

IMMUNE & INFLAMMATORY BURDEN INDEX⁽¹³⁾

Understanding how your immune and inflammatory burden may be influencing your health.

This questionnaire is designed to capture symptom patterns commonly associated with inflammatory burden, immune dysregulation, immune reactivity, impaired resilience, and systemic inflammatory signaling.

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NAME

DATE

INSTRUCTIONS

In the past 4 weeks, how often have you experienced each item? Write 0–4 in the box.

0 NEVER

1 MILD / OCCASIONAL

2 MODERATE / INTERMITTENT

3 FREQUENT / SIGNIFICANT

4 PERSISTENT / SEVERE

01 ENERGY & FATIGUE

Persistent fatigue or low energy

Feeling run down or depleted

Slow recovery after exertion

Need for excessive sleep

Afternoon energy crashes

SUBTOTAL

02 FREQUENT OR LINGERING INFECTIONS

(Consider the past 12 months for this section)

Frequent colds or respiratory infections

Prolonged recovery from illness

Recurrent sinus or ear issues

Cold sores

Recurring shingles or viral reactivation

Recurrent UTIs or yeast infections

SUBTOTAL

03 INFLAMMATION & PAIN

Swollen or tender lymph nodes

Generalized body aches

Low-grade fevers

Redness, warmth, or swelling in joints

Unexplained tenderness

SUBTOTAL

04 ORAL, GUT & DIGESTIVE HEALTH

Bloating or abdominal discomfort

Irregular bowel movements

Heartburn or reflux

Nausea or loss of appetite

Chronic gum disease or periodontal disease

Canker sores

Persistent dry mouth

SUBTOTAL

05 SKIN, EYE & RESPIRATORY HEALTH

Rashes, hives, or eczema

Itchy or inflamed skin

Allergic reactions (inhalants, chemicals, insect bites)

Sinus congestion or postnasal drip

Asthma or wheezing

Delayed wound healing

Persistent dry eyes

SUBTOTAL

06 MUSCULOSKELETAL HEALTH

Persistent joint pain or stiffness

Unexplained or prolonged muscle soreness or weakness

Morning stiffness

Pain in multiple joints

Osteoporosis or low bone density

SUBTOTAL

07 NEURO-IMMUNE RESILIENCE

Brain fog / mental fatigue / difficulty concentrating

Memory issues

Anxiety / irritability / difficulty managing stress

Low mood / low motivation

Difficulty falling asleep / staying asleep

Unrefreshing sleep

Migraine headaches

SUBTOTAL

08 HORMONAL & ENDOCRINE

Night sweats

Hair thinning or loss

Cycle irregularities / premenstrual syndrome (if applicable)

Thyroid dysfunction

Unexplained weight changes

Increased inflammatory symptoms with hormonal shifts

Difficulty tolerating hot or cold temperatures

SUBTOTAL

09 SENSITIVITIES & REACTIONS

Food allergy / sensitivities / intolerances

Chemical or scent sensitivities

Medication sensitivities

Mold or environmental sensitivities

SUBTOTAL

10 IMMUNE & INFLAMMATORY BIOMARKERS

(If lab tested — mark 0 if not tested)

Elevated inflammatory markers (e.g., CRP, ESR)

Positive autoantibodies (e.g., ANA, RF, anti-TPO)

Other abnormal immune-related labs

SUBTOTAL

TOTAL SCORE

LOW
0–48

MILD
49–86

MOD.
87–120

HIGHER
121+

Score ranges are preliminary and intended for clinical pattern interpretation rather than diagnosis.

WEIGHTED IMMUNE & INFLAMMATORY SCORE

(Practitioner Assisted)

Interpretation of weighted scoring should be performed with your healthcare practitioner.

TOP 3 SYMPTOMS

List the symptoms that affect you most.

1.

2.

3.

TRACK YOUR PROGRESS

Repeat every 4–6 weeks.

DATE

SCORE

NOTES

This is a diagnostic instrument. Share your results with your healthcare provider for personalized guidance.