin@nutritional-solutions.net

DIET SELF-EVALUATION WORKSHEET

This worksheet can help you assess the anticancer power of your diet so you can see your strengths and identify areas that need improvement. For each item, circle the response that most closely matches your typical intake. You may wish to write down everything you eat for one week, then refer to your food journal to help you complete this form most accurately. Study your written report for detailed guidelines on improving your diet. We can help you set specific goals and suggest simple strategies to help you reach them. You can take this self-evaluation again in the future to monitor your progress!

Name: _____ Date(s): _____

Areas to Improve		Keep up the good work!	
Yipes!	A good start	Better	Awesome

HEALTH BUILDERS (*emphasize these*)

Fruits & Vegetables, ½ cup servings	0-3 servings/day	4-5 servings/day	6-7 serving/day	≥ 8 servings/day
How many rainbow colors?	≤ 1 color/day	2 colors/day	3-4 colors/day	≥ 5 colors/day
Crucifers: broccoli, broccoli sprouts, cabbage, kale, Brussels sprouts, cauliflower, arugula, collards, turnips, bok choy, watercress, radish, wasabi	< 1x/week	1-2x/week	3-6x/week	≥ 1-2x/day
Berries, fresh or frozen, ½ cup serving	< 1x/week	1-3x/week	4-6x/week	≥ 1x/day
Carotene family (red/yellow/orange)	< 1x/day	1x/day	2x/day	≥ 3x/day
Lycopene (tomato paste, sauce, soup, juice, salsa)	< 1x/week	1-2x/week	3-6x/week	≥ 1x/day
Dark leafy greens: spinach, chard, kale, collards, romaine lettuce, mesclun baby salad greens	< 1x/week	1-3x/week	4-6x/week	≥ 1x/day
Legumes (beans) and traditional soy foods: miso, tempeh, tofu, edamame	< 1x/week	1-2x/week	3-6x/week	1-2x/day
Organic Foods	none	sometimes	mostly	nearly all
Garlic, onions, leeks, chives, shallots	none or rarely	occasionally	1x/day	≥ 2x/day
Spices: ginger, curry, basil, mint, parsley, rosemary...	none or rarely	1x/day	2x/day	≥ 3x/day
Green Tea	none	1 cup most days	1-2 cups/day	2-3 cups/day
Omega-3 Fats: cold-water fish, grass-fed meat & poultry, free-range eggs, flaxseeds	< 1x/week	1-2x/week	≥ 3-6x/week	≥ 1 serving/day
Other healthy fats: olive oil, avocados, coconut oil, pasture-raised lard, ghee/butter, tallow	none or rarely	occasionally	1x/day	2x/day

HEALTH DETRACTORS (*limit or avoid these*)

Starches: bread, cereal, pasta, potatoes, grains	≥ 7 servings/day	5-6 servings/day	3-4 servings/day	1-2 servings/day
Sugar, candy, sweets, fruit juices, sodas	≥ 1x/day	3-6x/week	≤ 1-2x/week	rarely or none
Fast food, junk food, processed snacks	≥ 1x/week	1-3x/month	rarely	none
Partially hydrogenated fats, fried foods, margarine	daily	weekly or monthly	rarely	none
Unhealthy fats: soy, corn or vegetable oils; grain-fed meat or poultry, conventional eggs/butter, mayonnaise	≥ 2 serving/day	1 serving/day	infrequently	rarely or none
Alcoholic beverages	≥ 6 servings/week	4-5 servings/wk	1-3 servings/wk	rarely or none
Food additives, preservatives, artificial sweeteners	daily	weekly or monthly	rarely	none

Drug-Nutrient Interaction Worksheet

Name: _____ Date: _____

<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">1</div> <p>List all prescription and over-the-counter medications in this column</p>	<div style="text-align: center; border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">2</div> <p>During your consultation, we will explore together which natural agents may be a concern for you.</p>				
	A Altered Absorption	B Metabolic Interactions	C Side Effect Exacerbation	D Blood Thinning	E Interference with Mechanism of Action
<p style="font-size: 2em; color: green; margin: 0;">Nutritional Solutions</p> <p style="margin: 5px 0;">Jeanne M. Wallace, PhD, CNC Michelle Gerencser, MS</p> <p style="margin: 5px 0;">(435) 563-0053 fax: (435) 538-8058</p> <p style="margin: 5px 0;">www.nutritional-solutions.net admin@nutritional-solutions.net</p> <p style="font-size: 0.8em; margin: 0;">© 2011-2016 Nutritional Solutions</p>	<p>Increased: Bromelain Enzymes</p> <p>Decreased: Calcium Fiber Flaxseed Magnesium Triphala Zinc</p>	<p>3A4: Andrographis Artemisia Baikal Bloodroot Bioflavonoids Caffeine Cat's Claw Chamomile Cranberry Curcumin Dan shen Echinacea Genistein Ginkgo biloba Goldenseal Grapefruit Green tea Hops Licorice Oregano</p> <p>Pomegranate Pycnogenol Quercetin Resveratrol Rhodiola Schizandra Skullcap Soy isoflavones St. John's wort Turmeric Valerian</p> <p>2D6: Curcumin Yohimbe</p> <p>2C9: Limonene Melatonin Milk Thistle Quercetin</p>	<p>Diarrhea: Fish oil Magnesium Vitamin C</p> <p>Constipation: Calcium Iron</p> <p>Sun Sensitivity: Angelica Dill, fennel, parsley Kava St. John's wort Yarrow</p>	<p>Depending on Dose: Cayenne Curcumin Feverfew Fish oil Garlic Ginger Ginkgo Ginseng Mushrooms Resveratrol Vitamin E</p>	

NOTE: This worksheet presents both known (well documented) and hypothetical interactions. It is not a complete list of possible interactions, including only supplements frequently used by our clients. Many interactions are dependent upon dosing and timing. During our consultation, we'll help you identify concerns relevant for your situation. Find out which nutrients your medicines deplete online [HERE](#).

