

## **Personal Information**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postcode: \_\_\_\_\_

Telephone (Day): \_\_\_\_\_ (Evening): \_\_\_\_\_ (Mobile): \_\_\_\_\_

Email Address: \_\_\_\_\_

Occupation: \_\_\_\_\_

Referral Source: \_\_\_\_\_

Primary health care provider/MD: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

## **Main Complaint**

Please identify your major health concerns

Have you been given a diagnosis for these problems?

What are your goals for our work together?

What other treatments have you tried and what were the outcomes?

Any other comments or relevant information:

**Personal Medical History** (Please include your childhood history)

Diagnosed illnesses	
Surgeries	
Significant Trauma: (i.e. motor vehicle accidents, fractures, etc.)	
Do have a history of current or past infectious disease? Please describe	
Medicines (please list all medications, herbs, vitamins and over the counter drugs)	
Allergies/Sensitivities (Please list any foods, drugs, medications or environmental factors which you are sensitive or allergic to)	

**General** (please check all that apply)

- |  |                                       |  |
|--|---------------------------------------|--|
| <input type="checkbox"/> Poor Appetite           | <input type="checkbox"/> Weakness     | <input type="checkbox"/> Sudden Energy Drops |
| <input type="checkbox"/> Hearing Loss            | <input type="checkbox"/> Fevers       | <input type="checkbox"/> Chills              |
| <input type="checkbox"/> Easy to Bleed or Bruise | <input type="checkbox"/> Sweat Easily | <input type="checkbox"/> Fatigue             |
| <input type="checkbox"/> Strong Thirst           | <input type="checkbox"/> Poor Sleep   | <input type="checkbox"/> Tremors             |
| <input type="checkbox"/> Puffiness or Swelling   | <input type="checkbox"/> Poor Balance | <input type="checkbox"/> Weight Loss         |
| <input type="checkbox"/> Night Sweats            | <input type="checkbox"/> Cravings     | <input type="checkbox"/> Weight Gain         |
| <input type="checkbox"/> Changes in Appetite     | <input type="checkbox"/> Other:       |  |

**Skin & Hair**

- |                                      |                                  |                                       |
|--------------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Rashes      | <input type="checkbox"/> Itching | <input type="checkbox"/> Dandruff     |
| <input type="checkbox"/> Skin Ulcers | <input type="checkbox"/> Eczema  | <input type="checkbox"/> Hair Loss    |
| <input type="checkbox"/> Hives       | <input type="checkbox"/> Pimples | <input type="checkbox"/> Recent Moles |

**Head, Eyes, Ears, Nose, and Throat**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Dizziness             | <input type="checkbox"/> Toothache           | <input type="checkbox"/> Blurry Vision          |
| <input type="checkbox"/> Cataracts             | <input type="checkbox"/> Ear Ringing         | <input type="checkbox"/> Sinus Problems         |
| <input type="checkbox"/> Taste/Smell Problems  | <input type="checkbox"/> Headaches           | <input type="checkbox"/> Concussions            |
| <input type="checkbox"/> Eye Strain/Pain       | <input type="checkbox"/> Night Blindness     | <input type="checkbox"/> Poor Hearing           |
| <input type="checkbox"/> Nose Bleeds           | <input type="checkbox"/> Facial Pain         | <input type="checkbox"/> TMJ Pain               |
| <input type="checkbox"/> Migraines             | <input type="checkbox"/> Ear Aches           | <input type="checkbox"/> Spots in Front of Eyes |
| <input type="checkbox"/> Recurrent Sore Throat | <input type="checkbox"/> Lip or Tongue Sores | <input type="checkbox"/> Floaters               |

## Cardiovascular

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Low Blood Pressure | <input type="checkbox"/> Irregular Heartbeat |
| <input type="checkbox"/> Cold Hands or Feet  | <input type="checkbox"/> Blood Clots        | <input type="checkbox"/> Palpitations        |
| <input type="checkbox"/> Swelling of Hands   | <input type="checkbox"/> Swelling of Feet   | <input type="checkbox"/> Chest Pain          |
| <input type="checkbox"/> Phlebitis           | <input type="checkbox"/> Fainting           | <input type="checkbox"/> Lightheadedness     |

