



**EDUCATION**

☐ High school    ☐ College, degree not completed    ☐ Bachelor's, Associate's, or professional degree  
☐ Master's degree    ☐ PhD    ☐ MD    ☐ DC    ☐ JD    ☐ DDS    ☐ Other: \_\_\_\_\_

**EMPLOYMENT**

Are you employed? ☐ Yes    ☐ No    Employer: \_\_\_\_\_

Occupation: \_\_\_\_\_ Job Title: \_\_\_\_\_

Typical number of hours worked per week: \_\_\_\_\_

If currently a full-time homemaker, please list previous occupation: \_\_\_\_\_

Please indicate any occupational exposures: ☐ Pesticides    ☐ Other chemicals    ☐ Radiation    ☐ Other: \_\_\_\_\_

Job description: ☐ Sedentary (desk job, etc.)    ☐ Moderately active    ☐ Requires significant physical exertion

**PHYSICIANS**

## Primary Care Physician

Name \_\_\_\_\_  
First Last Professional Title  
Specialty \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone ( \_\_\_\_\_ ) \_\_\_\_\_

## Specialist

Name \_\_\_\_\_  
First Last Professional Title  
Specialty \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone ( \_\_\_\_\_ ) \_\_\_\_\_

**HEALTHCARE GOALS**

What are your health priorities?

\_\_\_\_\_ Enhance cognitive function  
\_\_\_\_\_ Improve attention span  
\_\_\_\_\_ Increase energy level  
\_\_\_\_\_ Improve sleep pattern  
\_\_\_\_\_ Optimize nutritional status  
\_\_\_\_\_ Increase longevity  
\_\_\_\_\_ Initiate detoxification program  
\_\_\_\_\_ Increase endurance  
\_\_\_\_\_ Improve memory  
\_\_\_\_\_ Decrease anxiety level  
\_\_\_\_\_ Decrease allergy symptoms  
\_\_\_\_\_ Optimize health prior to pregnancy  
\_\_\_\_\_ Optimize health prior to surgery

\_\_\_\_\_ Minimize the need for medication  
\_\_\_\_\_ Lower blood pressure  
\_\_\_\_\_ Balance hormone levels  
\_\_\_\_\_ Relieve arthritis pain  
\_\_\_\_\_ Reduce frequency of headaches  
\_\_\_\_\_ Reduce risk of cardiovascular disease  
\_\_\_\_\_ Reduce risk of diabetes  
\_\_\_\_\_ Reduce risk of osteoporosis  
\_\_\_\_\_ Overcome depression  
\_\_\_\_\_ Speed recovery from injury or surgery  
\_\_\_\_\_ Initiate detoxification program  
\_\_\_\_\_ Determine ideal diet and supplements  
Other: \_\_\_\_\_

What is your primary health concern?

When did these symptoms first develop?

When do you last remember feeling 100% well?

Describe any known or suspected cause(s) of these concerns:

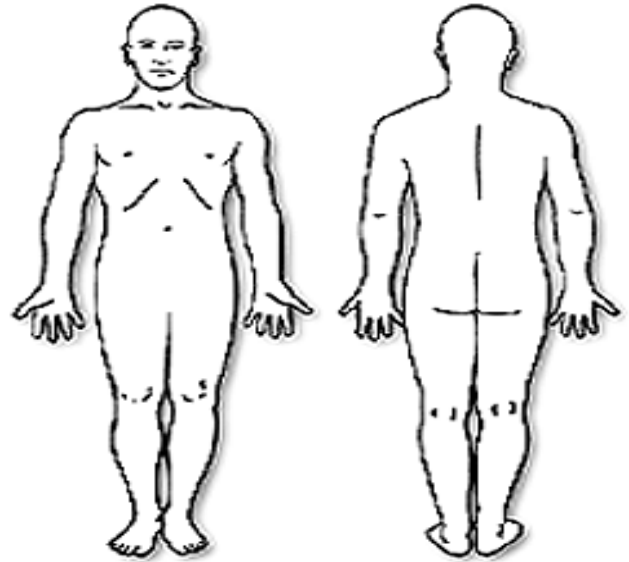
What makes your symptoms worse?

