



| Allergies to medications |                  |
|--------------------------|------------------|
| Name the Drug            | Reaction You Had |
|                          |                  |
|                          |                  |
|                          |                  |

### HEALTH HABITS AND PERSONAL SAFETY

| ALL QUESTIONS CONTAINED IN THIS QUESTIONNAIRE ARE OPTIONAL AND WILL BE KEPT STRICTLY CONFIDENTIAL. |  |  |   |
|--|--|--|---|
| <b>Exercise</b>  | <input type="checkbox"/> Sedentary (No exercise)                                 |  | <input type="checkbox"/> moderate exercise                                    |
|  | <input type="checkbox"/> Mild exercise (i.e., climb stairs, walk 3 blocks, golf) |  | <input type="checkbox"/> regular exercise                                     |
|  | Do you drink alcohol?  | <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you use tobacco? <input type="checkbox"/> Yes <input type="checkbox"/> No  |
| <b>Tobacco</b>   |  |  |   |
|  |  | <input type="checkbox"/> Chew - #/day                    | <input type="checkbox"/> Pipe - #/day <input type="checkbox"/> Cigars - #/day |
|  | <input type="checkbox"/> # of years  | <input type="checkbox"/> Or year quit                    |   |
| <b>Drugs</b>   | Do you currently use recreational or street drugs?                               |  | <input type="checkbox"/> Yes <input type="checkbox"/> No                      |
|  | Have you ever given yourself street drugs with a needle?                         |  | <input type="checkbox"/> Yes <input type="checkbox"/> No                      |

| FAMILY HEALTH HISTORY |  |                             |  |  |                             |
|-----------------------|--|-----------------------------|--|--|-----------------------------|
|                       | AGE  | SIGNIFICANT HEALTH PROBLEMS |  | AGE  | SIGNIFICANT HEALTH PROBLEMS |
| <b>Father</b>         |  |                             | <b>Children</b>  | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             |
| <b>Mother</b>         |  |                             |  | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             |
| <b>Sibling</b>        | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             |  | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             |
|                       | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             | <input type="checkbox"/> M<br><input type="checkbox"/> F |  |                             |
|                       | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             | <b>Grandmother</b><br><i>Maternal</i>                    |  |                             |
|                       | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             | <b>Grandfather</b><br><i>Maternal</i>                    |  |                             |
|                       | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             | <b>Grandmother</b><br><i>Paternal</i>                    |  |                             |
|                       | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             | <b>Grandfather</b><br><i>Paternal</i>                    |  |                             |
|                       | <input type="checkbox"/> M<br><input type="checkbox"/> F |                             |  |  |                             |

|                           |   |      |
|---------------------------|---|------|
| Name (Last, First, M.I.): | <input type="checkbox"/> M <input type="checkbox"/> F | DOB: |
|---------------------------|---|------|

**WOMEN ONLY**

|  |                              |                             |
|--|------------------------------|-----------------------------|
| Age at onset of menstruation:                              |                              |                             |
| Date of last menstruation:                                 |                              |                             |
| Period every ____ days                                     |                              |                             |
| Heavy periods, irregularity, spotting, pain, or discharge? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Number of pregnancies ____ Number of live births ____      |                              |                             |
| Are you pregnant or breastfeeding?                         | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Any hot flashes or sweating at night?                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Date of last pap and rectal exam?                          |                              |                             |

**MEN ONLY**

|  |                              |                             |
|--|------------------------------|-----------------------------|
| Date of last prostate and rectal exam? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|--|------------------------------|-----------------------------|

**OTHER PROBLEMS**

Check if you have, or have had, any symptoms in the following areas to a significant degree and briefly explain.

|   |  |  |
|---|--|--|
| <input type="checkbox"/> Neurology: Headaches, Dizziness, Confusion | <input type="checkbox"/> Gastroenterology: Acid Reflex, Bloating, Abd. Pain, Abd. Swelling | <b>Recent changes in:</b><br>(Please Explain)          |
| <input type="checkbox"/> Muscle: Cramps, Stiffness, Swelling        | <input type="checkbox"/> Respiratory: Dry mouth, sputum, Persistent cough                  | <input type="checkbox"/> <i>Appetite:</i>              |
| <input type="checkbox"/> Skin rash, mole, Lumps                     | <input type="checkbox"/> Chest/Heart: pain, palpitation                                    | <input type="checkbox"/> <i>Weight:</i>                |
| <input type="checkbox"/> Head/Neck pain, swelling,                  | <input type="checkbox"/> Back/joint pain, stiffness, Swelling                              | <input type="checkbox"/> <i>Energy level:</i>          |
| <input type="checkbox"/> Ears pain, discharge, ringing              | <input type="checkbox"/> Intestinal constipation, diarrhea, Change in stool                | <input type="checkbox"/> <i>Ability to sleep:</i>      |
| <input type="checkbox"/> Nose: congestion, Bleeding, Loss of Smell  | <input type="checkbox"/> Urinary Frequent, Uncontrolled, Burning Sensation                 | <input type="checkbox"/> <i>Physiological:</i>         |
| <input type="checkbox"/> Throat: pain, swelling, Discharge          | <input type="checkbox"/> Brain: Weakness, Numbness, Memory Loss                            | <input type="checkbox"/> <i>Other pain/discomfort:</i> |
| <input type="checkbox"/> Lungs: difficulty breathing, wheezing      | <input type="checkbox"/> Circulation Leg pain, Numb limbs, Varicose veins                  |  |