



HISTORY UPDATE

NAME: _____

DATE: _____

Thank you for taking the time to answer these questions.

Most insurance companies require this information to be updated at **every** visit.

Please check any symptoms which you are currently experiencing

Constitutional

- Fatigue
- Weight loss
- Weight gain

Gastrointestinal

- Nausea/vomiting
- Diarrhea
- Constipation
- Abdominal pain

Head, Ears, Nose, Throat

- Headache
- Sore throat
- Decreased hearing

Skin/Hair

- Rash
- Skin lesions

Breast

- Breast lumps
- Breast tenderness
- Nipple discharge

Neurologic

- Seizures
- Tingling
- Numbness

Cardiovascular

- Chest pain
- Irregular heartbeat

Musculoskeletal

- Joint pain
- Joint swelling

Respiratory

- Cough
- Wheezing
- Shortness of breath

Endocrine

- Hair loss
- Temperature intolerance
- Abnormal hair growth

When was your last menstrual period?

Have you had any serious illnesses, operations or hospitalizations since your last visit?

Have you discovered any additional information about your family history that we should know?

Have you changed any habits (smoking, drinking etc.) or occupation since your last visit?

Please list all current medications and doses including herbals and vitamins

Please list any current allergies

Please briefly describe the reason for your visit today

