

# Preconception/Pregnancy Patient Questionnaire

		YES	NO	Don't Know
	1. I have had one or more miscarriages.	Y	N	DK
	2. I currently suffer from, am on medication or have a personal history of depression.	Y	N	DK
	3. I consider myself or have been told by a healthcare professional that I am overweight.	Y	N	DK
★	4. I have a personal or family history of children with birth defect conditions or mental illness including Autism, ADHD/ADD, Asperger's Syndrome, OCD, Bipolar disease, or Schizophrenia.	Y	N	DK
★	5. I have a personal history of cardiovascular disease.	Y	N	DK
★	6. I currently smoke or have in the recent past.	Y	N	DK
★	7. I currently drink alcohol regularly or have in the past.	Y	N	DK
★	8. I am of Hispanic or Mexican descent.	Y	N	DK
★	9. I have been diagnosed with diabetes.	Y	N	DK
★	10. I have a personal or family history of children with birth defects, cleft palate or lip, Downs Syndrome or congenital heart defects.	Y	N	DK
★	11. I have been tested and found to have high homocysteine.	Y	N	DK
★	12. I have been told that either I or someone in my family has a MTHFR enzyme deficiency.	Y	N	DK
★	13. I have recently been on or am currently taking NSAIDs (Motrin, aspirin, etc.) diuretics, Methotrexate, antacids, anti-epileptics Lamictal, Carbamezapine, birth control pills, SSRI's,(Lexapro, Paxil, etc.), Metformin, antibiotics.	Y	N	DK
	14. I am under 20 or over 35 years of age.	Y	N	DK
	15. I often forget to take my medicine.	Y	N	DK
	16. I don't eat what's considered a good balanced diet.	Y	N	DK

## Practitioner Questionnaire Summary

The questionnaire has been designed to identify areas of concern in the methylation/folate cycle prior to conception or during early pregnancy. Through early identification, appropriate interventions may be initiated thus supporting optimal prenatal and pregnancy environment for mother and child.

Women with a positive personal and family history of any of following may be at greater risk for elevated homocysteine levels, folate metabolism cycle defects and/or low folate status all of which have been shown to increase the risk of negative outcomes in pregnancy:

- Frequent or recurrent miscarriages
- Neural tube disorders, midline defects, Down Syndrome, congenital heart defects
- Schizophrenia, bipolar disorder
- Cardiovascular disease, atherosclerosis, myocardial infarction, stroke
- Migraine with aura
- MTHFR single nucleotide polymorphisms(SNP)
- Lifestyle factors such as low dietary folate intake, regular consumption of alcohol and cigarette smoking
- Type 1 Diabetes
- Use of folate reducing medications in the last 6 months
- Various ethnic groups such as Hispanic descent have also been shown to have a relatively higher number of individuals with the MTHFR SNP variant: screening for these various ethnic backgrounds may also help to identify those at increased risk.

Risks may be reduced through timely identification followed by appropriate and effective nutrient-focused therapeutic interventions which support optimal homocysteine levels, bypass or support defective folate metabolism cycle enzymes and improve folate status.

**Questionnaire Key: YES to 2 or more of the un-starred questions or Yes to 1 of the starred questions in the attached questionnaire, would be indicative of a high risk pregnancy, requiring additional folates and methylation cycle supportive nutrients during preconception and pregnancy.<sup>i</sup>**

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<sup>i</sup> References: For a complete list of the references used in preparing the attached Preconception/Pregnancy Questionnaire please contact JAYMAC Pharmaceuticals @ 985-778-5666.