



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

Head, Ears, Nose, Throat

- Headache
- Sore throat
- Decreased hearing

Breast

- Breast lumps
- Breast tenderness
- Nipple discharge

Cardiovascular

- Chest pain
- Irregular heartbeat

Respiratory

- Cough
- Wheezing
- Shortness of breath

Gastrointestinal

- Nausea/vomiting
- Diarrhea
- Constipation
- Abdominal pain

Skin/Hair

- Rash
- Skin lesions

Neurologic

- Seizures
- Tingling
- Numbness

Musculoskeletal

- Joint pain
- Joint swelling

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

Thank you!