



Health History

CONFIDENTIAL

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NAME (LAST, FIRST, MI)	DATE
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Please check any symptoms you currently have or have had in the past year.

General

- Chills
- 'Low Energy
- 'Dizziness
- Allergies
- Fatigue
- Fevers
- Excessive thirst
- Insomnia
- Nervousness
- Spontaneous sweating
- Night sweating
- Lack of sweating
- Weight loss
- Weight gain
- Aversion to heat
- Aversion to cold

Head & Neck

- Blurred vision
- Heaviness in the head
- Headache
- Phlegm in throat
- Cataract
- Double vision
- Earache
- Ear discharge
- Eye pain/strain
- Corrected vision
- Nasal obstruction
- Nasal discharge
- Loss of sense of smell
- Hearing loss
- Hoarseness
- Nosebleeds
- Recurrent sore throat
- Red/inflamed eye(s)
- Ringing in ear(s)
- Sinus problems
- Sores on lips
- Sores on tongue
- Taste change
- Teeth problems
- Vision -see halos

Respiratory

- Asthma
- Hay fever
- Persistent cough
- Coughing up blood
- Shortness of breath
- Recurrent bronchitis
- Phlegm production
- Difficulty inhaling
- Difficulty exhaling

Cardiovascular

- Chest pain
- High blood pressure
- 'Low blood pressure
- Irregular heart beat
- Poor circulation
- Swelling of ankles
- Varicose veins
- Hypochondriac pain
- Distention in chest or hypochondrium

Gastrointestinal

- Abdominal pain
- Bloating
- Belching
- Gas
- Constipation
- Diarrhea/loose stools
- Bloody stools
- Black stools
- Difficulty swallowing
- Poor appetite
- Stomachache
- Nausea
- Vomiting
- Vomiting blood

Diet/Lifestyle

- Vegetarian
- Healthy diet
- Eat many fried foods
- Eat much meat
- Smoke cigarettes
- Drink alcohol
- Drink coffee
- Use drugs
- Eat many sweets
- Take melatonin
- Take steroids
- Exercise regularly
- Exercise excessively

Weight

- Underweight
- Normal for height
- Overweight
- Very overweight

Genitourinary

- Dilute urine
- Dark urine
- 'Blood in urine
- Cloudy urine
- Burning urination
- Scanty urine
- Profuse urine
- Frequent urination
- Poor bladder control
- Urgency to urinate

Musculoskeletal pain, weakness, numbness in:

- Arms
- Feet
- Hands
- Joints
- Legs
- Hips
- Neck
- Shoulders
- Pain all over
- Cold limbs
- Knee problems
- Low back pain
- Weakness all over
- Lack of strength
- Broken bones

Skin & Other Visible Signs

- Thick skin
- Thin skin
- Broken blood vessels
- Blood not clotting
- Bruise easily
- Discoloration
- Dark circles around eyes
- Bags under eyes
- Lumps in groin
- Lumps under arm
- Dry skin
- Acne
- Brittle nails
- Prematurely gray hair
- Dry, brittle hair
- Hair falling out

Neurological

- Fainting
- Convulsions
- Handwriting change
- Paralysis
- Stroke
- Seizures

- Tremor
- Recent clumsiness
- Drowsiness
- Vertigo

Emotional

- Irritability
- Often angry
- Troubling dreams
- Cry uncontrollably
- 'Often sad
- Forgetful
- Mind not clear
- Anxiety
- 'Fearfulness
- Unrestrained joy
- Terrors
- Difficulty expressing emotion

Men Only

- Genital pain
- Impotence
- Genital sores
- 'Testicular lump
- Penile discharge
- Nocturnal emission
- Low sexual energy

Women Only

- Abnormal pap smear
- Bleed between periods
- Irregular periods
- 'Heavy periods
- Scanty periods
- <25 days
- >35 days
- Endometriosis
- Painful periods
- PMS
- Breast lumps
- Contraceptives
- Genital sores
- Low sexual energy
- Vaginal discharge
- Menopausal
- Uterine prolapse
- Facial hair
- Loss of head hair
- May be pregnant