

CURRENT MEDICATION INCLUDING THOSE OVER THE COUNTER:

CIVIL STATUS

Single/married/separated/divorced/widow? _____ Since when? _____

HABITS

Exercise regularly? YES NO Hours of sleep? _____
Smoking cigarettes: how many; per day: _____ per week _____ year quit _____
Alcohol: Now: little – moderate – a lot Before: little – moderate – a lot
Intake of coffee or tea: _____ cups/day Work, how many hours a day? _____

FAMILY HISTORY

If any blood relative has suffered any of the following, please circle the number and indicate which relative

- | | | | |
|---------------------|------------------------|--------------------------|----------------------|
| 1. Heart disease | 6. High Cholesterol | 11. Tuberculosis | 16. Migraine |
| 2. Cancer (which) | 7. High blood pressure | 12. Bleeds easily | 17. Osteoporosis |
| 3. Stroke | 8. Gout | 13. Nervous breakdown | 18. Anemia |
| 4. COPD (Emphysema) | 9. Thyroid disorder | 14. Epilepsy/Convulsions | 19. Asthma/hay fever |
| 5. Diabetes | 10. Alcoholism | 15. Glaucoma | 20. Hepatitis |
| | | | 21. Arthritis |

SYMPTOMS

Your weight: Now? _____ 6 months ago _____ your maximum _____ when? _____

GENERAL

- Unusual fatigue or weakness
- Abnormal thirst
- Unusual loss of appetite-recent
- Unable to sleep
- Easily fatigued
- Fever/Night sweats
- Skin changes/bruise easily

ORL

- Vision problems
- Hearing problems/Earache
- Problem with nose,mouth& throat
- Pain or lump in the neck

HEART AND LUNGS

- Cough or sputum
- Shortness of breath
- Chest pain or pressure
- Palpitation/Heart murmur/
irregular pulse
- Swollen ankles
- Pain or lump in the breast(s)
- Date of last cholesterol test: _____
- Date of last breathing test: _____

EXTREMITIES

- Arthritis/Rheumatism
- Varicose veins/phlebitis
- Leg pain when walking
- Leg cramps
- Back pain

NEUROLOGY

- Frequent Headaches
- Temporary loss of strength, speech or vision
- Emotional problems related to family, spouse, neighbor or co-worker?
- Fainting spells or loss of consciousness
- Paralysis/Numbness

INTESTINAL

- Loss of appetite
- Trouble swallowing
- Abdominal pain
- Intolerance to fat(s)
- Change in bowel habits
- Constipation
- Diarrhea
- Belching or bloating/heartburn
- Black stool (like tar)
- Nausea and vomiting (with blood)
- Red blood in stools
- Hemorrhoids
- Hernia

MENSTRUATIONS

- Pain during periods
- Bleeding between your periods/after menopause
- When was your first period? Age _____
- When did your last period start? Date _____
- How many days does it last?
- How many tampons/pads used at every cycle?
- How many days between each period? _____
- How many pregnancies? ___Normal(s)___Abnormal(s)___Miscarriage(s)___
 Abortion(s)

KIDNEY, BLADDER AND GENETIALS

- Do you urinate at night? ___times?___
- Do you urinate often during the day? ___time?___
- Difficulties in starting the urine stream?
- Blood in your urine?
- Any discharge from penis?
- Do you have lumps or testicular mass present?
- Any sexual problems?/Libido/Impotence/
Enjoyment

Homosexuality

Birth Control Pill name _____

- Pain or lump in the breast(s)

- Seizures/Dizziness
- Tremor/Hands shaking