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Name

DOB

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9. Family history:

A. Parents, siblings or children with heart attack  
Or stroke before age of 65?

B. Diabetes (who?)

C. Mothers major medical problems:

D. Father's major medical problems:

E. Does cancer run in your family? Who? Type?

F. Other diseases which run in your family?

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10. List most recent test below

| Test                        | When | Normal? |
|-----------------------------|------|---------|
| Saw Gynecologist            |      | Y N     |
| Stress test/ Heart Catheter |      | Y N     |
| Diabetes Test               |      | Y N     |
| Rectal exam                 |      | Y N     |
| Prostate Blood Test         |      | Y N     |
| Cholesterol                 |      | Y N     |
| Colonoscopy                 |      | Y N     |
| Tuberculosis testing        |      | Y N     |
| Bone Density                |      | Y N     |

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11. Vaccine and Year Given

|           |                  |
|-----------|------------------|
| Influenza | Shingles         |
| Pneumonia | Herpes (HPV)     |
| Tetanus   | Hepatitis A or B |

12. Personal History:

A. Do you live alone?

B. Do you use recreational drugs?

C. If there are guns in the house, are they securely  
locked?

D. Who provides emotional support (family, friends,  
etc)?

E. Do you ever ride in the car without a  
Seatbelt?

F. Do you ever drive drunk?

G. Do you exercise? How often?

H. Do you drink? How many per week?

I. If you drink, have you ever:

Felt the need to cut down?

Felt annoyed by criticism of drinking?

Had guilty feelings about drinking?

Taken a morning "eye opener"

J. Have you ever used tobacco?

Current or former?

When quit?

Number of pack per days?

K. Occupation?

L. Marital Status?

M. Number of children?

N. Do you wear a helmet when biking?

O. Do you wear sunblock when outside?

P. Number of servings of fruits or vegetables per  
day:

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13. Circle if you CURRENTLY suffer:

|               |                               |               |                        |               |                              |
|---------------|-------------------------------|---------------|------------------------|---------------|------------------------------|
| <u>Const.</u> | Change in appetite            | <u>Cardio</u> | Chest pain             |               | Sexual dysfunction           |
|               | Chills                        |               | calf pain with walking | <u>Endo</u>   | Cold intolerance             |
|               | Fatigue                       |               | Cool extremities       |               | Excessive sweating           |
|               | Generalized weakness          |               | Blue hands or feet     |               | Heat intolerance             |
|               | Night sweats                  |               | Swollen ankles         |               | Excessive thirst             |
|               | Paleness                      |               | Irregular heartbeat    | <u>Neuro</u>  | Difficulty speaking          |
|               | Weight gain                   |               | Cold painful hands     |               | Headache                     |
|               | Weight loss                   |               | Varicose veins         |               | Memory impairment            |
| <u>ENMT</u>   | Difficulty swallowing         | <u>GI</u>     | Abdominal mass         |               | Tingling/numbness            |
|               | Ear drainage                  |               | Abdominal pain         |               | Seizures                     |
|               | Facial pain                   |               | Bloating               |               | Loss of consciousness        |
|               | Hoarseness                    |               | Blood in stool         |               | Tremors                      |
|               | Nasal drainage                |               | Change in appetite     | <u>Integ.</u> | Change in shape/size of mole |
|               | Pain with swallowing          |               | Change in bowel habits |               | Hair loss                    |
|               | Runny nose                    |               | Constipation           |               | Excessive hair growth        |
|               | Snoring                       |               | Decreased appetite     |               | Itching                      |
|               | Dizziness                     |               | Fecal incontinence     |               | Rash                         |
|               | Voice change                  |               | Flatulence             |               | Ulcers                       |
| <u>Eyes</u>   | Double vision                 |               | Heartburn              |               | Hives                        |
|               | Vision loss                   |               | Vomiting blood         | <u>MS</u>     | Back pain                    |
| <u>RESP.</u>  | Rapid breathing               |               | Yellow skin            |               | Bone/joint symptoms          |
|               | Cough                         |               | Blood stool            | <u>Lymph.</u> | Easy bleeding                |
|               | Shortness of breath           |               | Nausea                 |               | Easy bruising                |
|               | Coughing up blood             |               | Rectal bleeding        |               | Swollen lymph nodes          |
|               | Nighttime shortness of breath |               | Reflux                 |               | Blood clots                  |
|               | Need to sit up to breathe     |               | Vomiting               | <u>Immun.</u> | Allergies                    |
|               | Stabbing pain with breathing  | <u>GU.</u>    | Decreased sex drive    |               | Noisy breathing              |
|               | Mucus production              |               | Genital herpes         |               | Excessive urination          |

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Name

Signature

Date