What alleviates or reduces your symptoms?

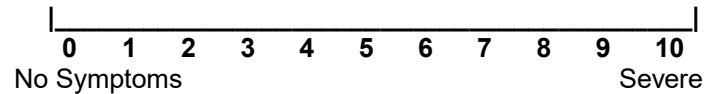
Have your symptoms been getting worse over time?  
☐ Yes ☐ No

Please provide any additional details if you believe they may be important: \_\_\_\_\_

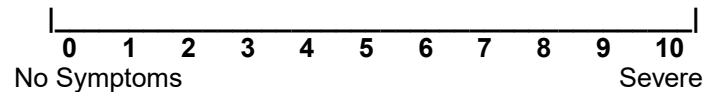
Please use this diagram to mark any areas of pain, numbness, or tingling.



Rate your average symptoms (primary complaint):



Rate your symptoms at their worst:



## DIET AND LIFESTYLE

Please indicate any of the following that accurately describe your diet:

- ☐ Gluten free  
 ☐ Dairy free  
 ☐ Corn free  
 ☐ Soy free  
 ☐ Sugar free  
 ☐ High protein  
 ☐ Low carbohydrate  
☐ Low fat  
☐ High fat  
☐ Ketogenic  
☐ Low salt  
☐ Reduced calorie  
☐ Vegetarian  
☐ High carbohydrate  
☐ No restrictions  
☐ Organic  
☐ Other \_\_\_\_\_

How many times per week do you eat tuna, tilefish, swordfish, shark, or mackerel? \_\_\_\_\_

How many times per day do you eat fresh fruit or vegetables? \_\_\_\_\_

Do you eat primarily organic produce? ☐ Yes ☐ No

How many times per day do you eat bread, pasta or pastries? \_\_\_\_\_

How many times per week do you eat fast food? \_\_\_\_\_

How many glasses of water do you drink per day? \_\_\_\_\_ Do you drink primarily filtered water? ☐ Yes ☐ No

Do you drink coffee? ☐ Yes ☐ No If yes, how many cups do you drink per day? \_\_\_\_\_

Do you drink soda?

☐ Yes ☐ No If yes, what brand and how many ounces do you drink per day? \_\_\_\_\_

Do you drink energy drinks?

☐ Yes ☐ No If yes, how many per week? \_\_\_\_\_

Do you drink alcohol?

☐ Yes ☐ No If yes, what type and how often? \_\_\_\_\_

Have you ever smoked cigarettes, cigars, or a pipe?

☐ Yes ☐ No If yes, how many years did you smoke? \_\_\_\_\_

Which of the following did you smoke? ☐ Cigarettes ☐ Cigars ☐ Pipe ☐ Other: \_\_\_\_\_

If you are currently a smoker, how much do you smoke?

☐ Less than 1 pack per day ☐ 1 pack per day ☐ More than 1 pack per day

☐ Daily pipe smoking ☐ Occasional pipe smoking

☐ Daily cigar smoking ☐ Occasional cigar smoking

☐ Recreational marijuana ☐ Medical marijuana

Do you chew tobacco?

☐ Yes, daily ☐ Yes, occasionally ☐ No ☐ I quit chewing tobacco \_\_\_\_\_ years ago.

How often do you exercise?

☐ Daily ☐ 3 or more times per week ☐ Weekly ☐ Sporadically ☐ Rarely ☐ Never

What type of exercise do you prefer? \_\_\_\_\_

Do you use pesticides in your home? ☐ Yes ☐ No

Do you use pesticides in your yard? ☐ Yes ☐ No

How many mercury (silver) fillings do you currently have? \_\_\_\_\_

How many mercury (silver) fillings have you had removed? \_\_\_\_\_

How would you rate your present level of stress? ☐ Low ☐ Moderate ☐ High

How would you rate your present enjoyment of your job? ☐ Low ☐ Moderate ☐ High

How many hours of sleep do you usually get per night? \_\_\_\_\_

How many nights per week is your sleep interrupted? \_\_\_\_\_

## FAMILY MEDICAL HISTORY

Please indicate if anyone in your family has had any of the following conditions: Use "D" if deceased due to this condition.

