

Name _____ DOB ___/___/___ Date ___/___/___

Please list ALL current medications, vitamins, herbs or non-food supplements

Medication	Dose	Frequency	Medication	Dose	Frequency

Any chronic or recurring conditions?

Any hospitalizations or major illnesses? Any surgeries (including wisdom teeth)?

Please list any specialists that you have seen in the past few years and why.

Allergies or reactions to medications, or other agents

Medication	Reaction or side effect	Medication	Reaction or side effect

Tobacco use

Never smoked Current smoker Former smoker, quit date: _____

Total history of use: Average packs/day: ___ for #of years: ___.

Other tobacco: pipe cigar snuff chew other

Alcohol use

Drinks in a typical week _____

Does your drinking worry you or others? yes no

Drug use

Have you ever used recreational drugs? No Yes: _____

Still using? No Yes: _____

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Average daily caffeine use

coffee: (6oz = 1 serving)_____ # tea_____ # cans of soda_____ # energy drinks_____

Exercise: Any regular exercise? Yes No. Type, hours per week: _____

Current occupation: _____ **Occupational hazards:** _____

Average hours worked weekly including commute: _____

Activities and hobbies: _____

Education completed: grade high trade college masters graduate

Marital status: single married divorced separated widowed/er co-habiting

Sexually active Yes No

Sex partners are male female

Contraception and protection: Birth control method: _____

Have you ever had any sexually transmitted diseases? Yes No

If yes, please explain: _____

History of blood transfusion? Yes No **Any tattoos?** Yes No

Women's gynecologic history:

pregnancies:___ # abortions: ___ # miscarriages:___ # c-sections ___ # vaginal deliveries: ___

1st day, most recent period_____ Age at onset of periods: _____

Frequency of periods: _____ Length of periods: _____

Ever had an abnormal pap? Yes No

Personal and Family history

Please note major medical conditions of your family members.

Please be as specific as possible.

Mom: _____

Dad: _____

Children: _____

Other relatives: _____

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Review of Systems (this is to check for past or recurring issues)

<i>Constitutional:</i>	Y	N	<i>Musculoskeletal:</i>	Y	N
Chronic poor sleep			Frequent joint or bone pain		
Chronic fatigue, excessive sleepiness			Unexplained muscle pain		
Chronic pain			Constant urge to move legs		
Unexplained weight loss or gain			Leg swelling		
<i>Neurologic:</i>	Y	N	<i>Skin:</i>	Y	N
Recurring dizziness			Recurring rash, itch		
Headaches more than 3 per month			Non-healing lesions, wounds		
Numbness or tingling			Unexplained lumps or bumps		
Ever had seizures			<i>Endocrine:</i>	Y	N
Significant memory loss			Recurring irregular periods or cramps		
<i>Eyes/ears/nose/mouth:</i>	Y	N	Excessive thirst, hunger		
Eye issues (other than glasses)			Often feel too hot or cold		
Recurring sinus infections			<i>Genitourinary:</i>	Y	N
Loss of hearing, ringing in ear			Difficulty starting stream		
Seasonal allergies			Frequent or small voids		
Difficulty swallowing			Urinate more than twice per night		
<i>Respiratory:</i>	Y	N	Leaking urine		
Recurring shortness of breath			<i>Hematologic/Immunologic:</i>	Y	N
Frequent cough or wheezing			History of non-pregnancy anemia		
Frequent or loud snoring			Ever had blood clot, clotting disorder		
Recurring lung infections			Ever had severe allergic reaction		
<i>Cardiovascular:</i>	Y	N	<i>Psychiatric:</i>	Y	N
Ever had bad chest pain			Ever had major depression		
High blood pressure			Anxiety, excessive worrying		
High cholesterol or lipids			Frequent mood swings		
<i>Gastrointestinal:</i>	Y	N	<i>Sexual:</i>	Y	N
Recurring abdominal pain			Sexually active		
Recurring nausea, upset stomach			Erectile or vaginal issues		
Indigestion/heartburn			Poor performance or low sex drive		
Irregular bowel movements (normal is 3-14/week without straining)			Breast or testicular lumps		
Difficulty swallowing; choking episodes			Other:		
			Other:		