

Susan Ko, L.Ac. & Sung Kim, L.Ac.

HEALTH HISTORY for MEN

Date: ___ / ___ / ___

| | | | | |
|---|--------------------------------|--|--------|-----------|
| Name: | | | Sex: | Age: |
| Address: | | City: | State: | Zip Code: |
| Home Phone #: | Other Phone #: Work Cell Other | Email: | | |
| Date of Birth: | Employer: | Occupation: | | |
| Primary Physician and Phone Number: | | Relationship Status: <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Separated <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed <input type="checkbox"/> Living w/partner <input type="checkbox"/> Other: _____ | | |
| Emergency Contact: | | Usual Blood Pressure: | | |
| Weight: | Weight One Year Ago: | How did you hear of our clinic? | | |
| Are you or may you be currently pregnant? | | Have you been treated by Acupuncture or Oriental Medicine Before? <input type="radio"/> No <input type="radio"/> Yes: when ___ / ___ / ___ | | |

MAIN COMPLAINTS

Please write in your top 3 health complaints / concerns in order of importance to you. Circle the items that make it better or worse and mark on the scale from 1-10 the severity of the condition (1=no symptoms, 10=worst ever)

1

When did this start? _____ ago

Heat makes it: better no change worse

Cold makes it: better no change worse

Damp weather: better no change worse

Exercise / Activity: better no change worse

1 |-----| 10

2

When did this start? _____ ago

Heat makes it: better no change worse

Cold makes it: better no change worse

Damp weather: better no change worse

Exercise / Activity: better no change worse

1 |-----| 10

3

When did this start? _____ ago

Heat makes it: better no change worse

Cold makes it: better no change worse

Damp weather: better no change worse

Exercise / Activity: better no change worse

1 |-----| 10

HEALTH HISTORY

Check the if you have / had the condition and note the year it started.
Check the if there is a family history of the condition.

| | YOU | Year | FAMILY | | YOU | Year | FAMILY |
|---------------------|--------------------------|-------|-----------------------|--------------------|--------------------------|-------|-----------------------|
| Cancer | <input type="checkbox"/> | _____ | <input type="radio"/> | Osteoporosis | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Diabetes | <input type="checkbox"/> | _____ | <input type="radio"/> | Herpes | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Hepatitis | <input type="checkbox"/> | _____ | <input type="radio"/> | AIDS / HIV | <input type="checkbox"/> | _____ | <input type="radio"/> |
| High Blood Pressure | <input type="checkbox"/> | _____ | <input type="radio"/> | Other STD | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Heart Disease | <input type="checkbox"/> | _____ | <input type="radio"/> | Rheumatic Fever | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Stroke | <input type="checkbox"/> | _____ | <input type="radio"/> | Alcoholism | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Seizure Disorder | <input type="checkbox"/> | _____ | <input type="radio"/> | Allergies type(s)? | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Thyroid Disease | <input type="checkbox"/> | _____ | <input type="radio"/> | Mental Illness | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Asthma | <input type="checkbox"/> | _____ | <input type="radio"/> | Kidney Disease | <input type="checkbox"/> | _____ | <input type="radio"/> |
| Pacemaker | <input type="checkbox"/> | _____ | <input type="radio"/> | Anemia | <input type="checkbox"/> | _____ | <input type="radio"/> |

HABITS

Amount / Week If Quit, Year?

Coffee / Tea _____

Soda _____

Tobacco _____

Alcohol _____

Drugs _____

EXERCISE

Do you exercise regularly? ☺ Yes ☹ No
If so, what and how often:

DIET

Low/No Carb, Vegetarian/Vegan, Portion Control, Low Fat, Standard American

Current or past eating disorder?

MEDICATIONS

Please note what medications, herbs or supplements that you take regularly

INJURIES & SURGERIES

Please note what happened to what body area and when it occurred (incl. dental)

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Please mark an X on the scales and check any boxes of symptoms you have had in the past month

TEMPERATURE

How warm / cold you feel (not in degrees); relative to other people do you wear more or less layers, etc.

COLD

Hemorrhoids

HOT

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Cold hands or feet | <input type="checkbox"/> Thirst for cold / hot drinks | <input type="checkbox"/> Night sweats | <input type="checkbox"/> Hot hands, feet, chest |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Thirst, no desire to drink | <input type="checkbox"/> Unusual sweats | <input type="checkbox"/> Hot flashes |
| <input type="checkbox"/> Cold "in the bones" | <input type="checkbox"/> Absence of thirst | When _____ am / pm | <input type="checkbox"/> Hot in afternoon |
| <input type="checkbox"/> Areas of numbness | <input type="checkbox"/> Excessive thirst | Where on body _____ | <input type="checkbox"/> Hot at night |

MOISTURE

Your overall body moisture (hair, skin, mouth, bowels, etc.)

