

Rachel West, D.O. – Health History Adult Questionnaire

Please answer all section that pertain to your health. All of your answers will be kept confidential.

Name of Patient: _____ DOB: _____

What is your occupation? _____

Main Reason(s) for Visit: _____

When did the Problem(s) begin? _____

To what extent does your problem interfere with your daily activities (work, sleep, school, personal life, etc.)? Is this a sudden offset or is it gradual? _____

What type of treatments have you tried for your problem?

Acupuncture Cranial Sacral Vitamins Other _____

Which of these therapies have been most helpful? _____

List other areas of your health that you would like help with and when they began:

Medical History:

Arthritis Asthma Cancer Diabetes Hepatitis High/Low Blood Pressure

Heart Disease Leukemia Multiple Sclerosis Rheumatic Fever Stroke

Seizures Thyroid Disease Lung Disease Kidney Disease Venereal Diseases

Other: _____

Family Medical History: _____

Past Surgical Procedures and Dates: _____

Significant Past Traumas:

Car Accident Whiplash Falls Head injuries Birth Trauma Loss of Consciousness

Broken Bones Hospitalization Other: _____

Do you have any drug allergies? List medications and reaction to these medications:

List all medications you are currently taking, including supplements and birth control:

DENTAL HISTORY: Have you ever had orthodontic work done, had braces causing complications, mercury fillings gingivitis or repetitive oral problems?

Please answer the questions that mostly apply to you

1. Mild 2. Moderate 3. Severe

AUTONOMIC & ACID BASE

SYMPATHETIC:

- Dry Mouth, eyes, nose
- Easily startled, unable to relax
- Heartburn
- Staring blinks little
- Cold sweats
- Feverish
- Cannot fall asleep at night
- Sweaty, palms, soles, forehead, underarms
- Strong light irritation
- Nervous stomach

PARASYMPATHETIC:

- Slow starter
- Eyes blinking often
- Gag reflex
- Difficult swallowing
- Eyes or nose watery
- Perspires easily
- Constipation & diarrhea alternation
- Slow pulse (irregular)
- Joints stiff after arising
- Always seems hungry

SUGAR HANDLING

- Eats when nervous
- Gets "shaky" if hungry
- Abnormal cravings for snacks
- Awaken after hours of sleep
- Eating relieves fatigue
- Overeating sweets upset stomach
- Moods of Depression
- Excessive appetite
- Craves candy/coffee in afternoon
- Afternoon headaches
- Hungry/irritable between meals
- Lightheaded if meals missed

CARDIOVASCULAR:

- Chest Pains
- Low-High blood pressure
- Blue black spots in body
- Feet swelling at night

- Irregular heart beat
- Low Iron
- Often drowsy
- Numbness in arms or legs
- Sighs frequently
- Varicose veins
- Stroke or mini-Stroke
- Low B-12
- Cold fevers
- Bruises easily
- Muscle cramps, Charley Horse
- Afternoon yawner
- Nose bleeds
- History of Anemia
- Dizzy when standing up

GASTROINTESTINAL & DIGESTION

LIVER & BILARY:

- Gallstones
- Itching skin
- Hair falling out
- Stools light colored
- Burning / itching
- Burning feet
- Lactose intolerant
- Queasy feelings
- Fatty food intolerance
- Dry skin
- Bad breath
- Insecure

DIGESTION:

- Black or bloody stools
- Foul smelling stools
- Large amounts of gas
- Indigestion after eating
- Bloating after eating
- Cramps in lower abdomen
- Burping or belching after meal
- Hepatitis or Ulcers
- Irritable bowels
- Coated tongue
- Heartburn or Indigestion
- Nausea or Vomiting

SKIN, NAILS & HAIR:

- Itching
- Dandruff
- Acne or pimple
- Sunburned easily
- Hair falls out
- Flushing or blotches
- Hives
- Premature grey hair
- Rough skin on arms or legs
- Psoriasis
- Hang nails
- Poor wound healing
- Rashes
- Eczema
- Corners of mouth cracked
- Brittle fingernails
- Recent moles
- Greasy skin

ENDOCRINE GLANDS

HYPERTHYROID:

- Cannot gain weight
- Irritable & restless
- Intolerance to heat
- Thin moist skin
- Pulse fast at rest
- Highly emotional

HYPOTHYROID:

- Increase of weight
- Constipation
- Fatigued easily
- Intolerance to cold
- Mental sluggish
- Appetite decreased
- Slow pulse
- Dry scaly Skin
- Coarse hair falls out

HYPER-PITUITARY:

- Low Blood pressure
- Increased sex life
- Failing memory

HYPO-PITUITARY:

- Always thirsty
- Bloating of abdomen
- Decreased sex life
- Weight gain around waist or hips

HYPER-ADRENAL:

- Facial or body hair (women)
- Hot flashes
- Headaches

HYPO-ADRENAL:

- Weakness or dizziness
- Arthritis tendencies
- Low blood pressure
- Respiratory disorders
- Craves salt
- Weakness after flu or cold

FEMALE & MALE SPECIFICS:

FEMALE:

- Menstrual cramps
- Missed menstruation
- Painful breasts
- Frequent yeast infections
- Irregular periods
- Premenstrual depression
- Hot flashes
- Excessive or prolonged periods
- Anxiety before period
- Ovaries removed
- Cysts

MALE:

- Prostate trouble
- Diminished sex drive
- Feeling impotent
- Frequent urination at night
- Tired easily
- Migrating aches & pains
- Lack of energy
- Depression

MUSCULOSKELETAL & CALCIUM METABOLISM:

- Neck pain
- Foot or ankle pain
- Shoulder pain
- Joints injure easily
- Muscle spasm
- Kidney Stones
- Chiropractic type adjustments
- Back pain
- Hip pain
- Degenerative joint disease
- Muscle pain
- Numbness
- Carpal tunnel syndrome
- Osteoporosis
- Knee pain
- Hand or wrist pain
- Joint stiffness
- Muscle weakness
- Tremors or shakiness
- Balance difficulties
- Recent dental cavities

HEADACHES:

- Migraines
- Stiff neck
- Teeth grinding
- Dull pressure type
- Backache
- Orthopedic work recently
- Pain wakes you from sleep
- Jaws pops, locks, grinds
- One side headaches

When did the headaches first begin? How long do they usually last? What helps to relieve them? What triggers them? _____

NEUROPSYCHOLOGICAL:

- History of seizures
- Poor memory
- Learning disorders
- Withdrawn socially
- Attention deficit disorder (ADD)
- Poor concentration
- Very restless
- Restless mind
- Depressed unmotivated
- Poor performance
- Difficult sleeping
- Suicidal thoughts

MISCELLANEOUS:

- Catches colds easily
- Cold or canker sores
- Frequent bronchitis
- Bleeding gums
- Shingles
- Swollen lymph nodes
- Herpes virus
- Loss of smell
- Toenail fungus
- Yeast or bladder infection
- Plastic surgery
- Loss of taste