Medical Condition	Relationship					Mother's Side				Father's Side			
	Child	Mother	Father	Bro	Sis	Aunt	Uncle	GF	GM	Aunt	Uncle	GF	GM
Alcoholism													
Anxiety Disorder/Panic Attacks													
Asthma													
Autism / PDD NOS													
Asperger's Syndrome													
ADD / ADHD													
Alzheimer's													
Anorexia / Bulimia													
Bipolar Disorder													
Birth defect													
Depression													
Down Syndrome													
Dyslexia													
Eczema													
Epilepsy / Seizures													
Gout													
Language Delay													
Heart Disease													
High Blood pressure													
High Cholesterol Level													
Kidney Stones													
Mental Retardation													
Migraines													
Obsessive Compulsive Disorder													
Parkinson's Disease													
Rett's Disorder													
Schizophrenia													
Spina Bifida													
Stuttering													
Stroke													
Suicide or suicide attempt													
Tourette's Syndrome													
Tremor													
Vertigo / Meniere's Disease													
<b>Gastrointestinal:</b>													
Celiac Disease													
Crohn's Disease													
Irritable Bowel Syndrome													
Pancreatitis													
Peptic Ulcer Disease													
Reflux Esophagitis / GERD													
Ulcerative Colitis													
<b>Autoimmune:</b>													
Ankylosing Spondylitis													
Chronic Fatigue Syndrome													
Diabetes													
Fibromyalgia													
Lupus (SLE or discoid)													
Multiple Sclerosis													
Psoriatic Arthritis													
Rheumatoid Arthritis													
Thyroid Disease													
Vitiligo													
Other													

**CANCER**

If anyone in your family has had cancer, please specify and indicate the relationship of this family member to you:

- ☐ Brain: \_\_\_\_\_ ☐ Breast: \_\_\_\_\_ ☐ Cervical: \_\_\_\_\_ ☐ Colon/rectal: \_\_\_\_\_  
☐ Kidney: \_\_\_\_\_ ☐ Leukemia: \_\_\_\_\_ ☐ Lung: \_\_\_\_\_ ☐ Lymphoma: \_\_\_\_\_  
☐ Stomach: \_\_\_\_\_ ☐ Oral (mouth, tongue): \_\_\_\_\_ ☐ Ovarian: \_\_\_\_\_ ☐ Pancreatic: \_\_\_\_\_  
☐ Prostate: \_\_\_\_\_ ☐ Skin: \_\_\_\_\_ ☐ Stomach: \_\_\_\_\_ ☐ Testicular: \_\_\_\_\_  
☐ Thyroid: \_\_\_\_\_ ☐ Uterine: \_\_\_\_\_ ☐ Other: \_\_\_\_\_

If you have had or currently have any of the following cancers, please specify:

- ☐ Breast ☐ Cervical ☐ Colon/rectum ☐ Kidney ☐ Leukemia ☐ Lung ☐ Lymphoma ☐ Oral (mouth, tongue)  
☐ Ovarian ☐ Pancreas ☐ Prostate ☐ Skin ☐ Stomach ☐ Uterine ☐ Other: \_\_\_\_\_

If you have had cancer, please indicate any treatments you have had:

- ☐ Surgery ☐ Radiation ☐ Chemotherapy ☐ None ☐ Other: \_\_\_\_\_

**ALLERGIES**

Please indicate any drugs to which you are allergic:

- ☐ Penicillin ☐ Sulfa drugs (e.g., Bactrim, Septra) ☐ No known drug allergies ☐ Other: \_\_\_\_\_

Please describe the nature of this allergic reaction:

- ☐ Diarrhea ☐ Fever ☐ Hives ☐ Irregular heart rate ☐ Loss of consciousness ☐ Rash ☐ Shortness of breath  
☐ Swelling of the mouth, tongue, or throat ☐ Other: \_\_\_\_\_

Please indicate any food allergies or sensitivities:

- ☐ Corn ☐ Eggs ☐ Gluten or wheat ☐ Milk, casein, or dairy ☐ Peanuts ☐ Shellfish ☐ Soy ☐ Tree nuts  
☐ I have no known food allergies ☐ Other: \_\_\_\_\_

What reactions do you have to these foods?

