

Drugs you now take: Nerve Pills Pain Killers Muscle Relaxers Blood Pressure Medicine Insulin Allergy Medicine
Anti-Depressants Other: _____

List Vitamins _____

List all conditions for which you have been treated in the last 10 years: _____

Any known allergies to food, drugs, environmental, etc.? _____

GENERAL HEALTH HISTORY – Mark the conditions that apply to you.

Are you Pregnant? Yes No If yes, what is your due date? _____

- | | | | | | | | | |
|--------------------------------------|---|----------------------------|--------------------------------------|---|----------------------------------|--------------------------------------|---|------------------------|
| <input type="checkbox"/> Past | <input type="checkbox"/> Present | Headaches | <input type="checkbox"/> Past | <input type="checkbox"/> Present | Respiratory Problems | <input type="checkbox"/> Past | <input type="checkbox"/> Present | Sleeping Issues |
| <input type="checkbox"/> | <input type="checkbox"/> | Urinary Problems | <input type="checkbox"/> | <input type="checkbox"/> | Cancer of _____ | <input type="checkbox"/> | <input type="checkbox"/> | Digestive Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Migraines | <input type="checkbox"/> | <input type="checkbox"/> | Fatigue | <input type="checkbox"/> | <input type="checkbox"/> | Vision Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Easy Bruising | <input type="checkbox"/> | <input type="checkbox"/> | Depression | <input type="checkbox"/> | <input type="checkbox"/> | Prostate Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Shortness of Breathe | <input type="checkbox"/> | <input type="checkbox"/> | Sinus Infections | <input type="checkbox"/> | <input type="checkbox"/> | Thyroid Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Weight Loss or Weight Gain | <input type="checkbox"/> | <input type="checkbox"/> | Poor Circulation | <input type="checkbox"/> | <input type="checkbox"/> | Tension / Irritability |
| <input type="checkbox"/> | <input type="checkbox"/> | Allergies / Asthma | <input type="checkbox"/> | <input type="checkbox"/> | Fainting | <input type="checkbox"/> | <input type="checkbox"/> | Liver Disease |
| <input type="checkbox"/> | <input type="checkbox"/> | Hormonal Issues | <input type="checkbox"/> | <input type="checkbox"/> | ___High or ___Low Blood Pressure | <input type="checkbox"/> | <input type="checkbox"/> | Chest Pains |
| <input type="checkbox"/> | <input type="checkbox"/> | Dizziness | <input type="checkbox"/> | <input type="checkbox"/> | Gall Bladder Trouble | <input type="checkbox"/> | <input type="checkbox"/> | Kidney Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Fibromyalgia | <input type="checkbox"/> | <input type="checkbox"/> | Stroke History | <input type="checkbox"/> | <input type="checkbox"/> | Heart Pacemaker |
| <input type="checkbox"/> | <input type="checkbox"/> | Diabetes | <input type="checkbox"/> | <input type="checkbox"/> | Ringing In Ears | <input type="checkbox"/> | <input type="checkbox"/> | Light Bothers Eyes |
| <input type="checkbox"/> | <input type="checkbox"/> | Blood Thinner use | <input type="checkbox"/> | <input type="checkbox"/> | High Cholesterol | <input type="checkbox"/> | <input type="checkbox"/> | Heart Problems |
| <input type="checkbox"/> | <input type="checkbox"/> | Hands or Feet cold | <input type="checkbox"/> | <input type="checkbox"/> | Ear Problems | <input type="checkbox"/> | <input type="checkbox"/> | Other _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | HIV Positive | <input type="checkbox"/> | <input type="checkbox"/> | Jaw Clicking / Grinding | | | _____ |

<u>Injuries/Surgeries:</u>	<u>Description (area involved / injured)</u>	<u>Treatment Received</u>	<u>Year (approximate)</u>
Falls /Sports _____	_____	_____	_____
Head Injuries _____	_____	_____	_____
Other Injuries _____	_____	_____	_____
Hospitalization / Surgeries _____	_____	_____	_____
Dislocations / Broken Bones _____	_____	_____	_____
List All Past Auto Collisions _____	_____	_____	_____
List All Past Work Injuries _____	_____	_____	_____

FAMILY HISTORY

Father's Side: Heart Disease Cancer Diabetes Heavy Medication use Arthritis Other _____
 Mother's Side: Heart Disease Cancer Diabetes Heavy Medication use Arthritis Other _____

Is there any other family history you want us to know? _____

SOCIAL HISTORY

EXERCISE	SLEEP	WORK ACTIVITY	DIET	HABITS
<input type="checkbox"/> None	<input type="checkbox"/> 8+ Hours	<input type="checkbox"/> Sitting	<input type="checkbox"/> High Protein	<input type="checkbox"/> Smoking Packs/Day _____
<input type="checkbox"/> 1-3x/Week	<input type="checkbox"/> 6-8 Hours	<input type="checkbox"/> Standing	<input type="checkbox"/> High Salt Intake	<input type="checkbox"/> Tobacco Amount _____
<input type="checkbox"/> 3-5x/Week	<input type="checkbox"/> Less than 6 Hrs.	<input type="checkbox"/> Light Labor	<input type="checkbox"/> Low Carbohydrate	<input type="checkbox"/> Alcohol Drinks/Week _____
<input type="checkbox"/> 5-7x/Week		<input type="checkbox"/> Heavy Labor	<input type="checkbox"/> Low Sugar	<input type="checkbox"/> Coffee/Caffeine Cups/Day _____
List physical activities you participate in _____			<input type="checkbox"/> Low Salt	<input type="checkbox"/> High Stress Level Reason _____
_____			<input type="checkbox"/> Dieting	<input type="checkbox"/> Soft Drinks/Cola Cans/Day _____
			<input type="checkbox"/> Vegetarian	<input type="checkbox"/> Water Glasses/Day _____
				<input type="checkbox"/> Vitamin Detox Times Yearly _____