DRY

OILY

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> Dry mouth | <input type="checkbox"/> Edema / Swelling _____ | <input type="checkbox"/> Oily skin |
| <input type="checkbox"/> Dry hair | <input type="checkbox"/> Dry lips | <input type="checkbox"/> Rashes _____ | <input type="checkbox"/> Oily hair |
| <input type="checkbox"/> Dry eyes | <input type="checkbox"/> Dry throat | <input type="checkbox"/> Itching _____ | <input type="checkbox"/> Pimples |
| <input type="checkbox"/> Dry brittle nails | <input type="checkbox"/> Dry nose / Nosebleeds | <input type="checkbox"/> Dandruff | <input type="checkbox"/> Weight gain / loss |
- Where on your body?

DIGESTION

DIARRHEA

CONSTIPATION

- | | | | |
|--|--|--|---|
| BM: How often? _____ x / every _____ days | <input type="checkbox"/> Gas | <input type="checkbox"/> Nausea / Vomiting | <input type="checkbox"/> Dry Stools |
| Stools keep shape? <input type="checkbox"/> Y <input type="checkbox"/> N | <input type="checkbox"/> Bloating | <input type="checkbox"/> Bad breath | <input type="checkbox"/> Difficult to pass |
| <input type="checkbox"/> Alternating diarrhea & constipation (IBS) | <input type="checkbox"/> Belching | <input type="checkbox"/> Heartburn | <input type="checkbox"/> Tired after BM |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Poor appetite | <input type="checkbox"/> Excessive hunger | <input type="checkbox"/> Foul smelling stools |

ENERGY

LOW

HIGH

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Sudden energy drop | <input type="checkbox"/> Dependence on caffeine / stimulants | <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Hard to concentrate |
| Time of day: _____ am / pm | <input type="checkbox"/> Wired / ungrounded feeling | <input type="checkbox"/> Heart Palpitations | <input type="checkbox"/> Poor memory |
| <input type="checkbox"/> Energy drop after eating | <input type="checkbox"/> Body / Limbs feel heavy | <input type="checkbox"/> Blood pressure High / Low | <input type="checkbox"/> Dizziness / lightheaded |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Body / Limbs feel weak | <input type="checkbox"/> Bleed / Bruise easy | <input type="checkbox"/> Headaches _____ x / week |

SLEEP

- # Hours per night _____
- Difficulty falling asleep
 - Wake _____ x / night @ _____ am / pm
 - Wake to urinate How often? _____
 - Disturbing dreams
 - Restless sleep
 - Not rested upon waking

EMOTIONS

What emotion(s) dominate your experience?

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Grief |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Joy |
| <input type="checkbox"/> Worry | <input type="checkbox"/> Fear |
| <input type="checkbox"/> Obsessive thinking | <input type="checkbox"/> Timid / shy |
| <input type="checkbox"/> Sadness | <input type="checkbox"/> Indecision |

EYES, EARS, NOSE, THROAT

- | | |
|---|--|
| <input type="checkbox"/> Poor vision | <input type="checkbox"/> Poor hearing |
| <input type="checkbox"/> Night blindness | <input type="checkbox"/> Ringing in ears |
| <input type="checkbox"/> Red eyes | <input type="checkbox"/> Excess earwax |
| <input type="checkbox"/> Itchy eyes | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Spots in front of eyes | <input type="checkbox"/> Dental problems |
| <input type="checkbox"/> Sinus congestion | <input type="checkbox"/> Mouth sores |
| <input type="checkbox"/> Phlegm (color _____) | <input type="checkbox"/> Cough |

URINARY

- | | |
|---|---|
| Fluid in = fluid out? <input type="checkbox"/> Y <input type="checkbox"/> N | <input type="checkbox"/> Urgency to urinate |
| <input type="checkbox"/> Decrease in flow | <input type="checkbox"/> Frequent urination |
| <input type="checkbox"/> Dribbling | <input type="checkbox"/> Pain on urination |
| <input type="checkbox"/> Difficulty starting / stopping | <input type="checkbox"/> Burning sensation |
| <input type="checkbox"/> Incontinence | <input type="checkbox"/> Cloudy urine |
| <input type="checkbox"/> Kidney stones | <input type="checkbox"/> Blood in urine |

REPRODUCTIVE

- | | |
|--|---|
| Are you sexually active? <input type="checkbox"/> Y <input type="checkbox"/> N | <input type="checkbox"/> Prostate disease |
| <input type="checkbox"/> Change of sexual drive: ↑ ↓ | <input type="checkbox"/> Genital Pain |
| <input type="checkbox"/> Erectile dysfunction | <input type="checkbox"/> Jock Itch |
| <input type="checkbox"/> Premature ejaculation | <input type="checkbox"/> Vasectomy |
| <input type="checkbox"/> Sores on genitals | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Discharge | <input type="checkbox"/> |