



HEALTH REVIEW

Please check all present symptoms

Skin, Hair, Nails

- Eczema
- Itchy skin
- Rough, scaly skin
- Dry skin
- Oily skin
- Yellow skin
- Bruise easily
- Baldness
- Paper thin nails
- Nail biting

Eyes

- Blurred vision
- Double vision
- Eye fatigue
- Excessive tearing
- Lack of tearing
- Light bothers eyes
- Excessive itching
- Pain in the eyeball

Ears

- Loss of hearing
- Not sufficient
- Pain in ears
- Discharge from ears
- Vertigo
- Ringing in ears

Nose & Sinuses

- Nose bleeds
- Pressure over eyes
- Nose obstruction
- Frequent colds
- Sinusitis
- Loss of smell
- Allergies

Mouth & Throat

- Pain in throat
- Bleeding gums
- Abscessed teeth
- Dentures
- Difficulty swallowing

Respiratory

- Shortness of breath
- Dry cough
- Coughing up blood
- Wheezing
- Productive cough

Gastrointestinal

- Poor appetite
- Constant nibbling
- Difficulty swallowing
- Indigestion
- Nausea
- Vomiting
- Abdominal pain
- Change in bowel habits
- Diarrhea
- Constipation
- Hemorrhoids

Genitourinary

- Urination is:
- Frequent
 - Not sufficient

The amount is:

- High
- Moderate
- Low

- Frequent urination at night
- Intense desire to urinate
- Difficulty urinating
- Lack of control
- Pain with urination
- Dribbling
- Bloody urine
- Cloudy urine

Venereal Disease

- Syphilis
- Gonorrhea
- Other

Women only

- Painful periods
 - Spotting
 - Premenstrual symptoms
 - Irregular periods
 - Lumps in breast
 - Vaginal discharge
- # of pregnancies _____
- # of deliveries _____

Social History

- Smoking
- Other tobacco use
- Alcohol use
- Drink coffee or tea

Diet is:

- Balanced
- Not balanced

Rest is:

- Sufficient
- Not sufficient

Recreation is:

- Sufficient
- Not sufficient

Family stress is:

- Severe
- High
- Moderate
- Minimal
- None

My job stress is:

- Severe
- Moderate
- Minimal
- None

Other

- Nervousness
- Irritability
- Fatigue
- Depression
- Panic Attacks
- Problems sleeping
- Generally feel run-down