#

PATIENT INFORMATION#

NAME: _____

ADDRESS: _____

_____

_____

HOME TELEPHONE: _(_____)_____

CELLULAR TELEPHONE: (_____)_____

WORK TELEPHONE: _(_____)_____

EMAIL ADDRESS: _____

BIRTHDATE: _____/_____/_____

NAME OF PRIMARY CARE PHYSICIAN: _____

EMERGENCY CONTACT: _____**PHONE:**_____

REASON FOR VISIT: _____

How did you hear about us:

Synergy Integrative Medicine
Patient Intake form for Women **MR#** _____

Name _____**Age**_____ **Date** _____

Primary Care Doctor _____ **Referred by** _____

Concern(s): Please rank by priority	**Onset**	**Frequency**	**Severity**
Example: Headaches	2 years ago	2x/wk	mild/mod/severe
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____

What are your goals for this visit? _____
_____
_____
_____

Illnesses – yours & your family's	**Self**	**Family**	**List family members who have had these illnesses**
Heart Disease	☐	☐	_____
High blood pressure	☐	☐	_____
Cancer	☐	☐	_____
Stroke	☐	☐	_____
Diabetes	☐	☐	_____
Lung disease	☐	☐	_____
Hepatitis	☐	☐	_____
Digestive diseases	☐	☐	_____
Seizures	☐	☐	_____
Thyroid disease	☐	☐	_____
Mental disorders	☐	☐	_____
Osteoporosis	☐	☐	_____
Other _____	☐	☐	_____
Other _____	☐	☐	_____

Number of pregnancies _____ Vaginal births ____ C-sections ____ Miscarriages ____ Terminations ____

Any problems with pregnancies, deliveries or the babies? _____

_____

_____

Currently pregnant? _____ Are you actively trying to conceive? _____ Currently breastfeeding? _____

Last menstrual period _____ or Age at menopause_____

If still menstruating: Cycles every ____ days Days of flow ____

Light, moderate or heavy flow? _____ Clots? _____ Cramps? _____

PMS? no yes describe symptoms _____

Operations		**Injuries**	
What	When	What	When
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please list all medications, vitamins, herbs and supplements which you now take regularly, prescribed or over-the-counter.

Name & dosage	**Reason**	**When started**	**Who recommended**

Allergies or intolerances to medicines/chemicals/foods:

Medication/chemical/food	Reaction/intolerance symptoms

Occupation, or previous occupation if retired: _____

Number of hours worked per week _____

What interests/hobbies do you have? _____

_____

_____

With whom do you live?

Name	Age	Relationship	Name	Age	Relationship

What physical activity do you do? _____

_____

What are the major stressors in your life? _____

_____

_____

What do you do to relax? (or what would you like to do?) _____

_____

_____

Religious affiliation _____

What prior experiences have you had with complementary and alternative medicine? _____

_____

Tobacco use: □ never used □smoked from age ___ to ___ . ____ packs per day.

Alcohol use: □ never used □estimated ____ drinks per week.

□ history of alcohol abuse

Recreational drugs: □ never used □ type _____

Health screening:

Have you had?	No	Yes	Date of most recent	Who ordered/performed
Mammogram				
Colonoscopy				
Pap/pelvic exam				
Bone density test				
Cholesterol screening				

Review of symptoms:

Sleep _____ **hrs/night sleep problems** _____ **do you snore? y n**

Sexual problems _____

Hair problems _____

Intolerance to heat or cold (circle if applicable)

Fatigue y n

Dry skin y n

Frequent or severe headaches y n

Weight loss y n **Weight gain** y n

Swelling y n **describe** _____

Palpitations y n

Breast pain y n

Hot flashes y n

Frequent crying or depression y n

Weakness y n

Joint pain y n

Muscle problems y n

Stomach/bowel problems y n **describe** _____

Urinary problems y n **describe** _____

Nutrition Evaluation

Dietary intake. Please list all food and drinks you have consumed in the past 24 hours. Be honest. Don't write what you think we want to hear. This will only hurt yourself.

Food or Drink **How Prepared (baked, fried, etc.)** **Amount (cups, tbsp, etc.)**

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Any food you avoid, and why? _____

_____

Was this a typical day? If not, why? _____

_____

_____

- End -