## Respiratory

- |                                 |  |   |
|---------------------------------|--|---|
| <input type="checkbox"/> Cough  | <input type="checkbox"/> Bronchitis        | <input type="checkbox"/> Difficulty Breathing |
| <input type="checkbox"/> Phlegm | <input type="checkbox"/> Coughing Up Blood | <input type="checkbox"/> Pneumonia            |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Painful Breathing | <input type="checkbox"/> Easily Winded        |

## Gastro-Intestinal

- |   |                                       |  |
|---|---------------------------------------|--|
| <input type="checkbox"/> Nausea               | <input type="checkbox"/> Constipation | <input type="checkbox"/> Diarrhea              |
| <input type="checkbox"/> Bad Breath           | <input type="checkbox"/> Ulcers       | <input type="checkbox"/> Abdominal Pain        |
| <input type="checkbox"/> Chronic Laxative Use | <input type="checkbox"/> Vomiting     | <input type="checkbox"/> Intestinal Gas        |
| <input type="checkbox"/> Indigestion          | <input type="checkbox"/> Rectal Pain  | <input type="checkbox"/> Belching              |
| <input type="checkbox"/> Blood in Stools      | <input type="checkbox"/> Hemorrhoids  | <input type="checkbox"/> Bloating after eating |

## Urology

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Painful Urination      | <input type="checkbox"/> Urgency to Urinate           | <input type="checkbox"/> Unable to Hold Urine     |
| <input type="checkbox"/> Decrease in Urine Flow | <input type="checkbox"/> Frequent Urination           | <input type="checkbox"/> Blood in Urine           |
| <input type="checkbox"/> Cloudy Urine           | <input type="checkbox"/> Kidney Stones                | <input type="checkbox"/> Frequent Night Urination |
| <input type="checkbox"/> Pain in Groin Area     | <input type="checkbox"/> Sexually Transmitted Disease |   |

## Neuro-Psychological

- |                                       |   |   |
|---------------------------------------|---|---|
| <input type="checkbox"/> Seizures     | <input type="checkbox"/> Areas of Numbness    | <input type="checkbox"/> Concussion                     |
| <input type="checkbox"/> Twitches     | <input type="checkbox"/> Lack of Coordination | <input type="checkbox"/> Depression                     |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Loss of Balance      | <input type="checkbox"/> Stress                         |
| <input type="checkbox"/> Poor Memory  | <input type="checkbox"/> Anxiety              | <input type="checkbox"/> Mood Swings                    |
| <input type="checkbox"/> Tremors      | <input type="checkbox"/> Poor focus           | <input type="checkbox"/> Post Traumatic Stress Disorder |

## Gynecology

Are you pregnant? \_\_\_\_\_

- \_\_\_\_\_ Length of Cycle  
 \_\_\_\_\_ Duration of Menses  
 \_\_\_\_\_ Date of Last Menses  
 \_\_\_\_\_ # of Pregnancies  
 \_\_\_\_\_ # of Births

Due date: \_\_\_\_\_

- Irregular Periods  
 Painful Periods  
 Breast Lumps  
 Spotting  
 Vaginal Discharge

Are you trying to get pregnant? \_\_\_\_\_

- Clots  
 PMS  
 Menopausal  
 Yeast Infections  
 Fertility Problems

## Musculo-Skeletal

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Arthritis                 | <input type="checkbox"/> Muscle Weakness    | <input type="checkbox"/> Muscle Cramping   |
| <input type="checkbox"/> Muscle Spasms             | <input type="checkbox"/> Scoliosis          | <input type="checkbox"/> Weak Joints       |
| <input type="checkbox"/> Pain with Weather Changes | <input type="checkbox"/> Pain with Activity | <input type="checkbox"/> Pain After Waking |