

Patient's Name:

Date:

## PATIENT MEDICAL HISTORY

The following list of symptoms you may or may not currently have.

- Individually rate each symptom's severity by marking 1-5 (5 being the worst).
- Leave blank if N/A.
- ✓ any symptoms you have had in the past.

### Cardiovascular

(TCM: Heart/Small Intestine)

- Heart palpitations
- Chest pain or pressure
- Dizziness
- Irregular heart beat
- Shortness of breath
- High blood pressure
- Leg cramps
- Lack of joy in life
- Craving / aversion to bitter food

- Cold hands and feet
- Heaviness anywhere in the body
- Hard to wake up in the morning
- Edema / swelling
- Bad breath
- Tendency towards hypoglycemia
- Muscle fatigue
- Difficulty digesting oily food
- Tendency to become obsessive
- Craving / aversion to sweets

### Muscular-Skeletal

- Back pain
- Neck pain
- Arthritis
- Muscle pain or cramps
- Painful joints
- Disc problem
- Epilepsy
- Scoliosis

### Respiratory (TCM: Lung/Large Intestine)

- Dry cough
- Cough with sputum
- Cough with blood
- Sore throat
- Nasal problems
- Nasal discharge
- Poor sense of smell
- Nose bleeds
- Asthma or wheezing
- Pneumonia
- Hay-fever
- Bronchitis
- Allergies
- Low resistance to colds or flu
- Low physical stamina
- Itchy skin
- Grief Sadness
- Craving / Aversion to spicy foods

### Genitourinary (TCM: Kidney/Urinary Bladder)

- Frequent urination
- Painful urination
- Bloody discharge from anis
- Incontinence
- Pain in the genital area
- Decreased sex drive / excessive sex drive
- Kidney stone
- Kidney failure
- Neuritis
- Weakness / low back pain
- Achy bones
- Poor memory
- Hair loss
- Hearing problems
- Ringing in ears
- Craving / aversion to salty foods

### Males Only

- Prostate problems
- Pain in testicles
- Low sperm count

### Females Only

- Menstrual pain
- Irregular menstrual cycle
- Lower back / sacrum ache
- Swelling or pain in the breast
- Heavy bleeding
- Vaginal discharge (excessive)
- Vaginal yeast infection
- Vaginal dryness
- Endometriosis
- Polycystic ovary syndrome
- Uterine Myoma
- HPV +
- Genital warts
- Breast cancer
- Ovarian cancer
- Osteoporosis
- Night sweats / hot flashes
- Menopause / perimenopause

### Gastrointestinal (TCM: Spleen/Stomach)

- Indigestion
- Bloating
- Gas / belching
- Abdominal pain or cramps
- Gall stones
- Constipation
- Diarrhea
- Black stool
- Hemorrhoids
- Excessive appetite
- Decreased appetite
- Anorexia
- Nausea and vomiting
- Colitis or Diverticulitis
- Heartburn
- Acid reflux
- Fatigue

### TCM: Liver / Gallbladder

- Jaundice
- Hepatitis A
- Hepatitis B
- Hepatitis C
- Cirrhosis
- Irritability
- Depression
- Headache / migraine
- Visual problems
- Red eyes
- Itchy eyes
- Clenching of teeth at night (TMJ)
- Muscle twitching
- Joint tightness / stiffness
- Soft / brittle nails
- Craving / aversion to sour food

### Miscellaneous

- Psoriasis
- Eczema
- Skin rash
- Lupus
- Rheumatoid arthritis
- Parkinson's syndrome
- Reynard's syndrome
- Diabetes
- Multiple sclerosis
- Varicose veins
- Blood clotting
- Cancer
- Genital herpes
- HIV +