



NATUROPATHIC SPECIALISTS. LLC

INITIAL HISTORY/PRECONSULT FORM (5 pages)

Patient Name (on each page): _____ **DOB:** _____

List, in order of importance, your goals for working with your physician at Naturopathic Specialists:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Which of your physicians would you consider in charge of you care?: _____

Family History

	Father	Mother	Siblings	Grandparents	Spouse	Children
Age if living:	_____	_____	_____	_____	_____	_____
Age when died:	_____	_____	_____	_____	_____	_____
Reason for death:	_____	_____	_____	_____	_____	_____
CANCER TYPE (if had):						
High Blood Pressure:	Y N	Y N	Y N	Y N	Y N	Y N
Heart Attack/Stroke:	Y N	Y N	Y N	Y N	Y N	Y N
Heart Disease:	Y N	Y N	Y N	Y N	Y N	Y N
Asthma/Allergies:	Y N	Y N	Y N	Y N	Y N	Y N
Mental Illness:	Y N	Y N	Y N	Y N	Y N	Y N
TB:	Y N	Y N	Y N	Y N	Y N	Y N
Auto-Immune Disease:	Y N	Y N	Y N	Y N	Y N	Y N
Diabetes Mellitus:	Y N	Y N	Y N	Y N	Y N	Y N
Osteoporosis:	Y N	Y N	Y N	Y N	Y N	Y N

List All Surgeries & Hospitalizations, including date occurred:

- 1) _____ 4) _____
- 2) _____ 5) _____
- 3) _____ 6) _____

Please Note When & Why You Have Had Each of the Following:

X-Rays: _____ MRI/Cat Scans: _____
 Ultrasounds: _____ Accidents: _____
 TB Test: _____ HCV: _____
 HIV: _____ Last Dental Visit: _____
 Last Eye Exam: _____

Did you have the following Disease (D), Get Immunized (I), or Neither (N):

Measles: D I N **Chicken Pox:** D I N **Mumps:** D I N **Rubella:** D I N
Tetanus: D I N **Whooping Cough:** D I N **Hemophilus (Hib):** D I N **Hepatitis B:** D I N
German Measles: D I N **Any vaccination reactions:** _____

Patient Name: _____

DOB: _____

List Yes (Y), No (N) or Past (P) regarding use of the following:

Antacids: Y N P Steroids: Y N P Smoking: Y N P Packs per day & number of years: _____

Analgesics: Y N P Laxatives: Y N P Coffee: Y N P Cups per day if Yes/Past: _____

Soda Pop: Y N P Ounces per day if Yes/Past: _____

Alcohol: Y N P How often & how much if Yes/Past: _____

Any Alcohol Addiction: Y N P Any Alcohol Treatment: Y N P

Recreational Drugs: Y N P Any Drug Addictions: Y N P

Any Drug Treatment: Y N P

List all Prescription Medicines that you are taking and include dosage if known

Review of Systems:

Present Weight: _____ Weight one month ago: _____ Weight one year ago: _____ Height: _____

Maximum weight and when: _____ Minimum weight as adult & when: _____

Ideal Weight: _____

REGARDING THE NEXT LONG SECTION: Please circle (Y) if you have the problem **NOW**, (N) if you've **NEVER** had the problem, (P) if you had the problem in the **PAST**.

Do you have Good Energy? Y N P

Are you fatigued now? Y N P

If you have fatigue, when in morning, afternoon, evening is it the worst? _____

If you have fatigue, can you do what you need to during the day? Y N

<u>SKIN</u>				
Rash:	Y N P		Color Change:	Y N P
Hives:	Y N P		Lump:	Y N P
Psoriasis/eczema:	Y N P		Itchy:	Y N P
Dry:	Y N P		Warts/moles:	Y N P
Cancer of the skin:	Y N P		Perspiration:	Y N P
<u>HEAD</u>				
Headache:	Y N P		Migraine:	Y N P
Dandruff:	Y N P		Head Injury:	Y N P
Oil/dry hair:	Y N P		Hair loss:	Y N P
<u>NOSE</u>				
Frequent Colds:	Y N P		Nosebleeds:	Y N P
Congestion:	Y N P		Post Nasal Drip:	Y N P
Polyps:	Y N P		Seasonal Allergies:	Y N P

