

Lean PCOS & HPA-Axis Root Cause Worksheet

Client Name: __ Date: _____

Goal: Distinguish between classic and lean PCOS phenotypes and identify HPA-axis drivers of infertility and androgen excess.

Section 1: Phenotype Identification

Check all that apply to determine the primary driver (Adrenal vs. Metabolic).

Clinical Markers: - ☐ BMI is under 23 (Lean Phenotype) - ☐ BMI is over 25 (Classic Phenotype) - ☐ Adult cystic acne (suggests 5 α -reductase/DHT dominance) - ☐ Hirsutism (excess hair growth on face/chest) - ☐ Irregular cycles or "missing" periods (Amenorrhea) - ☐ Energy is "Wired but Tired" (High night cortisol/Low morning cortisol)

Stress Chronology: *Did symptoms (acne, hair loss, cycle changes) begin or worsen during:*
- ☐ A period of high psychological stress? - ☐ Intensive physical training/over-exercising? - ☐ Significant caloric restriction or "Keto" dieting?

Section 2: Circadian & HPA-Axis Assessment

Rate the following on a scale of 1-5 (1 = Never/Poor, 5 = Always/Excellent)

Factor	Score (1-5)	Notes
Morning Light: Exposure to sun within 30 mins of waking?		
Blue Light: Use of screens/bright lights after 8:00 PM?		
Sleep Quality: Do you feel rested upon waking?		
Carb Intake: Do you include complex carbs with dinner?		
Stress Response: Ability to "switch off" after work?		

Section 3: Targeted Protocol Checklist

Based on the lesson's precision nutraceuticals and lifestyle optimizations.

Foundational Lifestyle (Circadian Entrainment): - [] **Morning Reset:** 10–15 minutes of direct natural light before 9:00 AM. - [] **Safety Signaling:** Ensure adequate complex carbohydrate intake (no aggressive fasting). - [] **Melatonin Support:** Blue light blocking glasses or "no-screen" 2 hours before bed.

Precision Nutraceuticals (Check if recommended): - [] **Inositol (40:1 Ratio):** To support FSH signaling and ovulation. - [] **Saw Palmetto:** If 5 α -reductase (DHT) dominance/acne is present. - [] **Vitex (Chaste Tree):** To support LH/FSH balance and progesterone production.

Section 4: Reflection & Clinical Observations

Total Circadian Score: __ / 25

Practitioner Observations: *(Note any DUTCH test findings here, e.g., High DHEA-S, 5 α -reductase preference, or Stage 2 Adrenal Dysfunction)*

Client Reflections: *(How does the client feel about the "Safety Signaling" approach vs. traditional restriction?)*

Next Steps:

1. _____

2. _____

3. **Follow-up Date (3-month maturation cycle focus):** _____

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