

# 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.

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## 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 $\alpha$ -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?

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## 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
<b>Morning Light:</b> Exposure to sun within 30 mins of waking?		
<b>Blue Light:</b> Use of screens/bright lights after 8:00 PM?		
<b>Sleep Quality:</b> Do you feel rested upon waking?		
<b>Carb Intake:</b> Do you include complex carbs with dinner?		
<b>Stress Response:</b> Ability to "switch off" after work?		

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## 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 $\alpha$ -reductase (DHT) dominance/acne is present. - [ ] **Vitex (Chaste Tree):** To support LH/FSH balance and progesterone production.

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## Section 4: Reflection & Clinical Observations

**Total Circadian Score:** \_\_\_ / 25

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

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

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### Next Steps:

1. \_\_\_\_\_

2. \_\_\_\_\_

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

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*AccrediPro Standards Institute Certified Tool*

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