

Health History

(confidential)

Patient Name: _____ Today's Date: _____

Date of Birth: _____ Date of Last Physical Examination: _____

What is Your Reason for Visit? _____

Symptoms (check symptoms you currently have or have had in the past year)

General

- Usual weight
- Recent weight change
- Any clothes that feel tighter or looser than before
- Weakness
- Fatigue
- Fever
- Loss of sleep

Ears

- Hearing problems
- Use of hearing aids
- Ringing
- Vertigo
- Pain
- Infections
- Discharge

Neck

- Lumps
- Swollen glands
- Goiter
- Pain
- Stiffness

Skin

- Rashes
- Lumps
- Sores
- Itching
- Dryness
- Color change
- Changes in hair or nails

Nose and Sinuses

- Frequent colds
- Nasal stuffiness
- Discharge
- Itching
- Hay fever
- Nose bleeds
- Sinus trouble

Mouth and Throat

- Gum pain or toothache
- Bleeding gums
- Dentures and their fit
- Last dental exam
- Sore tongue
- Dry mouth
- Frequent sore throats
- Hoarseness

Head

- Headache
- Head injuries
- Dizziness
- Lightheadedness

Eyes

- Glasses or contact lenses
- Last exam
- Pain
- Redness
- Excessive tearing
- Double vision
- Blurred vision
- Spots or specks
- Flashing lights
- Glaucoma
- Cataracts

Breasts

- Lumps
- Pain or discomfort
- Nipple discharge
- Self exam practices
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Symptoms continued from P.1

Respiratory

- Cough
- Sputum (color, quantity)
- Coughing up blood
- Difficulty breathing
- Wheezing
- Asthma
- Bronchitis
- Emphysema
- Pneumonia
- Tuberculosis
- Pleurisy
- Chest x-ray (date_____)

Urinary

- Frequent urination
- Nocturnal urination
- Burning or pain on urination
- Blood in urine
- Reduced caliber or force of the urinary stream
- Hesitancy
- Dribbling
- Incontinence
- Urinary infections
- Kidney or bladder stones

Peripheral Vascular

- Aching, cramping, numbness and severe fatigue of feet on walking that disappears with rest
- Leg cramps
- Varicose veins
- Clots in veins

Cardiac

- Heart trouble
- High blood pressure
- Rheumatic fever
- Murmurs
- Chest pain/discomfort
- Palpitations
- Difficulty breathing when lying down
- Do you wake up suddenly to sit up and take a breath ?
- Edema
- EKG or other tests

Genital (male)

- Hernias
- Discharge from or sores on the penis
- Testicular pain or masses
- History of STDs (sexually transmitted diseases)
- Exposure to HIV infection

Genital (female)

- Painfull periods
- PMS
- Discharge
- Itching
- Sores
- Lumps
- Pain during intercourse
- Number of pregnancies/deliveries/abortions_____
- Menopausal symptoms
- Post menopausal bleeding
- History of STDs
- Exposure to HIV infection
- Age at menarche

Gastrointestinal

- Trouble swallowing
- Heartburn
- Appetite problems
- Nausea
- Vomiting
- Regurgitation
- Vomiting of blood
- Indigestion
- Frequency of bowel movement _____
- Color and size of stool
- Change in bowel habits
- Rectal bleeding or black tarry stools
- Hemorrhoids
- Constipation/diarrhea
- Abdominal pain
- Food intolerance
- Excessive belching or passing of gas
- Jaundice
- Liver or gallbladder trouble
- Hepatitis

Musculoskeletal

- Muscle or joint pains
- Stiffness
- Arthritis
- Gout
- Backache

Symptoms continued from P.2

Neurological

- Fainting; blackouts
- Vertigo
- Seizures
- Weakness
- Paralysis
- Numbness
- Tingling; "pins and needles"
- Tremors or other involuntary movements

Hematologic

- Anemia
- Easy bruising or bleeding
- Past transfusions and any reactions to them

Mental / Emotional

- Nervousness
- Tension
- Depression
- Memory problems

Endocrine

- Thyroid trouble
- Heat/cold intolerance
- Excessive thirst or hunger, excessive urination