

FAMILY MEDICAL HISTORY:

- | | | |
|------------------------------------|--|-----------------------------------|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Cancer | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Other |

LIFESTYLE

Please check any of the following habits that apply. How much and how often do you use them?

- | | | |
|--|---|--|
| <input type="checkbox"/> Cigarette smoking | <input type="checkbox"/> Coffee, tea, or cola | <input type="checkbox"/> Alcoholic beverages |
|--|---|--|

List **current** medications (include vitamins, drugs, herbs, etc.): _____

Check any conditions you are currently experiencing. Indicate the length of time you have had this condition.

GENERAL:

- | | | |
|---|--|---|
| <input type="checkbox"/> Poor appetite | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Night sweat |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Fever |
| <input type="checkbox"/> Disturbed sleep | <input type="checkbox"/> Changes in appetite | <input type="checkbox"/> Chills |
| <input type="checkbox"/> Localized weakness | <input type="checkbox"/> Sweating easily | <input type="checkbox"/> Sudden energy drop
(time of day?) |
| <input type="checkbox"/> Cravings | <input type="checkbox"/> Tremors | <input type="checkbox"/> Poor balance |
| <input type="checkbox"/> Strong thirst | <input type="checkbox"/> Bleeding or bruising easily | |

Other unusual or abnormal conditions you have noticed in your general sense of health _____

SKIN AND HAIR:

- | | | |
|--------------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Rashes | <input type="checkbox"/> Eczema | <input type="checkbox"/> Recent moles |
| <input type="checkbox"/> Ulcerations | <input type="checkbox"/> Pimples | <input type="checkbox"/> Hair loss |
| <input type="checkbox"/> Hives | <input type="checkbox"/> Dandruff | <input type="checkbox"/> Change in texture of hair or skin |
| <input type="checkbox"/> Itching | | |

Any other hair or skin problems _____

HEAD, EYES, EARS, NOSE AND THROAT:

- | | | |
|---|--|---|
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Color blindness | <input type="checkbox"/> Recurring soar throat |
| <input type="checkbox"/> Concussions | <input type="checkbox"/> Cataracts | <input type="checkbox"/> Nose bleeds |
| <input type="checkbox"/> Migraines | <input type="checkbox"/> Blurry vision | <input type="checkbox"/> Grinding teeth |
| <input type="checkbox"/> Dry Eyes | <input type="checkbox"/> Earaches | <input type="checkbox"/> Sores on lips or tongue |
| <input type="checkbox"/> Spots in front of eyes | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Facial pain |
| <input type="checkbox"/> Eye pain | <input type="checkbox"/> Poor hearing | <input type="checkbox"/> Teeth problems |
| <input type="checkbox"/> Poor vision | <input type="checkbox"/> Eye strain | <input type="checkbox"/> Headaches (where? when?) |
| <input type="checkbox"/> Night blindness | <input type="checkbox"/> Sinus problems | <input type="checkbox"/> Jaw clicks |

Any other head or neck problems _____

CARDIOVASCULAR:

- | | | |
|--|--|--|
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Swelling of feet |
| <input type="checkbox"/> Low blood pressure | <input type="checkbox"/> Fainting | <input type="checkbox"/> Blood clots |
| <input type="checkbox"/> Chest pain | <input type="checkbox"/> Cold hands or feet | <input type="checkbox"/> Difficulty in breathing |
| <input type="checkbox"/> Irregular heartbeat | <input type="checkbox"/> Swelling of hands | <input type="checkbox"/> Palpitations |

Any other heart or blood vessel problems _____

RESPIRATORY:

- | | | |
|--|--|---|
| <input type="checkbox"/> Cough | <input type="checkbox"/> Bronchitis | <input type="checkbox"/> Difficulty breathing when lying down |
| <input type="checkbox"/> Coughing up blood | <input type="checkbox"/> Pain with deep inhalation | <input type="checkbox"/> Excessive phlegm (color?) |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Pneumonia | |

Any other lung problems _____

GASTROINTESTINAL:

- | | | |
|---------------------------------------|--|---|
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Belching | <input type="checkbox"/> Rectal pain |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Black stools | <input type="checkbox"/> Hemorrhoids |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Blood in stools | <input type="checkbox"/> Abdominal pain or cramps |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Chronic laxative use |
| <input type="checkbox"/> Gas | <input type="checkbox"/> Bad breath | |

Any other problems with stomach or intestines _____

GENITOURINARY:

- | | | |
|---|---|--|
| <input type="checkbox"/> Pain on urination | <input type="checkbox"/> Unable to hold urine | <input type="checkbox"/> Prostate problems |
| <input type="checkbox"/> Urgent or frequent urination | <input type="checkbox"/> Decrease in flow | <input type="checkbox"/> Impotence |
| <input type="checkbox"/> Blood in urine | <input type="checkbox"/> Kidney stones | <input type="checkbox"/> Sores on genitals |

Do you wake up at night to urinate? _____ If so, how often? _____

What color is your urine? _____

Any other genital or urinary problems _____

REPRODUCTIVE AND GYNECOLOGIC:

