



**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.): \_\_\_\_\_

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**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<br>(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 \_\_\_\_\_

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**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 \_\_\_\_\_

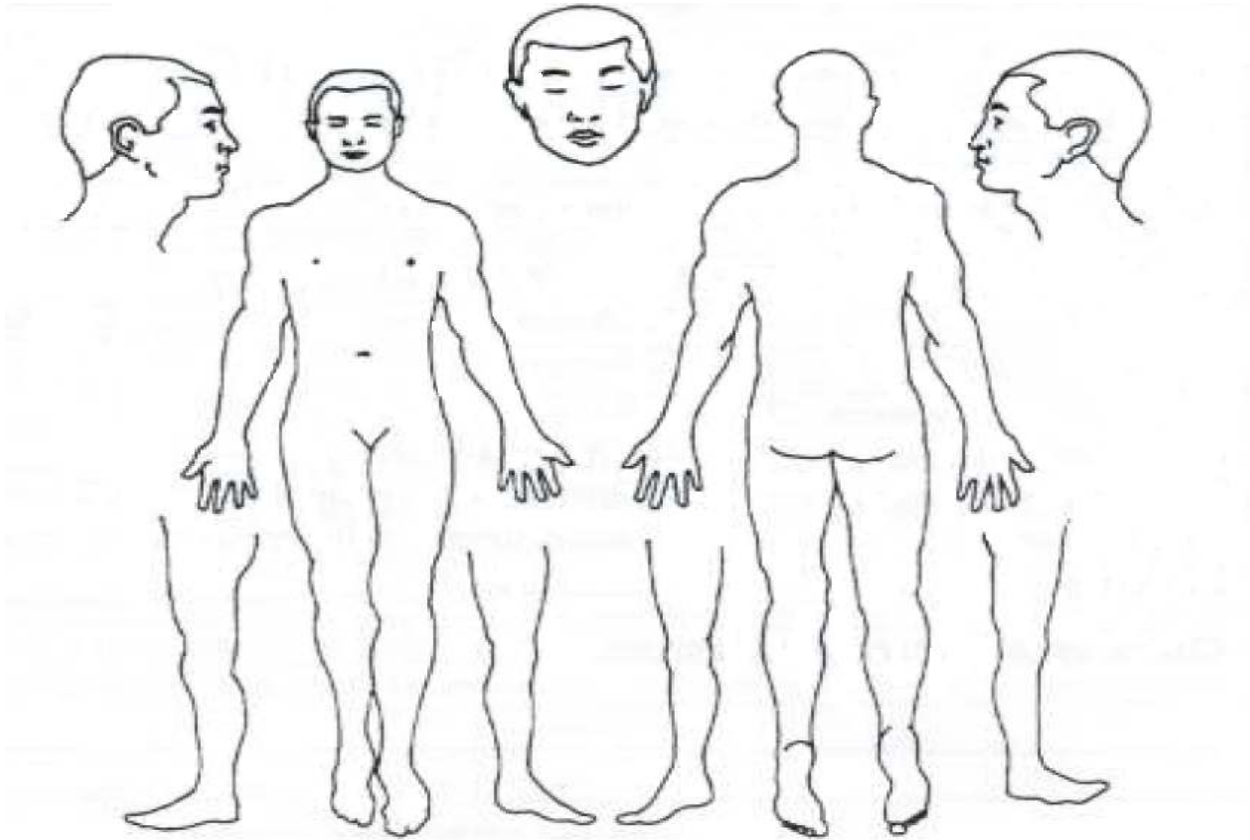
Any other gynecologic problems \_\_\_\_\_

**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 \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_