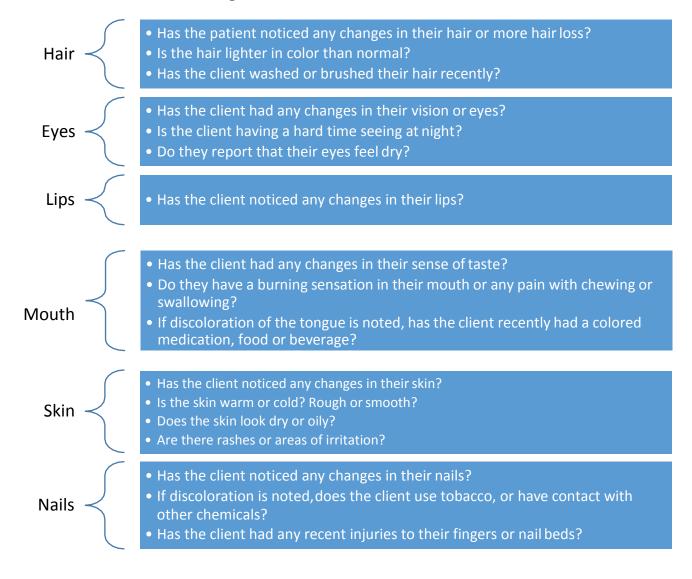
Nutrition Focused Physical Exam

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Questions to Consider Asking:



Other questions to consider:

Has the patient taken deworming medication recently?

Has the patient had a change in access to food or water recently?

Is the patient taking acid blocking medication? (PPI's/Omeprazole, etc...)

Has the patient felt more tired, weak, or lethargic recently?

Physical Assessment Findings & Nutrients 1-8

Area	Physical Signs	Possible Nutrition Abnormality	
Hair	Thin, sparse, lackluster	Iron, zinc, biotin	
Eyes	Pallor of lower conjunctivae Angular palpebritis	Folate, B12, iron, B6 Riboflavin, niacin, B6, iron	
Tongue	Glossitis (sore, red, swollen, smooth) Angular stomatitis Pallor of the tongue	Riboflavin, niacin, B6, B12, folate, iron Riboflavin, niacin, B6, iron Folate, B12, iron	
Lips	Cheilosis (dry, swollen, ulcerated lips) Pallor of lips, decreased vermilion border	Riboflavin, niacin, B6, iron Folate, B12, iron	
Skin	Pallor, general Seborrheic dermatitis	Folate, B12, iron Riboflavin, biotin, B6, zinc	
Nails	Koilonychia Central ridge (significant) Pallor of nail bed	Iron Folate, iron Folate, B12, iron	

Lab Assay	Significance			
Methylmalonic Acid	Methylmalonic acid is a metabolite of B12. High levels may indicate vitamin B12 deficiency.			
Homocysteine	High levels may indicate folate deficiency or B12 deficiency (if coupled with high methylmalonic acid).			
Thiamin	Thiamin diphosphate (TDP) is the most sensitive, specific, and precise method of determining nutritional status and is a reliable indicator of total body thiamin stores.			
Soluble Transferrin Receptor	Soluble transferrin receptor concentration is directly proportional to erythropoietic rate and inversely proportional to iron availability. Low levels may be due to hemolysis or administration of erythropoiesis-stimulating agents. High levels may indicate iron deficiency.			
Transferrin Saturation	Transferrin saturation is the value of serum iron divided by the total iron-binding capacity. Low levels indicate iron deficiency. High levels indicate iron overload or hemochromatosis.			
Ferritin	Ferritin is the storage form of iron. Low levels indicate iron deficiency. High levels may indicate hemochromatosis, inflammation, or iron overload.			
Zinc	Zinc levels are dependent on albumin and have diurnal variations. Low levels may indicate zinc deficiency, malnutrition, infection, inflammation, stress, use of oral contraceptives or pregnancy. High levels may indicate zinc supplementation or fasting.			
Niacin	Low levels of N-methylnicotinamide may indicate niacin deficiency.			
Riboflavin	Erythrocyte glutathione reductase assay is a functional index of riboflavin deficiency. Low levels may indicate riboflavin deficiency			

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