

We would greatly appreciate your input for prioritizing future class topics. The topics listed are just a sample of the possibilities. The groups are arbitrary, since many topics overlap and could fit in multiple categories. Please mark the topics that interest you and add additional suggestions below. Please mail, email, or fax or email your completed survey to Compass Center Functional Medicine, PLC at 13 Plaza Dr, Ste 1, Clear Lake, IA 50428, info@compasscenterfm.com, or 641-357-9356, respectively. Thank you!

General

- Fatigue
- Insomnia
- Hair loss
- Weight management
- Healthy diet & lifestyle
- Keto diet & intermittent fasting

Allergies & Intolerances

- Seasonal & environmental Allergies
- Food allergies & sensitivities
- Multiple chemical sensitivity
- Histamine intolerance
- Oxalates, lectins & salicylates
- Mast cell activation syndrome (MCAS) & other mast cell Disorders
- Electromagnetic field (EMF) sensitivity

Autoimmunity

- Autoimmune overview
- Asthma
- Celiac disease
- Rheumatoid arthritis
- Psoriasis
- Multiple sclerosis (MS)
- Type 1 diabetes
- Crohn's disease & ulcerative colitis

Cardiovascular & Metabolic

- Hypertension (high blood pressure)
- Atrial fibrillation
- Coronary artery disease (CAD), peripheral arterial disease (PAD) & stroke
- Cardiomyopathy & heart failure
- Myocarditis & pericarditis
- Cholesterol & triglycerides
- Type 2 diabetes

Gut Health

- Leaky gut overview
- Irritable bowel syndrome, diarrhea, constipation
- Small intestinal bacterial overgrowth (SIBO)
- Gastroesophageal reflux disease (GERD or acid reflux)
- Gallstones, & biliary dyskinesia & pancreatitis
- Recurrent diverticulitis
- Fatty liver & cirrhosis
- Liver enzyme elevation
- Dental health & guidelines for safe amalgam removal

Women's Health

- Polycystic ovarian syndrome (PCOS)
- Female infertility
- Low libido & other intimacy concerns
- Endometriosis
- Perimenopause & menopause

Men's Health

- Prostate overview
- Benign prostate hyperplasia (BPH), prostatitis & prostate cancer
- Erectile dysfunction
- Male infertility & low libido

Urinary

- Chronic kidney disease
- Kidney stones
- Recurrent urinary infections & interstitial cystitis
- Overactive bladder & urinary Incontinence

Oncology

- Breast cancer
- Adjunctive strategies for cancer management

Hormones

- Thyroid (already scheduled)
- Adrenal issues

Infections & Sequelae

- Recurrent & chronic ear, throat, & sinus infections
- Chronic inflammatory response syndrome (CIRS) from mold & other biotoxins
- Lyme & other tick-borne illnesses
- COVID Prevention & Treatment
- Long COVID
- Yeast overgrowth
- Vaccine injuries

Musculoskeletal

- Arthritis
- Osteoporosis
- Fibromyalgia

Brain & Neurological

- Attention deficit & hyperactivity (ADHD & ADD)
- Autism spectrum disorders
- Pediatric acute-onset neuropsychiatric disorders associated with Streptococcus or other infections (PANDAS & PANS)
- Anxiety, depression & post-traumatic stress disorder (PTSD)
- Dementia & other cognitive concerns
- Tinnitus (ringing ears)
- Neuroplasticity

Toxins

- Heavy metals (lead, mercury, arsenic, cadmium)
- Toxic mold
- Toxin mitigation overview

Additional Topic Suggestions:

Name/Email/Phone (optional but appreciated)