- ☐ Diarrhea ☐ Fever ☐ Hives ☐ Irregular heart rate ☐ Loss of consciousness ☐ Rash ☐ Shortness of breath  
☐ Swelling of the mouth, tongue, or throat ☐ Other: \_\_\_\_\_

Please indicate any environmental sensitivities you currently have:

- ☐ Cigarette smoke ☐ Grass ☐ Chlorine ☐ Mold ☐ Nickel or other metals ☐ Pet dander ☐ Pollen  
☐ Radiology contrast dye ☐ Trees ☐ I have no environmental allergies  
☐ Other: \_\_\_\_\_

What reactions do you experience with exposure to these environmental allergens or toxins?

- ☐ Diarrhea ☐ Fever ☐ Hives ☐ Irregular heart rate ☐ Loss of consciousness ☐ Rash ☐ Shortness of breath  
☐ Swelling of the mouth, tongue, or throat ☐ Other: \_\_\_\_\_

**MEDICATIONS AND SUPPLEMENTS**

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List all medications and supplements you are currently taking. Please be specific and include dosages.

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

\_\_\_\_\_ Dosage \_\_\_\_\_ Date Started \_\_\_\_\_ Prescribed by \_\_\_\_\_

☐ Daily ☐ Twice a day ☐ Three times a day ☐ Other \_\_\_\_\_ Taken \_\_\_\_\_ % of the time

**HEIGHT AND WEIGHT**

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Height \_\_\_\_ feet \_\_\_\_ inches      Weight \_\_\_\_\_ lbs

Please describe any problems you have had with your weight:

- ☐ Anorexia   ☐ Binge eating   ☐ Bulimia   ☐ Loss of appetite   ☐ Over ideal weight   ☐ Under ideal weight  
☐ Rapid/unexplained weight loss   ☐ Unable to gain weight

At what weight do you feel most healthy? \_\_\_\_\_ lbs

How much has your weight changed over the past year?

- ☐ 0-5 pound increase   ☐ 6-10 pound increase   ☐ 11-15 pound increase   ☐ 16 or more pound increase  
☐ 1-5 pound decrease   ☐ 6-10 pound decrease   ☐ 11-15 pound decrease   ☐ 16 or more pound decrease

**Please indicate any conditions you currently have or have experienced in the past:**

**BLOOD AND IMMUNE SYSTEM**

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- ☐ Anemia   ☐ Factor V Leiden deficiency   ☐ Frequent bruising   ☐ Frequent infections   ☐ Hemophilia  
☐ High red blood cell count   ☐ HIV/AIDS   ☐ Idiopathic thrombocytopenia purpura (ITP)  
☐ Low platelet count   ☐ Low white blood cell count   ☐ Protein C deficiency   ☐ Protein S deficiency  
☐ von Willebrand's Disease   ☐ Other \_\_\_\_\_

**EYES**

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Do you wear contacts or corrective lenses?   ☐ Yes   ☐ No      Date of last eye exam: \_\_\_\_\_

Have you ever had eye surgery?   ☐ Yes   ☐ No      If yes, please describe: \_\_\_\_\_

**Do you have a history of any of the following?**

- ☐ Blurred vision   ☐ Cataracts   ☐ Corneal laceration   ☐ Detached retina   ☐ Double vision   ☐ Dry eyes  
☐ Eye infection   ☐ Glaucoma   ☐ Increased tearing   ☐ Loss of vision   ☐ Spots in visual field   ☐ Strabismus  
☐ Other: \_\_\_\_\_

**EARS**

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Do you have hearing loss?   ☐ Left ear   ☐ Right ear   ☐ No

Do you wear a hearing aid?   ☐ Left ear   ☐ Right ear   ☐ No

**Please indicate any conditions you currently have or have experienced in the past:**

- ☐ Auditory sensitivity   ☐ Ringing in the ears   ☐ Earaches   ☐ Recurrent ear infections   ☐ Ruptured ear drum  
☐ Other: \_\_\_\_\_

