

# Take **THE BLOATED BELLY WHISPERER** Diagnostic Quiz\* Now

Designed to help patients identify their most likely cause of bloating among the ten most common possibilities.

While this nine-question quiz certainly doesn't cover every medical possibility, it should certainly help focus your attention on a few of the most likely ones. Two types of bloating that result from disease-related malabsorption—celiac disease and pancreatic insufficiency—are not included in the quiz. That is because a bloated belly from either of these conditions often takes backseat to several more troubling symptoms—and they're covered in great detail in *THE BLOATED BELLY WHISPERER*.

To help generate the most promising leads as to the medical cause of your patient's bloating, have them fill in ALL of the bubbles alongside the answer that best corresponds to his/her bloating experience. Leave answers blank if none apply well. Tally up the number of filled bubbles for each column once they complete the quiz.

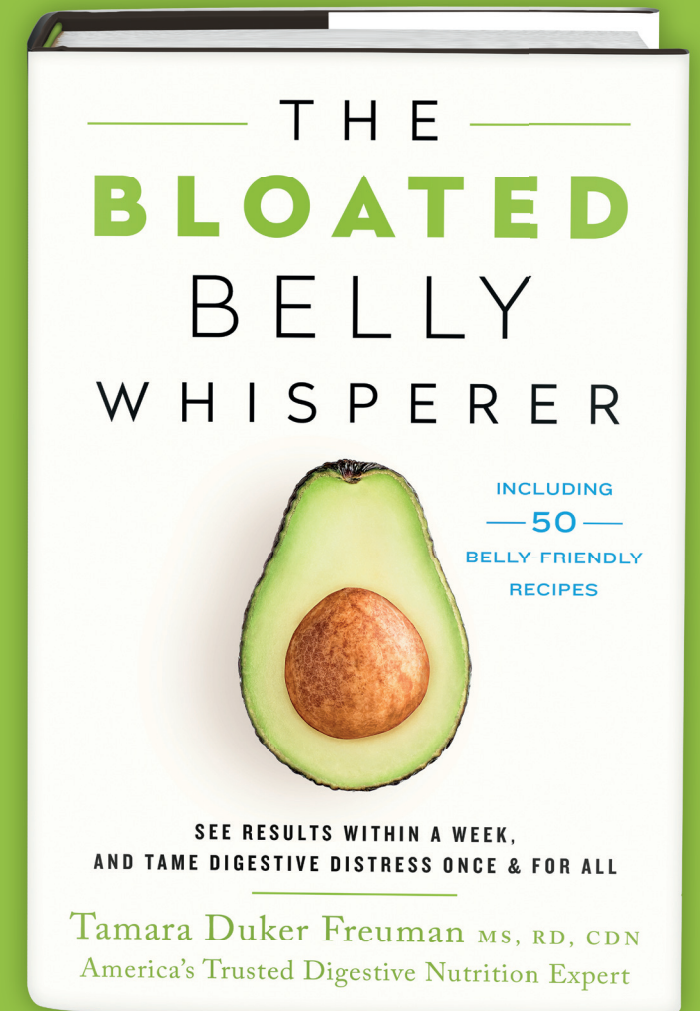


\*From *THE BLOATED BELLY WHISPERER* by Tamara Duker Freuman, St. Martin's Press (December 2018). Developed by Tamara in collaboration with Dr. Eric Goldstein, this diagnostic quiz is a simplified version of the detective process they undertake when a patient arrives complaining of bloating

	A	B	C	D	E	F	G	H
SAMPLE QUESTION (Do not count):								
1. My bloating feels worse after chewing sugarless gum								
True					<input checked="" type="radio"/>		<input checked="" type="radio"/>	<input checked="" type="radio"/>
False	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>		

