



# 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 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

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