- | | | |
|--|---|--|
| <input type="checkbox"/> Premenstrual changes | <input type="checkbox"/> Heavy menstrual flow | <input type="checkbox"/> # of Premature births _____ |
| <input type="checkbox"/> Menstrual clots | <input type="checkbox"/> Light menstrual flow | <input type="checkbox"/> # of Miscarriages _____ |
| <input type="checkbox"/> Painful menses | <input type="checkbox"/> Irregular menses | <input type="checkbox"/> # of Abortions _____ |
| <input type="checkbox"/> Medium menstrual flow | <input type="checkbox"/> Other problems | |

Age at first menses _____ Age at menopause _____ Number of pregnancies _____

Time between cycles _____ Duration of bleeding _____ First day of menses _____

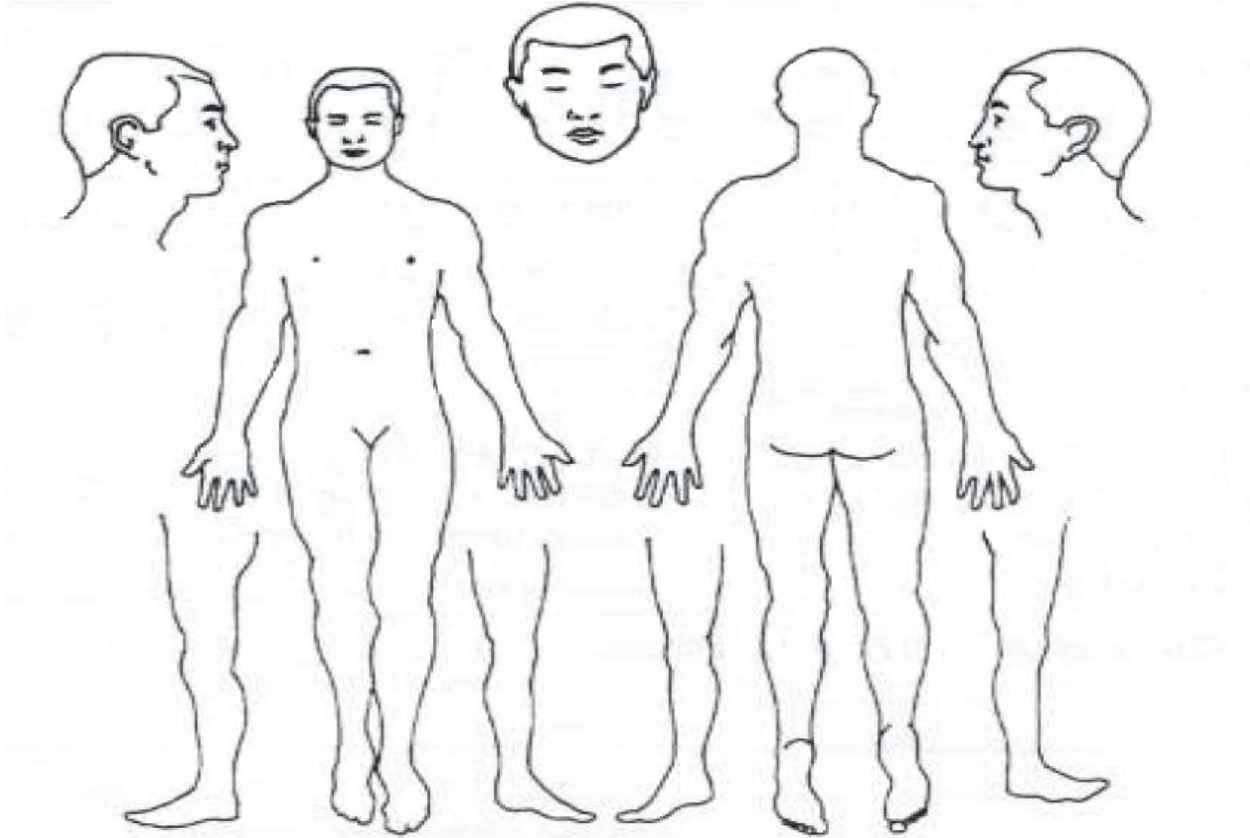
Any other gynecologic problems _____

MUSCULOSKELETAL:

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Back pain | <input type="checkbox"/> Hand/wrist pains |
| <input type="checkbox"/> Muscle pains | <input type="checkbox"/> Muscle weakness | <input type="checkbox"/> Shoulder pains |
| <input type="checkbox"/> Knee pain | <input type="checkbox"/> Foot/ankle pains | <input type="checkbox"/> Hip pains |

Any other joint or bone problems _____

Please mark painful or distressed areas on the charts below:



NEUROPSYCHOLOGICAL:

- | | | |
|--|---|---|
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Poor memory | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Lack of coordination | <input type="checkbox"/> Bad temper |
| <input type="checkbox"/> Loss of balance | <input type="checkbox"/> Concussion | <input type="checkbox"/> Easily susceptible to stress |
| <input type="checkbox"/> Areas of numbness | <input type="checkbox"/> Depression | |

Have you ever been treated for emotional problems? _____

Have you ever considered or attempted suicide? _____

Any other neurological or psychological problems _____

COMMENTS:

Please list any other problems you would like to discuss _____