**NOSE**

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- ☐ Allergic rhinitis/nasal congestion   ☐ Fracture   ☐ Frequent nosebleeds   ☐ Hay fever   ☐ Loss of smell   ☐ Polyps  
☐ Sinus infections  
☐ Other: \_\_\_\_\_



**MOUTH AND THROAT**

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- ☐ Difficulty swallowing   ☐ Frequent sore throats   ☐ Gum infections/gingivitis   ☐ Hoarseness   ☐ Jaw pain/TMJ pain  
☐ Loss of taste   ☐ Mouth sores or ulcers   ☐ Multiple cavities/fillings   ☐ Swollen lymph nodes  
☐ Other: \_\_\_\_\_

**LUNGS**

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**Do you experience shortness of breath during any of these activities?**

- ☐ Walking   ☐ Climbing one flight of stairs   ☐ Sitting at rest

**Please indicate any respiratory problems you currently have or have experienced in the past:**

- ☐ Asthma   ☐ Chronic cough   ☐ Chronic Obstructive Pulmonary Disease (COPD)   ☐ Coughing up blood  
☐ Emphysema   ☐ Pneumonia   ☐ Shortness of breath   ☐ Sleep apnea   ☐ Tuberculosis   ☐ Valley fever  
☐ Other: \_\_\_\_\_

**CARDIOVASCULAR**

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- ☐ Angina (chest pain)   ☐ Blood clot   ☐ Congestive heart failure   ☐ Enlarged heart   ☐ Fainting   ☐ Heart attack  
☐ Heart murmur   ☐ Irregular heart beat   ☐ Leg pain or cramping   ☐ Pain in legs when walking   ☐ Phlebitis  
☐ Poor circulation   ☐ Rapid heart beat   ☐ Swelling in the legs or feet   ☐ Slow heart beat   ☐ Varicose veins  
☐ Other: \_\_\_\_\_

**Heart valve problems:**

- ☐ Aortic regurgitation   ☐ Aortic stenosis   ☐ Mitral regurgitation   ☐ Mitral stenosis   ☐ Mitral valve prolapse

**Please indicate any treatments or procedures you have had for heart disease:**

- ☐ Angioplasty   ☐ Angioplasty with stent placement   ☐ Coronary artery bypass (CABG)  
☐ Dietary changes   ☐ Exercise   ☐ Medication   ☐ Other: \_\_\_\_\_

**GASTROINTESTINAL**

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- ☐ Abdominal pain   ☐ Alternating diarrhea and constipation   ☐ Blood in stool   ☐ Celiac disease   ☐ Constipation  
☐ Cirrhosis   ☐ Clay colored stools   ☐ Cramping   ☐ Crohn's disease   ☐ Diarrhea   ☐ Difficulty swallowing  
☐ Diverticulosis or diverticulitis   ☐ Excessive belching   ☐ Foul smelling stools   ☐ Gallstones   ☐ Gas/bloating  
☐ Gluten sensitivity   ☐ Heartburn/reflux   ☐ Hemorrhoids   ☐ Hepatitis A   ☐ Hepatitis B   ☐ Hepatitis C  
☐ Itching   ☐ Jaundice   ☐ Hiatal hernia   ☐ Lactose intolerance   ☐ Nausea   ☐ Pancreatitis   ☐ Peptic ulcer  
☐ Polyps   ☐ Ulcerative colitis   ☐ Vomiting   ☐ Vomiting blood   ☐ Other: \_\_\_\_\_

**KIDNEYS AND BLADDER**

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- ☐ Blood in urine   ☐ Difficulty urinating   ☐ Frequent urination   ☐ Frequent bladder infections   ☐ Incontinence  
☐ Increased volume of urine   ☐ Kidney infection   ☐ Kidney stones   ☐ Low urine output   ☐ Painful urination  
☐ Waking up frequently during night to urinate   ☐ Sudden urge to urinate   ☐ Other: \_\_\_\_\_

## MUSCULOSKELETAL

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- ☐ Back Pain   ☐ Bone fracture   ☐ Gout   ☐ Jaw pain or clicking   ☐ Joint dislocation   ☐ Joint swelling  
☐ Muscle spasms   ☐ Muscle weakness   ☐ Osteoarthritis   ☐ Osteoporosis   ☐ Psoriatic arthritis  
☐ Rheumatoid arthritis   ☐ Scoliosis   ☐ Torticollis   ☐ Other: \_\_\_\_\_

