

**New Patient Information**

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Surgeries** (please circle all that apply)

None

Appendix: (Reason: infection, other \_\_\_\_\_)??

Breasts: (Reason: non-cancerous cyst, cancer, augmentation, other \_\_\_\_\_)??

Cesarean section: (How many C-sections? \_\_\_\_\_)??

Eyes: (Reason: cataracts, diabetic retinopathy, other \_\_\_\_\_)??

Gallbladder: (Reason: gallstones, infection, sludge, other \_\_\_\_\_)??

Heart: (Reason: bypass, stent, other \_\_\_\_\_)??

Hysterectomy: (Reason: uterine fibroids, heavy bleeding, anemia, other \_\_\_\_\_)??

Kidney: (Reason: cysts, cancer, other \_\_\_\_\_)??

Lungs: (Reason: infection, cancer, other \_\_\_\_\_)??

Ovaries: (Reason: cysts, endometriosis, cancer, other \_\_\_\_\_)??

Prostate: (Reason: enlarged prostate, cancer, other \_\_\_\_\_)??

Skin: (Reason: non-cancerous lesion, cancer, melanoma, other \_\_\_\_\_)??

Other surgeries/hospitalizations: \_\_\_\_\_  
\_\_\_\_\_?

**Medical History** (please circle all that apply)

- |                          |                     |                          |
|--------------------------|---------------------|--------------------------|
| Allergies/Sinus Problems | Headaches/Migraines | Osteopenia/Osteoporosis  |
| Acne                     | Heart Attack        | Prostate (enlarged)      |
| Anemia                   | Heart Murmur        | Psoriasis/Eczema         |
| Arthritis/Rheumatism     | Heart Arrhythmia    | Stroke                   |
| Asthma/Wheezing          | High Blood Pressure | Sleep Apnea (C-pap?)     |
| Back Pain (recurrent)    | High Cholesterol    | Thyroid Disease          |
| Cancer _____             | Heartburn/GERD      | Urinary/Bladder Problems |
| Constipation             | Hepatitis           | Other: _____             |
| Depression               | Insomnia            | _____                    |
| Diabetes (meds/insulin?) | Kidney Stones       | _____                    |
| Diarrhea                 | Lactose Intolerance | _____                    |
| Diverticulitis/Colitis   | Memory Loss         | _____                    |
| Gout                     | Numbness/Neuropathy | _____                    |

**Females only:**

Total Number of: Pregnancies \_\_\_\_\_ Births \_\_\_\_\_ Miscarriages \_\_\_\_\_ Abortions \_\_\_\_\_

Facial Hair \_\_\_\_\_ Fertility Problems \_\_\_\_\_ Irregular Menstrual Cycle \_\_\_\_\_

Premenstrual Syndrome (mood swings, irritability, tension, bloating)

Polycystic Ovary Syndrome (mood swings, irregular menses, weight gain, thin hair, cysts)

Menopause/Perimenopause (irritability, hot flashes, night sweats)

**Social History**

Occupation\_\_\_\_\_

Children: None If yes, how many? 1 2 3 4 5 6 7 8 9 10 11 12

Tobacco: None

Quit—How many years smoke free?

Active tobacco use—Packs/day\_\_\_\_\_ Total # years smoked\_\_\_\_\_

Alcohol: Type\_\_\_\_\_

Average number of drinks\_\_\_\_\_per week/month/year (circle one)

**Family Medical History** (please state relation: mother, father, sister, brother, grandparent)

Alzheimer's/Dementia\_\_\_\_\_

Cancer\_\_\_\_\_

Depression\_\_\_\_\_

Diabetes\_\_\_\_\_

Heart Attack\_\_\_\_\_

Heart Disease\_\_\_\_\_

High Blood Pressure\_\_\_\_\_

High Cholesterol\_\_\_\_\_

Overweight/Obesity\_\_\_\_\_

Stroke\_\_\_\_\_

Other significant family medical history\_\_\_\_\_

**Weight History**

How much weight do you want to lose?\_\_\_\_\_

What is an ideal weight for you?\_\_\_\_\_

When was the last time you were at your ideal weight?\_\_\_\_\_

Have you tried other diets/meds/weight loss programs?\_\_\_\_\_

If yes, which ones?\_\_\_\_\_

What foods do you crave most?\_\_\_\_\_

What are your worst food habits (snacking, late-night eating, skipping meals, emotional eating, etc)\_\_\_\_\_

What are the main reasons you want to lose weight? (please circle all that apply)

To look better

To feel better

To have more energy

To decrease risk/complications of diabetes, heart disease, high blood pressure, etc.

To see my children/grandchildren grow up

To live longer healthfully

All of the above

**Let's get started to discovering a healthier you!!!**