CONSENT FORM for NUTRITION CONSULTING

I am enrolling in the educational and consulting services of Nutritional Solutions so I can learn about health factors within my control: my diet, nutrition, and lifestyle choices. By optimizing these factors, I believe I can nourish my health and well-being.

I understand that the consultants at Nutritional Solutions [Jeanne M. Wallace, PhD, CNC and Michelle Gerencser, MS] are not medical physicians or health care practitioners. They do not dispense medical advice nor prescribe treatment. I understand these services are not a substitute for medical care and are not intended to diagnose, treat, alleviate, or care for disease.

Methods of nutritional evaluation or testing made available to me are not intended to diagnose disease. Rather, these assessments serve as a guide to help me develop an appropriate nutrition program tailored to my individual needs, and also help me monitor my progress in achieving my health goals.

Personal information supplied to Nutritional Solutions will be kept strictly confidential (unless I consent to sharing it).

Furthermore, I agree that all of the information I receive from Nutritional Solutions is for the sole use of me, my immediate family and my healthcare team; and that no part of this information may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form or by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission of Nutritional Solutions. I also agree that I will not participate in or encourage electronic piracy of copyrightable materials.

This form is a release of potential liability. I agree to hold Nutritional Solutions and its employees harmless for claims or damages in connection with our work together.

My signature below confirms I have read, fully understand, and agree to all the above statements and agreements.

Agreements

In the statements below, "you" refers to Nutritional Solutions, its informational products, and employees.

- *I understand you will not give me a meal plan to follow.* I prefer to be taught how to develop healthier dietary practices for myself, so that I'll know how to choose foods for an optimal anti-cancer diet based on my own food preferences.
- *I understand you do not prescribe nutritional supplements, and will not tell me what supplements to take.* I expect you to present me with evidence-based information (about nutritional practices, supplements and herbs). I understand it is my responsibility to decide for myself which diet practices and/or supplements I wish to implement.
- *I understand that you do not provide alternative treatment nor instruction on how to self-treat.* I am enrolling in your services to learn about nutritional strategies that research suggests may (1) bolster the body's innate healing capacity after a cancer diagnosis and/or (2) complement my medical treatments.
- *When communicating with my medical team, insurance company or other people, I will not misrepresent Dr. Wallace or her staff as medical doctors nor as providing treatment, prescribing or diagnosing.*
- *I accept full responsibility for deciding what foods and supplements I put in my body.*

If your expectations do not match the above, perhaps your needs would be better served by a naturopath or alternative medical practitioner. You may wish to call us for a referral.

Signature _____

Date _____

My eSignature is legally binding.

Print Name _____

Relation to client _____

REQUEST FOR CONSULTING SERVICES

See our website for a complete description of what's included with each program.

- Oncometabolic Advantage: Create an Anti-Cancer Environment in your Body**\$475
INCLUDES case review, a packet of program materials mailed to you, 90 minutes of one-on-one consulting time to develop your individualized nutrition plan, and access to the Hotline.
 - ADD-ON Complementing Radiation ± Temodar** program materials\$125
 - ADD-ON Complementing Chemotherapy** program materials\$65

- Complementing Radiotherapy Program**\$325
INCLUDES case review, a packet of program materials mailed to you, Side Effects Handbook, access to the Hotline, and 90 minutes of one-on-one consulting time to review strategies to complement your radiation treatments. Includes support for Temodar chemotherapy taken during radiation treatments.

- Complementing Chemotherapy and Biologic Treatments**\$325
INCLUDES case review, Chemo Sheets, Side Effects Handbook, access to the hotline, and 90 minutes of one-on-one consulting to review drug-nutrient interactions and strategies to complement your cancer treatments.

- Shipping within the U.S.** (USPS Priority Mail)**FREE**
- International Shipping** (USPS Global Express shipping) \$45-65, depending on destination**TBD**

Ship my program materials to:

TOTAL \$

Follow-Up Consultations: On-Going Support.....as needed - \$195/hr

Each of our programs includes 90 minutes of pre-paid consulting time. This can be used in one long appointment, or several shorter sessions. After this time, follow-up consulting is charged to your credit card on file, billed in 5-minute increments after a 15-minute minimum.

Hotline for Treatment-Related Side Effects.....as needed - \$65 for 20 min

No Appointment Needed: Our Hotline is available Monday-Friday, 11:00 AM - 12:00 noon, Mountain Time, for targeted assistance with treatment-related side effects or other symptoms. Access to the hotline is included with all the programs above. It can also be purchased as a stand-alone service. These brief consults, typically 20 minutes long, are billed in 5-minute increments after a 15-minute minimum at our standard rate (\$195/hr).

PAYMENT ARRANGEMENTS

Payment Method: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AmEx <input type="checkbox"/> Discover <input type="checkbox"/> Check Enclosed	
Name on Card _____	Expiration Date* _____
Card Number* _____	3 or 4-digit Security Code _____
Authorized signature _____	Cardholder's Zipcode _____

*For security, mark the last 4 digits of your credit card "XXXX" and provide that info and the expiration date via email or phone.

Please note: consulting fees are non-refundable.

While advance payment is required, you may be able to obtain insurance reimbursement. Ask your physician for a referral for nutrition consulting (with your ICD-9/10 diagnosis code listed), then submit the referral and your receipt to your insurer.

Return your completed intake forms and a photo of yourself to admin@nutritional-solutions.net or FAX: (435) 538-8058 or MAIL: Nutritional Solutions, 1697 East 3450 North, North Logan UT 84341