

Goleta Valley Holistic Health Care

5266 Hollister Ave. Suite 215
Santa Barbara, CA, 93111
805 403 2188

Name: _____ Date: ____/____/____
(first) (middle) (last)

Date of Birth: ____/____/____ Age: _____ Gender: M/F Marital status: S M D W

Email: _____ Home Phone: _____ Work Phone: _____

Address: _____ City: _____ State: _____

Successful health care and preventative medicine are only possible when the practitioner has a complete understanding of the patient physically, mentally and emotionally. Please complete this questionnaire as thoroughly as possible. Print all information and indicate areas of confusion with a question mark. Thank you.

1. Please identify the health concerns that have brought you to the our clinic in order of importance below:

Condition

Past Treatment

a. _____

How does this condition affect you? _____

b. _____

How does this condition affect you? _____

c. _____

How does this condition affect you? _____

d. _____

How does this condition affect you? _____

2. If applicable, please list any foods, drugs, or medications you are hypersensitive or allergic to (please include reaction):

3. Please list any medications (prescribed and over-the-counter), vitamins, and supplements you are currently taking:

4. Do you have any reason to believe you may be pregnant? Y N

If so, how far along are you? _____

5. Do you have any infectious diseases? Y N If yes, please identify: _____

6. Family History:	<u>Father</u>	<u>Mother</u>	<u>Brothers</u>	<u>Sisters</u>	<u>Spouse</u>	<u>Children</u>
Check those applicable:						
Age (if living)	_____	_____	_____	_____	_____	_____
Health (G=Good, P=Poor)	_____	_____	_____	_____	_____	_____
Cancer	_____	_____	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____	_____	_____
Stroke	_____	_____	_____	_____	_____	_____
Mental Illness	_____	_____	_____	_____	_____	_____
Asthma/Hay fever/Hives	_____	_____	_____	_____	_____	_____
Kidney Disease	_____	_____	_____	_____	_____	_____
Age (at death)	_____	_____	_____	_____	_____	_____
Cause of Death	_____	_____	_____	_____	_____	_____

7. **Height:** _____ **Weight:** Currently: _____ Past Maximum: _____

8 **Childhood Illness** (please circle any that you have had):

- Scarlet Fever Diphtheria Rheumatic Fever Mumps Measles German Measles Chicken Pox

9. **Immunizations** (please circle any that you have had):

- Polio Tetanus Rubella/Mumps/Rubella Pertussis Diphtheria Hib Hepatitis B

Others: _____

10. **Hospitalizations and Surgeries:**

<u>Reason</u>	<u>When</u>	<u>Reason</u>	<u>When</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

11. **X-Rays/CAT Scans/MRI's/NMR's/Special Studies:**

<u>Reason</u>	<u>When</u>	<u>Reason</u>	<u>When</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

12. **Emotional** (please circle any that you experience now and underline any that you have experienced in the past):

- Mood Swings Nervousness Mental Tension Depression Anger

13. **Energy and Immunity** (please circle any that you experience now and underline any that you have experienced in the past):

Fatigue Slow Wound Healing Chronic Infections Chronic Fatigue Syndrome

14. **Head, Eye, Ear, Nose, and Throat** (please circle any that you experience now and underline any that you have experienced in the past):

Impaired Vision Eye Pain/Strain Glaucoma Glasses/Contacts Tearing/Dryness

Impaired Hearing Ear Ringing Earaches Headaches Sinus Problems

Nose Bleeds Frequent Sore Throats Teeth Grinding TMJ/Jaw Problems Hay Fever

15. **Respiratory** (please circle any that you experience now and underline any that you have experienced in the past):

Pneumonia Frequent Common Colds Difficulty Breathing Emphysema

Persistent Cough Pleurisy Asthma Tuberculosis

Shortness of Breath Other Respiratory Problems: _____

16. **Cardiovascular** (please circle any that you experience now and underline any that you have experienced in the past):

Heart Disease Chest Pain Swelling of Ankles High Blood Pressure

Palpitations/Fluttering Stroke Heart Murmurs Rheumatic Fever Varicose Veins

17. **Gastrointestinal** (please circle any that you experience now and underline any that you have experienced in the past):

Ulcers Changes in Appetite Nausea/Vomiting Epigastric Pain Passing Gas Heartburn

Belching Gall Bladder Disease Liver Disease Hepatitis B or C Hemorrhoids Abdominal Pain

18. **Genito-Urinary Tract** (please circle any that you experience now and underline any that you have experienced in the past):

Kidney Disease Painful Urination Frequent UTI Frequent Urination Heavy Flow

Kidney Stones Impaired Urination Blood in Urine Frequent Urination at Night

19. **Female Reproductive/Breasts** (please circle any that you experience now and underline any that you have experienced in the past):

Irregular Cycles Breast Lumps/Tenderness Nipple Discharge Heavy Flow

Vaginal Discharge Premenstrual Problems Clotting Bleeding Between Cycles

Menopausal Symptoms Difficulty Conceiving Painful Periods

20. **Menstrual/Birthing History:**

1. Age of First Menses: _____ 4. Birth Control Type: _____ 7. # of Abortions: _____

2. # of Days of Menses: _____ 5. # of Pregnancies: _____ 8. # of Live Births: _____

3. Length of Cycle: _____ 6. # of Miscarriages: _____

21. **Male Reproductive** (please circle any that you experience now and underline any that you have experienced in the past):

Sexual Difficulties

Prostrate Problems

Testicular Pain/Swelling

Penile Discharge

22. **Musculoskeletal** (please circle any that you experience now and underline any that you have experienced in the past):

Neck/Shoulder Pain

Muscle Spasms/Cramps

Arm Pain

Upper Back Pain

Mid Back Pain

Low Back Pain

Leg Pain

Joint Pain (if so, where?): _____

23. **Neurologic** (please circle any that you experience now and underline any that you have experienced in the past):

Vertigo/Dizziness/Paralysis

Numbness/Tingling

Loss of Balance

Seizures/Epilepsy

24. **Endocrine** (please circle any that you experience now and underline any that you have experienced in the past):

Hypothyroid

Hypoglycemia

Hyperthyroid

Diabetes Mellitus

Night Sweats

Feeling Hot or Cold

25. **Other** (please circle any that you experience now and underline any that you have experienced in the past):

Anemia

Cancer

Rashes

Eczema/Hives

Cold Hands/Feet

Is there anything else we should know? _____

26. **Lifestyle:**

a. Do you typically eat at least three meals per day? Y N If no, how many? _____

b. Exercise routine: _____

c. How many hours per night do you sleep? _____ Do you wake rested? Y N

d. Level of education completed: High School Bachelors Masters Doctorate Other

e. Occupation: _____ Employer: _____ Hours/Week: _____

Do you enjoy work? Y/N Why/Why not? _____

f. Nicotine/Alcohol/Caffeine Use: _____

g. Have you experienced any major traumas? Y N Explain: _____

h. How many glasses of non-caffeinated, non-carbonated beverages do you drink per day? _____

i. Interests and hobbies: _____