	A	B	C	D	E	F	G	H
1. Choose one: My bloated belly is . . .								
soft	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
inflated like a balloon		<input type="radio"/>			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
solid/hard as a rock		<input type="radio"/>				<input type="radio"/>		<input type="radio"/>
2. Choose one: The location of my bloating is concentrated. . .								
broadly across the upper abdomen (above the belly button)	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
center right underneath the breastbone			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
in the lower-abdominal area (underneath the belly button)						<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
all over / varying locations	<input type="radio"/>	<input type="radio"/>				<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Choose one: Bloating onset (check up to three of the most relevant) . . .								
is worse / more likely with large-volume meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				
builds as day progresses; always bad / worst at night	<input type="radio"/>					<input type="radio"/>	<input type="radio"/>	
immediately after eating if I was extremely hungry at mealtime			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
after eating anything at all	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>			
does not seem particularly related to eating/meals					<input type="radio"/>			
4. The foods that would trigger significant bloating for me would be . . . (check all that apply)								
water		<input type="radio"/>			<input type="radio"/>			
large salad with olive oil and vinegar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
small plate of pasta with generous portion of red sauce		<input type="radio"/>	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>	<input type="radio"/>
McDonald's-size burger and small fries	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>			
small soft-serve frozen yogurt		<input type="radio"/>					<input type="radio"/>	<input type="radio"/>
small bowl puréed broccoli soup (no milk or cream)		<input type="radio"/>			<input type="radio"/>		<input type="radio"/>	<input type="radio"/>

	A	B	C	D	E	F	G	H
5. Choose one: Do you ever wake up looking or feeling bloated?								
Yes, depending on what I ate the previous night	<input type="radio"/>					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Choose one: Is your bloating associated with gas?								
Yes, belching	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	
Yes, farting					<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yes, both belching and farting					<input type="radio"/>		<input type="radio"/>	
No		<input type="radio"/>						
7. In addition to bloating, I also have the following upper-digestive system issues (check all that apply):								
Nausea	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>				<input type="radio"/>
Vomiting	<input type="radio"/>		<input type="radio"/>					
Reflux/heartburn	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			<input type="radio"/>
Loss of appetite	<input type="radio"/>			<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	
Early satiety (feeling full after eating only a small amount)	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>		<input type="radio"/>		
No upper-digestive issues other than the bloating		<input type="radio"/>					<input type="radio"/>	<input type="radio"/>
8. In addition to bloating, I also have the following lower digestive system issues (check all that apply):								
Infrequent bowel movements (fewer than 3 per week)		<input type="radio"/>					<input type="radio"/>	<input type="radio"/>
Feeling unable to completely evacuate my bowels when I go		<input type="radio"/>					<input type="radio"/>	<input type="radio"/>
Sticky/tar-like stools that are hard to wipe clean								<input type="radio"/>
Hard stools, like little balls or "rabbit pellets"							<input type="radio"/>	<input type="radio"/>
Diarrhea								<input type="radio"/>
Light-colored/orangey and loose stools								<input type="radio"/>
My bowel habits are not a problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>			
9. Choose one: My bloating is associated with the following type of pain:								
No overt pain (though being bloated is generally uncomfortable)	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burning pain toward the top of my abdomen			<input type="radio"/>	<input type="radio"/>				
Sharp pain anywhere throughout my abdomen			<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crampy pain in my lower abdomen (beneath the belly button)		<input type="radio"/>			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dull pain anywhere throughout my abdomen		<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TOTALS: (Number of circles filled in for each column)								



## SCORING THE BLOATED BELLY WHISPERER QUIZ:

IF THEY SCORED THE MOST MATCHES WITH COLUMN...	...YOUR PATIENT'S SYMPTOMS RESEMBLE THIS DIAGNOSIS MOST CLOSELY...	...SO START WITH THIS CHAPTER OF THE BLOATED BELLY WHISPERER
A	Gastroparesis (GP)	Chapter 3
B	Abdomino-phrenic dyssynergia (APD)	Chapter 3
C	Classic indigestion	Chapter 4
D	Functional dyspepsia (FD)	Chapter 5
E	Aerophagia	Chapter 6
F	Constipation	Chapter 7
G	Small Intestinal Bacterial Overgrowth (SIBO)	Chapter 8
H	Carbohydrate intolerance	Chapter 9