**If you have arthritis, what joints are involved?**

- ☐ Ankles   ☐ Feet   ☐ Hands   ☐ Hips   ☐ Knees   ☐ Neck   ☐ Wrists   ☐ Spine

## SKIN

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- ☐ Acne   ☐ Birthmark   ☐ Eczema   ☐ Hives   ☐ Increase in size or change in color of mole   ☐ Itching  
☐ Psoriasis   ☐ Rash   ☐ Shingles   ☐ Skin cancer   ☐ Skin ulcer   ☐ Vitiligo (loss of pigment in skin)  
☐ Other: \_\_\_\_\_

## NERVOUS SYSTEM

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- ☐ Aneurysm   ☐ Carpal tunnel syndrome   ☐ Concussion   ☐ Dizzy spells   ☐ Headaches   ☐ Head injury  
☐ Insomnia   ☐ Loss of consciousness   ☐ Loss of sensation   ☐ Memory loss   ☐ Migraines  
☐ Poor concentration   ☐ Poor word retrieval   ☐ Ringing in ears   ☐ Sciatica   ☐ Seizures   ☐ Strabismus  
☐ Stroke   ☐ TIA (transient ischemic attack)   ☐ Tic disorder or Tourette's   ☐ Tingling in extremities  
☐ Torticollis   ☐ Tremor   ☐ Vertigo   ☐ Weakness   ☐ Other: \_\_\_\_\_

## ENDOCRINE

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- ☐ Cushing's disease   ☐ Cushing's syndrome   ☐ Diabetes:   ☐ Type 1   ☐ Type 2   ☐ Gestational diabetes  
☐ Dry, brittle hair   ☐ Edema/fluid retention   ☐ Fatigue   ☐ Frequent chills/cold intolerance   ☐ Hair loss  
☐ Hyperthyroidism   ☐ Hypoglycemia   ☐ Hypothyroidism   ☐ Infertility   ☐ Pancreatitis  
☐ Pituitary tumor   ☐ Rapid weight gain   ☐ Rapid weight loss   ☐ Thick, brittle nails  
☐ Other: \_\_\_\_\_

## MOOD AND BEHAVIOR

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- ☐ Agitation   ☐ Anxiety   ☐ Attention deficit disorder   ☐ Depression   ☐ Mood swings   ☐ Nervousness  
☐ Panic Attacks   ☐ Phobias/fears   ☐ Suicidal thoughts   ☐ Suicide attempt

**Have you ever taken medication for anxiety, depression or attention?**   ☐ Yes   ☐ No

## MEN

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- ☐ Benign prostatic hypertrophy   ☐ Biopsy   ☐ Prostate cancer   ☐ Prostate infection   ☐ Resection/TURP  
☐ Decreased libido   ☐ Discharge   ☐ Herpes   ☐ HPV (human papilloma virus)   ☐ Pain   ☐ Swelling  
☐ Ulcers   ☐ Warts   ☐ Other: \_\_\_\_\_

**What form of contraception do you use?**

- ☐ Condoms   ☐ Vasectomy   ☐ Partner uses contraception   ☐ Natural family planning   ☐ None

**WOMEN**

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Age at first period: \_\_\_\_\_ Date of last period: \_\_\_\_\_

Average number of days of bleeding per cycle: \_\_\_\_\_ Average cycle length: \_\_\_\_\_ days

Are your cycles ever more than 35 days apart? ☐ Yes ☐ No

Please indicate any symptoms you have with your period:

☐ Bloating/weight gain ☐ Breast tenderness ☐ Diarrhea ☐ Fainting ☐ Fatigue  
☐ Headaches/migraines ☐ Heavy bleeding ☐ Mood swings ☐ Nausea/vomiting ☐ Pain/cramping

Total number of pregnancies: \_\_\_\_\_

Number of full-term births: \_\_\_\_\_ Number of premature births: \_\_\_\_\_ Number of stillborns: \_\_\_\_\_

