

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 Craniosacral 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 are most applicable 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 heartbeat
- 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

- Migraines
- Stiff neck
- Teeth grinding

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

HEADACHES:

- Dull pressure type
- Backache
- Orthopedic work recently

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

- 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