

Beyond Chiropractic New Patient History

To provide the best possible wellness care, please complete this form and bring it to your first appointment. All information is confidential.

Name _____ Date _____ Age _____ Height _____

Reason for office visit: _____

Date symptoms began: _____

Are you recovering from a cold or flu? _____

Are you pregnant? _____

List current health problems for which you are being treated:

What types of therapies have you tried for these problem(s) or to improve your health over-all:

- Diet modification Fasting Vitamins/Minerals Herbs Homeopathy Chiropractic Acupuncture Conventional drugs
 Other _____

Current medications (prescription or over-the-counter):

Laboratory procedures performed (e.g., stool analysis, blood and urine chemistries, hair analysis):

Outcome

Major Hospitalizations, Surgeries, Injuries: Please list all procedures, complications (if any) and dates:

Year Surgery	Illness	Injury Outcome
_____	_____	_____
_____	_____	_____
_____	_____	_____

Circle the level of stress you are experiencing on a scale of 1 to 10 (1 being the lowest): 1 2 3 4 5 6 7 8 9 10

Identify the major causes of stress (e.g., changes in job, work, residence or finances, legal problems): _____

Do you consider yourself: Underweight Overweight Just Right Your weight today _____

Have you had an unintentional weight loss or gain of 10 pounds or more in the last three months? _____

Is your job associated with potentially harmful chemicals (e.g., pesticides, radioactivity, solvents) or health and/or life threatening activities (e.g., fireman, etc.)?

What are your current health goals: _____

Do you experience any of these general symptoms EVERY DAY?

- Debilitating fatigue Shortness of breath Insomnia Constipation Chronic pain/inflammation
 Depression Panic attacks Nausea Fecal incontinence Bleeding
 Disinterest in sex Headaches Vomiting Urinary incontinence Discharge
 Disinterest in eating Dizziness Diarrhea Low grade fever Itching/rash

Medical History

- Arthritis
- Allergies/hay fever
- Asthma
- Alcoholism
- Alzheimer's disease
- Autoimmune disease
- Blood pressure problems
- Bronchitis
- Cancer
- Chronic fatigue syndrome
- Carpal tunnel syndrome
- Cholesterol, elevated
- Circulatory problems
- Colitis
- Dental problems
- Depression
- Diabetes
- Diverticular disease
- Drug addiction
- Eating disorder
- Epilepsy
- Emphysema
- Eyes, ears, nose, Throat problems
- Environmental sensitivities
- Fibromyalgia
- Food intolerance
- Gastroesophageal reflux disease
- Genetic disorder
- Glaucoma
- Gout
- Heart disease
- Infection, chronic
- Inflammatory bowel disease
- Irritable bowel syndrome
- Kidney or bladder disease
- Learning disabilities
- Liver or gallbladder disease (Stones)
- Mental illness
- Mental retardation
- Migraine headaches
- Neurological problems (Parkinson's, paralysis)
- Sinus problems
- Stroke
- Thyroid trouble
- Obesity
- Osteoporosis
- Pneumonia
- Sexually transmitted disease
- Seasonal affective disorder
- Skin problems
- Tuberculosis
- Ulcer
- Urinary tract infection

- Varicose veins
- Other _____

Medical (Men)

- Benign prostatic hyperplasia
- Prostate cancer
- Decreased sex drive
- Infertility
- Sexually transmitted disease
- Other _____

Medical (Women)

- Menstrual irregularities
- Endometriosis
- Infertility
- Fibrocystic breasts
- Fibroids/ovarian cysts
- Premenstrual syndrome (PMS)
- Breast cancer
- Pelvic inflammatory disease
- Vaginal infections
- Decreased sex drive
- Sexually transmitted disease
- Other _____
- Date of last GYN exam _____
- Mammogram + -
- PAP + -
- Form of birth control _____
- # of children _____
- # of pregnancies _____
- C-section _____
- Age of first period _____
- Date - last menstrual cycle _____
- Length of cycle _____ days
- Interval of time between cycles _____ days
- Any recent changes in normal menstrual Flow (e.g., heavier, large Clots, scanty) _____
- Surgical menopause
- Menopause

Family Health History (Parents and Siblings)

- Arthritis
- Asthma
- Alcoholism
- Alzheimer's disease
- Cancer
- Depression
- Diabetes
- Drug addiction
- Eating disorder
- Genetic disorder
- Glaucoma
- Heart disease
- Infertility
- Learning disabilities
- Mental illness
- Mental retardation

- Migraine headaches
- Neurological disorders (Parkinson's, paralysis)
- Obesity
- Osteoporosis
- Stroke
- Suicide
- Other _____

