

The Essential Heart Self-Assessment



Heart disease doesn't always announce itself loudly. Mundane signs and symptoms can be overlooked as the side effect of a busy life.

Take this self assessment to see if your heart is sending you important signals you need to listen to.



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This self-assessment checklist is designed to help you better understand your heart health by answering key questions about your recent experiences and family history. **For each question, check Yes or No, then add your scores to find out if you need a more tailored approach to regain optimal health.**

Recent Experiences

Frequent Visits to Your GP

In the past 6 months, have you frequently visited your GP?

Yes ☐ No ☐

Diagnosed Condition

Do you have a diagnosis for the condition that causes noticeable symptoms?

Yes ☐ No ☐

Medication Dosage or Frequency

Have your medications increased in dosage or frequency?

Yes ☐ No ☐

Sleep Disruption

Has your sleep become disrupted (insomnia, frequent waking, or sleeping less than 6 hours a night)?

Yes ☐ No ☐

Menstrual Changes (Women)

Have your periods changed (irregularity, intensity, duration)?

Yes ☐ No ☐

Sexual Changes (Men)

Have you noticed changes in sexual performance, erectile dysfunction, or libido?

Yes ☐ No ☐

Cognitive Challenges

Do you experience brain fog or memory lapses?

Yes ☐ No ☐

Difficulty in Decision-Making

Is decision-making becoming increasingly difficult?

Yes ☐ No ☐

Weight Fluctuations

Are you experiencing unexplained weight gain or loss?

Yes ☐ No ☐

Digestive Issues

Do you frequently feel bloated or have digestive issues?

Yes ☐ No ☐

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Lower Energy Levels

Are your energy levels lower than usual?

Yes ☐ No ☐

Mood Changes

Do you often feel anxious or experience mood swings?

Yes ☐ No ☐

Loss of Interest in Activities

Have you lost interest in activities you once enjoyed?

Yes ☐ No ☐

Frequent Headaches or Migraines

Do you have frequent headaches or migraines?

Yes ☐ No ☐

Sensitivity to Temperature

Are you more sensitive to cold or heat than usual?

Yes ☐ No ☐

Struggling to Get Out of Bed

Do you struggle to get out of bed in the morning?

Yes ☐ No ☐

Family History and Lifestyle Factors

Pre-Diabetes

Are you aware if you are pre-diabetic?

Yes ☐ No ☐

Family History of Diabetes

Does type 2 diabetes run in your family?

Yes ☐ No ☐

Family History of Heart Disease

Has a family member had a heart attack or stroke?

Yes ☐ No ☐

Smoking or Vaping

Do you smoke or vape?

Yes ☐ No ☐

Abdominal Fat

Do you have fat around the middle?

Yes ☐ No ☐

High Blood Pressure

Have you been diagnosed with high blood pressure?

Yes ☐ No ☐

Score and Recommendations

0 Yes answers:

Congratulations! Your health seems to be on track. Keep up the good work and be sure to stay vigilant and maintain healthy habits.

1–5 Yes answers:

You may have some areas to address. While working through this checklist if you felt a concern and want to be proactive in regards to your health I invite you to schedule a free call with me via the link below.

6–10 Yes answers:

It may be time for a more holistic evaluation of your health. If you have already been diagnosed with some health conditions it can feel frustrating when you don't see any improvement from your treatment just a growing list of meds! I regularly work with clients who are sick of being sick. We work on getting back to optimal health for their specific situation. If this is something you'd like to discuss, please book in for a free call with me via the link below.

11+ yes answers:

This score suggests that several areas need attention. You may need a more targeted approach to regain optimal health.

If your enjoyment of life has been impacted by poor health and you're sick of trying things that don't bring you long term results - it's time to get a solution that is tailored specifically to your unique situation. The *dartboard approach* - trying various diets, gadgets and supplements - is just too random to get you back on track. If you want consistent support and to start feeling better and you're ready to do the work, I'm all in and ready to help you. Book your free call via the link below.

When you feel like crap for a long period of time and you don't think you'll ever feel any better, it's important not to give up the hope of enjoying life again. Start your journey to optimal health today by booking in for a free discovery call with me here:

brianandolan.com/get-started