Number of miscarriages: \_\_\_\_\_ Number of abortions: \_\_\_\_\_ Number of living children: \_\_\_\_\_

Have you ever had infertility problems? ☐ Yes ☐ No ☐ I have not yet attempted to become pregnantHave you ever taken fertility drugs? ☐ Yes ☐ No

Age of mother at menopause: \_\_\_\_\_ Your age at menopause, if applicable: \_\_\_\_\_

Date of last mammogram:

☐ <1 year ago ☐ >1 year ago ☐ No mammograms have been obtainedMammogram results: ☐ Abnormal ☐ Normal ☐ Uncertain

Check any that have been necessary:

☐ Breast biopsy ☐ Repeat mammogram ☐ Surgery ☐ Ultrasound

Date of last Pap smear:

☐ Unknown ☐ <1 year ago ☐ >1 year ago ☐ I have never had a Pap smearResults of Pap Smear: ☐ Abnormal ☐ Normal ☐ Uncertain

If you have had an abnormal Pap smear, what was the follow up:

☐ Conization ☐ Cryotherapy ☐ Laser ☐ LEEP ☐ Repeat Pap smear☐ Other: \_\_\_\_\_

What form of contraception do you use?

☐ Contraceptive patches ☐ Depoprovera ☐ Hysterectomy ☐ Intrauterine device (IUD)☐ Natural family planning ☐ None ☐ Oral contraceptive pills ☐ Partner uses condoms☐ Partner had vasectomy ☐ Tubal ligation ☐ Other: \_\_\_\_\_

Please indicate any gynecologic problems you have had:

☐ Abnormal bleeding ☐ Decreased libido ☐ Ectopic pregnancy ☐ Endometriosis ☐ Herpes  
☐ Human papilloma virus (HPV) ☐ Ovarian cysts ☐ Ovarian surgery ☐ Pain with intercourse  
☐ Recurrent yeast infections ☐ Venereal warts ☐ Other: \_\_\_\_\_

## **SURGERY**

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**Please indicate any surgeries you have had:**

- ☐ Appendectomy    ☐ Back / Spine    ☐ CABG (coronary artery bypass graft)    ☐ Cataracts  
☐ Cosmetic surgery    ☐ D and C    ☐ Ear tubes    ☐ Fracture repair    ☐ Gallbladder    ☐ Hernia  
☐ Hysterectomy    ☐ Joint replacement    ☐ Laparoscopy    ☐ Lumpectomy    ☐ Mastectomy  
☐ Orthopedic: \_\_\_\_\_    ☐ Prostatectomy    ☐ Stomach    ☐ Tonsillectomy  
☐ Tubal ligation    ☐ Vasectomy    ☐ Other: \_\_\_\_\_

## **INJURIES AND ACCIDENTS**

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**Please indicate any injuries you have sustained:**

- ☐ Bicycle accident    ☐ Bone fracture    ☐ Car accident    ☐ Fall    ☐ Gunshot wound    ☐ Head injury  
☐ Laceration requiring sutures or surgery    ☐ Motorcycle accident  
☐ Other: \_\_\_\_\_

## **Guarantee of truthful and complete responses**

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I understood each of the items and questions in this questionnaire. I have answered every question to the best of my knowledge and did not falsely respond to any question. I understand that by providing misleading information on this questionnaire, I may be endangering myself and impairing the potential ability of my doctor to help me with my health concerns. I further guarantee that if any important issue regarding my health status was not covered in this questionnaire, I will bring this to the attention of my doctor at my first appointment.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

## **Financial policies**

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Payment is due at the time of service. We accept VISA, MasterCard, American Express, checks or cash.

I agree to pay all costs of a collection agency if necessary to obtain an unpaid balance due for services rendered. I understand and agree that my entire unpaid bill will be subject to an interest charge equivalent to an annual rate of 25%, which will begin accruing immediately after CARE issues the first 'request for payment' notice to me.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

## **Privacy Practices and your rights to patient confidentiality**

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I have received and signed CARE's notice of privacy practices for protected health information.

DATE: \_\_\_\_\_

SIGNED: \_\_\_\_\_