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<u>EYES</u>				
Dry/Watery:	Y N P		Blurry Vision:	Y N P
Double Vision	Y N P		Cataracts:	Y N P
Glaucoma:	Y N P		Styes:	Y N P
Strain:	Y N P		Discharge:	Y N P
Itchy:	Y N P		Dark under Eyelid:	Y N P
<u>MOUTH/THROAT</u>				
Canker sores:	Y N P		Cold sores:	Y N P
Sore Throat:	Y N P		Gum disease:	Y N P
Dentures:	Y N P		Cavities:	Y N P
Loss of taste:	Y N P		Hoarseness:	Y N P
<u>NECK</u>				
Stiffness:	Y N P		Swollen Glands:	Y N P
Full movement:	Y N P		Tension:	Y N P
<u>RESPIRATORY</u>				
Cough:	Y N P		TB:	Y N P
Shortness of breath w/ exertion:	Y N P		Bronchitis:	Y N P
Shortness of breath sitting:	Y N P		Pneumonia:	Y N P
Shortness of breath lying down:	Y N P		Asthma:	Y N P
Wheezing:	Y N P		Painful breathing:	Y N P
<u>CARDIOVASCULAR</u>				
High Blood Pressure:	Y N P		Rheumatic Fever:	Y N P
Low Blood Pressure	Y N P		Murmurs:	Y N P
Arrhythmias:	Y N P		Palpitations:	Y N P
Edema:	Y N P		Chest Pain:	Y N P
<u>URINARY TRACT</u>				
Incontinence:	Y N P		Pain w/ Urination	Y N P
Frequent Infections:	Y N P		Kidney Stones	Y N P
Urgency:	Y N P		Discharge/Blood:	Y N P
<u>GASTROINTESTINAL</u>				
Heartburn:	Y N P		Bowel Movement Freq:	
Indigestion:	Y N P		Recent BM Change:	Y N P
Bloating:	Y N P		Diarrhea/Constipation:	Y N P
Nausea:	Y N P		Hemorrhoids:	Y N P
Vomiting:	Y N P		Gall Bladder Disease	Y N P
Change in Appetite:	Y N P		Liver Disease:	Y N P
Pancreatitis:	Y N P		Ulcer	Y N P

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<u>MALE GENITALIA</u>				
Testicular pain/swelling:	Y N P		Sexually Active:	Y N P
Hernia:	Y N P		S.T.D.:	Y N P
Discharge:	Y N P		Prostate Disease/Symptoms:	Y N P
Impotency:	Y N P		Sexual Orientation:	Hetero Homo Bi
<u>FEMALE GENITALIA</u>				
Age Period Began:			How Often Period Occurs:	
How long period lasts:			Heavy menstrual bleeding:	Y N P
Menstrual cramping:	Y N P		Menstrual Pain:	Y N P
PMS:	Y N P		Food cravings:	Y N P
Times Pregnant:			How many births:	
Miscarriages:			Abortions:	
Last Pap Smear:			Diagnosis:	
Any abnormal paps:	Y N P		When was abnormal:	
Menopausal since what age:			Use of hormones:	Y N P
Type of hormones used:			Healthy libido:	Y N P
Dry vagina:	Y N P		Sexually Active:	Y N P
Pain w/ Intercourse:	Y N P		Vaginitis:	Y N P
S.T.D.:	Y N P		Mammography:	Y N P
Sexual orientation (circle)	Hetero Homo Bi		If Yes, what were results:	

Please list any birth control used and ages used: _____

<u>MUSCULOSKELETAL</u>				
Weakness:	Y N P		Arthritis:	Y N P
Stiffness:	Y N P		Leg Cramps:	Y N P
Tremors:	Y N P		Pain:	Y N P
<u>NERVOUS</u>				
Paralysis:	Y N P		Sciatica:	Y N P
Tingling/numbness:	Y N P		Carpal tunnel syndrome:	Y N P
Seizures:	Y N P		Fainting:	Y N P
<u>Mental/Emotional</u>				
Depression:	Y N P		Anger/irritability:	Y N P
Suicidal:	Y N P		High-strung/tense:	Y N P
Anxiety:	Y N P		Fear/Panic:	Y N P
Eating disorder:	Y N P		Psych Hospitalization:	Y N P

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Exercise

How often do you exercise? _____ What type of exercise? _____

For how long? _____ Hobbies: _____

Sleep

How long per night? _____ If you wake up frequently, what is the reason? _____

Nightmares: Y N P

Wake Refreshed: Y N P

Must nap during the day: Y N P

Sleep walk: Y N P

Grind teeth: Y N P

Snore: Y N P

Toxin Exposure

Did you grow up near any refinery, polluted area or in a home with leaded paint? If so, what sort of pollution were you exposed to? _____

Have you had any jobs where you were exposed to solvents, heavy metals, fumes or other toxic materials? _____

Have you ever had health problems when you put in new carpeting, painted your home, had new cabinets or did other refurbishing? _____

Are you particularly sensitive to perfumes, gasoline or other vapors? _____

Do you use pesticides, herbicides or other chemicals around your home? _____

Social Life

Enjoy job: Y N P Hours worked per week: _____ Highest Level of Education: _____

Active spiritual practice: Y N P Quality of significant relationship: _____

History of sexual, mental/emotional, physical abuse: Y N P If so, at what age and by whom: _____

What is your greatest health concern: _____

How does it limit you the most: _____

How committed are you towards making valuable changes: Little Moderately Very

Typical Day's Diet

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____