

Health History

CONFIDENTIAL

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Name (Last,First,Middle)	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
- Excess Thirst
- Insomnia
- Nervousness
- Numbness
- Sweat
- Spontaneously
- Night Sweating
- Lack Of Sweating
- Weight Loss
- Weight Gain
- Aversion To Heat

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
- Aversion To Heat
- Nosebleeds
- Recurrent Sore Throat
- Red /Inflamed Eye
- Ringing In Ears
- Sinus Problems
- Sores On Lips
- Sores On Tongue
- Taste Change
- Teeth Problems
- Vision – See Halos

Respiratory

- Asthma
- Hay Fever
- Persistent Cough
- Coughing 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/Loos Stools
- Bloody Stools
- Black Stools
- Difficulty Swallowing
- Poor Appetite
- Heartburn/Reflux
- Hemorrhoids
- Indigestion
- Stomachache
- Nausea
- Vomiting
- Vomiting Blood

Diet /Lifestyle

- Vegetarian
- Health Diet
- Eat Much Fried Foods
- Eat Much Meat
- Smoke Cigarettes
- Drink Alcohol
- Drink Coffee
- Use Drugs
- Eat A Lot Of 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
- All Over Weakness
- Lack Of Strength
- Broken Bones

Skin

- Thick Skin
- Thin Skin
- Broken Blood Vessels
- Blood Not Clotting
- Bruise Easily
- Discoloration
- Dark Circles Around Eyes
- Bags Under Eyes
- Lumps In Groin
- Lumps Underarm
- Dry Skin
- Acne
- Brittle Nails
- Premature Gray Hair
- Dry, Brittle Hair
- Hair Falling Out

Neurologic

- Fainting
- Convulsions
- Handwriting Change
- Paralysis
- Stroke
- Seizures
- Tremor
- Recent Clumsiness
- Drowsiness
- Vertigo

Emotional

- Insomnia
- Irritability
- Often Feel Angry
- Troubling Dreams
- Cry Uncontrollably
- Feel Sad A Lot
- Forgetful
- Mind Not Clear
- Anxiety
- Much Fear
- Unrestrained Joy
- Terrors
- Difficulty Expressing Emotions

Men Only

- Genital Pain
- Impotence
- Genital Sores
- Lump In Testicles
- Penis Discharge
- Nocturnal Emissions
- Low Sexual Energy

Women Only

- Abnormal Pap Smear
- Bleed Between Periods
- Irregular Periods
- Heavy Periods
- < 25 Day Cycle
- > 35 Day Cycle
- Endometriosis
- Painful Periods
- Premenstrual Tension
- Breast Lumps
- Contraceptives
- Sores On Genitalia
- Low Sexual Energy
- Vaginal Discharges
- Menopausal
- Uterine Prolapse
- Facial Hair
- Loss Of Head Hair
- May Be Pregnant