

ADULT MEDICAL QUESTIONNAIRE SUPPLEMENT

Full Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Today's Date: \_\_\_\_\_

Please check if these symptoms occur presently or have occurred in the past 6 months as either mild, moderate, or severe:

GENERAL:	Mild	Mod	Severe
Cold hands & feet			
Cold intolerance			
Daytime sleepiness			
Difficulty falling asleep			
Early waking			
Fatigue			
Fever			
Flushing			
Heat intolerance			
Night waking			
Nightmares			
No dream recall			
<b>HEAD, EYES &amp; EARS:</b>			
Conjunctivitis			
Distorted sense of smell			
Distorted taste			
Ear fullness			
Ear noises			
Ear pain			
Ear ringing/buzzing			
Eye crusting			
Eye pain			
Headache			
Hearing loss			
Hearing problems			
Lid margin redness			
Migraine			
Sensitivity to loud noises			
Vision problems			

MUSCULOSKELETAL:	Mild	Mod	Severe
Back muscle spasm			
Calf cramps			
Chest tightness			
Foot cramps			
Joint deformity			
Joint pain			
Joint redness			
Muscle pain			
Muscle spasms			
Muscle stiffness			
Muscle twitches:			
Around eyes			
Arms or legs			
Muscle weakness			
Neck muscle spasm			
Tendonitis			
Tension headaches			
TMJ problems			
<b>MOOD/NERVES:</b>			
Agoraphobia			
Anxiety			
Auditory hallucinations			
Black-out			
Depression			
Difficulty:			
Concentrating			
With balance			
With thinking			
With judgement			
With speech			
With memory			
Dizziness			
Fainting			
Irritability			
Light-headedness			

<b>MOOD/NERVES cont'd:</b>	<b>Mild</b>	<b>Mod</b>	<b>Severe</b>
Numbness			
Other Phobias			
Panic attacks			
Paranoia			
Seizures			
Suicidal thoughts			
Tingling			
Tremor/trembling			
Visual hallucinations			
<b>EATING:</b>			
Binge eating			
Bulimia			
Can't gain weight			
Can't lose weight			
Carbohydrate craving			
Carbohydrate intolerance			
Poor appetite			
Salt craving			
<b>DIGESTION:</b>			
Anal spasms			
Bad teeth			
Bleeding gums			
Bloating of: Lower abdomen			
Whole abdomen			
Blood in stools			
Burping			
Canker sores			
Constipation			
Cracking at corner of lips			
Dentures w/poor chewing			
Diarrhea			
Difficulty swallowing			
Dry mouth			
Farting			
Fissures			
Foods "repeat" (reflux)			
Heartburn			
Hemorrhoids			

<b>DIGESTION cont'd:</b>	<b>Mild</b>	<b>Mod</b>	<b>Severe</b>
Intolerance to: Lactose			
All milk products			
Intolerance to: Gluten (wheat)			
Corn			
Eggs			
Fatty foods			
Yeast			
Liver disease/jaundice (yellow eyes or skin)			
Lower abdominal pain			
Mucus in stools			
Nausea			
Periodontal disease			
Sore tongue			
Strong stool odor			
Undigested food in stools			
Upper abdominal pain			
Vomiting			
<b>SKIN PROBLEMS:</b>			
Acne on back			
Acne on chest			
Acne on face			
Acne on shoulders			
Athlete's foot			
Bumps on back of upper arms			
Cellulite			
Dark circles under eyes			
Ears get red			
Easy bruising			
Eczema			
Herpes – genital			
Hives			
Jock itch			
Lackluster skin			
Moles w color/size change			
Oily skin			
Pale skin			
Patchy dullness			

<b>SKIN PROBLEMS:</b>	Mild	Mod	Severe
Psoriasis			
Rash			
Red face			
Sensitive to bites			
Sensitive to poison ivy/oak			
Shingles			
Skin cancer			
Skin darkening			
Thick calluses			
Vitiligo			
<b>SKIN, ITCHING:</b>			
Anus			
Arms			
Ear canals			
Eyes			
Feet			
Hands			
Legs			
Nipples			
Nose			
Penis			
Roof of mouth			
Scalp			
Skin in general			
Throat			
<b>SKIN, DRYNESS OF:</b>			
Eyes			
Feet			
Any cracking?			
Any peeling?			
Hair			
And unmanageable?			
Hands			
Any cracking?			
Any peeling?			
Mouth/throat			
Scalp			
Any dandruff?			
Skin in general			

<b>LYMPH NODES:</b>	Mild	Mod	Severe
Enlarged/neck			
Tender/neck			
Other enlarged/tender lymph nodes			
<b>NAILS:</b>			
Bitten			
Brittle			
Curve up			
Frayed			
Fungus – fingers			
Fungus – toes			
Pitting			
Ragged cuticles			
Ridges			
Soft			
Thickening of:			
Fingernails			
Toenails			
White spots/lines			
<b>RESPIRATORY:</b>			
Bad breath			
Bad odor in nose			
Cough – dry			
Cough – productive			
Hay fever: Spring			
Summer			
Fall			
Change of seasons			
Hoarseness			
Nasal stuffiness			
Nose bleeds			
Post nasal drip			
Sinus fullness			
Sinus infection			
Snoring			
Sore throat			
Wheezing			
Winter stuffiness			

<b>CARDIOVASCULAR:</b>	Mild	Mod	Severe
Angina/chest pain			
Breathlessness			
Heart attack			
Heart murmur			
High blood pressure			
Irregular pulse			
Mitral valve prolapse			
Palpitations			
Phlebitis			
Swollen ankles/feet			
Varicose veins			
<b>URINARY:</b>			
Bed wetting			
Hesitancy			
Infection			
Kidney disease			
Kidney stone			
Leaking/incontinence			
Pain/burning			
Prostate enlargement			
Prostate infection			
Urgency			
<b>MALE REPRODUCTIVE:</b>			
Discharge from penis			
Ejaculation problem			
Genital pain			
Impotence			
Infection			
Lumps in testicles			
Poor libido (sex drive)			
<b>FEMALE REPRODUCTIVE:</b>			
Breast cysts			
Breast lumps			
Breast tenderness			
Ovarian cyst			
Poor libido (sex drive)			
Endometriosis			
Fibroids			
Infertility			

<b>FEMALE REPRODUCTIVE Cont'd:</b>	Mild	Mod	Severe
Vaginal discharge			
Vaginal odor			
Vaginal itch			
Vaginal pain			
Premenstrual: Bloating			
Carbohydrate craving			
Chocolate craving			
Constipation			
Decreased sleep			
Diarrhea			
Premenstrual: Fatigue			
Increased sleep			
Irritability			
Menstrual: Cramps			
Heavy periods			
No periods			
Scanty periods			
Spotting between			