

AGEPRINT TEST

Full Name

Address

Phone #

Email

Group 1: The AgePrint of your Brain

Electropause: The Pausing of your Brain's Electrical Chemistry

Dopamine: Brain Firepower

1. I have gained more than 20 pounds since I was 20 years old. T/F
2. I am a smoker T/F
3. I know I need to exercise, but I don't have the energy to do it T/F
4. I overeat when I am stressed T/F
5. I have problems staying focused at home or at work T/F
6. I can never seem to get enough sleep T/F
7. I need to have at least one cup of coffee to jump-start me in the morning T/F
8. I have no sex drive T/F
9. I have been diagnosed with heart disease T/F
10. I drink more than three alcoholic beverages per week T/F

Number of true responses: _____ ; add 0 to number = dopamine age code:

Acetylcholine: Brain Cognition

1. My Friends have told me that I'm becoming absentminded T/F
2. I have experienced hair loss T/F/
3. My ability to remember faces have diminished T/F
4. I need to write down even the simplest lists, directions, or instructions T/F
5. My ability to recall numbers has decreased T/F
6. My memory has decreased T/F
7. My management skills have decreased T/F
8. I don't feel like my brain is working well
9. Alzheimer's and/or dementia runs in my family T/F
10. I often forget where I put important things, like keys or prescription medications T/F

Number of true responses: _____ ; add 0 to number = acetylcholine age code:

GABA: Brain Stability

1. I often feel heart palpitations T/F
2. As I get older, my patient is diminishing T/F
3. My muscles feel tenser than ever before T/F
4. I frequently have back pain T/F
5. I am constantly on edge T/F
6. I have high blood pressure T/F
7. I tend to worry more than I used to T/F
8. I get angry at the smallest incidents T/F
9. I sometimes experience seizures T/F
10. I have mood swings T/F

Number of true responses: _____ ; add 0 to number = GABA age code:

Serotonin: Brain Serenity

1. I find it harder to stay asleep at night T/F
2. I'm never hungry, although sometime I find myself eating more than I should T/F
3. I don't do the activities I used to enjoy T/F
4. I used to be a risk taker, but now I have trouble making decisions T/F
5. I find myself thinking about the same things over and over again T/F
6. I feel the world is passing by me T/F
7. I can't handle crisis T/F
8. The smallest problems make me scream T/F
9. I have frequent thoughts about suicide T/F
10. As a young adult, I was told I was moody T/F

Number of true responses: _____ ; add 0 to number = serotonin age code:

Group 2: The Overworked Cardiovascular System

Cardiopause: The slowing and Aging of the Heart

1. I have swollen legs T/F
2. I experience shortness of breath when I exercise T/F
3. I often experience light-headedness T/F
4. I have been told that I have a heart murmur T/F
5. I have difficulty breathing when lying down T/F
6. I have a rapid heartbeat T/F

7. I am always tired during the day T/ F
8. I have a cough that does not go away T/F
9. I have experienced pain, discomfort, heaviness, and pressure in my chest T/F
10. My lips are often a bluish color T/F

Number of true responses: _____ ; add 0 to number = Cardiopause age code:

Vasculopause: The aging of the Peripheral Vascular System

1. I have had blood clots T/F
2. I have cold hands and feet T/F
3. I see more veins on my legs than I used to T/F
4. My ankles, on occasion, swell T/F
5. I have had ulcers on my lower legs T/F
6. I have dry, thin, flaky, skin T/F
7. My nails are soft and brittle T/F
8. The skin on my lower legs had turned to a darker or reddish shade T/F
9. I have lost hair on my lower legs T/F
10. I experience pain in my calves when I walk T/F

Number of true responses: _____ ; add 0 to number = vasculopause age code:

Group 3: Modulating Systems

Thyropause: A Weakening Metabolism and Associated Conditions

1. I have an enlarged neck T/F
2. I feel weak and fatigued most of the time T/F
3. I have a greater sensitivity to cold T/F
4. I have delayed reflexes T/F
5. I have been told that I am anemic T/F
6. I have a slow heartbeat T/F
7. My metabolism has slowed with age T/F
8. (for women) My periods are heavier than they used to be T/F
9. I am often constipated T/F
10. I am often hoarse T/F

Number of true responses: _____ ; add 0 to number = thyropause age code:

Immunopause: Aging of the Immune System

1. I have noticed more warts or cysts on my body T/F
2. Cuts or bruises seem to take longer to heal T/F
3. My blood work shows a deficiency in T cells T/F