Health Habits

- Tobacco: Cigarettes: #/day _____ Cigars: #/day _____
- Alcohol: Wine: #glasses/d or wk _____ Liquor: #ounces/d or wk _____ Beer: #glasses/d or wk _____
- Caffeine: Coffee: #6 oz cups/d _____ Tea: #6 oz cups/d _____ Soda w/caffeine: #cans/d _____ Other sources _____
- Water: #glasses/d _____

Exercise

- 5-7 days per week
- 3-4 days per week
- 1-2 days per week
- 45 minutes or more duration per Workout
- 30-45 minutes duration per workout
- Less than 30 minutes
- Walk - #days/wk _____
- Run, jog, other aerobic - #days/wk _____
- Weight lift - #days/wk _____
- Stretch - #days/wk _____
- Other _____

Nutrition & Diet

- Mixed food diet (animal and Vegetable sources)
- Vegetarian
- Vegan
- Salt restriction
- Fat restriction
- Starch/carbohydrate restriction
- The Zone Diet
- Total calorie restriction _____
- Specific food restrictions: Dairy Wheat Eggs Soy Corn All Gluten
- Other _____

Food Frequency

Number of servings per day:

- Fruits (citrus, melons, etc.) _____
- Dark green or deep yellow/orange Vegetables _____
- Grains (unprocessed) _____
- Beans, peas, legumes _____
- Dairy, eggs _____
- Meat, poultry, fish _____

Eating Habits

- Skip meals - which ones _____
- One meal/day
- Two meals/day
- Three meals/day
- Graze (small frequent meals)
- Generally eat on the run
- Eat constantly whether hungry or not

Current Supplements

- Multivitamin/mineral
- Vitamin C
- Vitamin E
- EPA/DHA
- Evening Primrose/GLA
- Calcium, source _____
- Magnesium
- Zinc
- Minerals, describe _____

- Friendly flora (Acidophilus)
- Digestive enzymes
- Amino acids
- CoQ10
- Antioxidants (e.g., Lutein, Resveratrol, etc.)
- Herbs
- Homeopathy
- Protein shakes
- Superfoods (e.g., Bee Pollen, Phytonutrient Blends)
- Liquid meals (Ensure)
- Others: _____

**I Would Like To:
ENERGY - VITALITY**

- Feel more vital
- Have more energy
- Have more endurance
- Be less tired after lunch
- Sleep better
- Be free of pain
- Get less colds and flu
- Get rid of allergies
- Not be dependent on over-the counter Medications like aspirin, Ibuprofen, anti-histamines, sleeping

- Aids, etc.
- Stop using laxatives and stool Softeners
- Improve sex drive

BODY COMPOSITION

- Loose weight
- Burn more body fat
- Be stronger
- Have better muscle tone
- Be more flexible


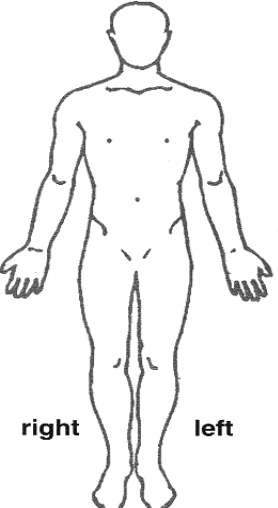
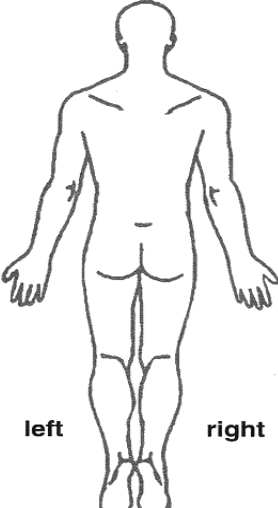

STRESS, MENTAL, EMOTIONAL

- Learn how to reduce stress
- Think more clearly and be more focused
- Improve memory
- Be less depressed
- Be less moody
- Be less indecisive
- Feel more motivated

LIFE ENRICHMENT

- Reduce my risk of degenerative Disease
- Slow down accelerated aging
- Maintain a healthier life longer
- Change from a "treating-illness" Perspective to a lifestyle of wellness

Please mark **area(s)** of injury or discomfort as shown below in the example. Indicate the degree of pain using a scale of 1 (discomfort) to 10 (extreme pain).

	Numbness -----	Pins & Needles OOOOO	Burning ^ ^ ^ ^ ^	Aching X X X X X	Stabbing ● ● ● ● ●
<i>Example</i>					
Example	Right	Front right left	Back left right	Left	