4. I have a persistent cough that won't go away T/F
5. I have had frequent ear or sinus infections T/F
6. I have bloating or fullness in my abdomen that isn't related to food T/F
7. I have seen blood in my urine T/F
8. I have had pain in my hips, spine, or ribs T/F
9. I often need to regulate my bowels with laxatives T/F

Number of true responses: _____ ; add 0 to number = immunopause age code:

Group 4: Aging Sexuality

Menopause: For Women Only

1. My nails are weaker and chip or split more often T/F
2. My vagina is dryer than it used to be T/F
3. I lose lots of hair each week and it feels more brittle than before T/F
4. My breasts have begun to sag T/F
5. I have hot flashes during the day T/F
6. I rarely feel like having sex T/F
7. My doctor has prescribed estrogen, progesterone, testosterone, or DHEA supplements. Subtract 1 point if these substances are natural T/F
8. I am experiencing the beginning stages of osteoporosis or height loss T/F
9. I can't remember details as well as I used to T/F
10. I have begun to have night sweats T/F

Number of true responses: _____ ; add 0 to number = Menopause age code:

Andropause: For Men Only

1. When I have sex, it takes me a long time to achieve an orgasm T/F
2. I carry my excess weight directly on my abdomen T/F
3. I have diminished sex drive T/F
4. I have thin arms and legs T/F
5. I have noticed that my ejaculate is diminished T/F
6. I do not need to shave as often as when I was younger T/F
7. I have lost hair on my body T/F
8. I notice that my neck is getting wider and broader T/F
9. My doctor has told me my testosterone level is diminished T/F

Number of true responses: _____ ; add 0 to number = Andropause age code:

Group 5: Musculoskeletal Aging

Osteopause: The Aging of the Bones and Loss of Bone Density

1. I experience pain in my hips and knees T/F
2. I have been diagnosed with osteopenia or osteoporosis T/F
3. I have lost inches off my height over the years (take your height measurements now to find out) T/F
4. I have broken a bone in the past T/F
5. I have a history of either curved spine or hunchback and/or curved posture in my family T/F
6. I have weighed less than 110 pounds as an adult T/F
7. I have abused recreational steroids in the past T/F
8. (for women) I have missed my period for more than a year. (for men) I think about having sex fewer than two times a week T/F
9. I have suffered from an eating disorder that caused me to lose an excessive amount of weight T/F
10. I have fair skin and light eyes T/F

Number of true responses: _____ ; add 0 to number = Osteopause age code:

Parathyropause: The Brain-Bone Calcium Connection

1. My eyebrows are thinning T/F
2. I feel anxious more frequently T/F
3. I have blurry vision T/F
4. I have been told that I have cataracts in my eyes T/F
5. I fall often T/F
6. I feel sluggish most of the time T/F
7. I have been told that my personality has changed T/F
8. My muscles twitch at times T/F
9. I often have yeast or candida infections T/F
10. My doctor has told me that my reflexes have diminished T/F

Number of true responses: _____ ; add 0 to number = Parathyropause age code:

Somatopause: Aging of Muscles and Loss of Muscle Mass

1. I have started to get wrinkles T/F
2. My hair and nails are not growing as fast as they used to T/F
3. My friends have far fewer gray hairs than I have T/F
4. My skin is thinning T/F
5. I am not as tall as I used to be T/F
6. I am not as agile as I used to be T/F
7. I am not as strong as I used to be T/F
8. I have problems opening jars or carrying heavy loads T/F
9. I have gained body fat, especially around my waistline T/F
10. I have been told that my cholesterol is high T/F

Number of true responses: _____ ; add 0 to number = Somatopause age code:

Group 6: Changes to the Skin

Dermatopause: Aging of the Skin and Loss fo Collagen and Structure

1. My skin is beginning to sag T/F
2. I have many wrinkles T/F
3. My skin does not appear as supple as it used to be T/F
4. I have age spots, skin discoloration, spider veins, or red spots T/F
5. I have external cysts, lumps, or bumps T/F
6. My skin has lost its glow T/F
7. I have been diagnosed with skin cancer T/F
8. The skin under my neck is noticeably sagging T/F
9. I have jowls T/F
10. I have spent much of my life in the sun without proper protection T/F

Number of true responses: _____ ; add 0 to number = Dermatopause age code:
