

# Blue Creek

## Patient Information and Health History

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Preferred Contact # (H/W/C): \_\_\_\_\_ Date of Birth: \_\_\_\_\_

E-mail: \_\_\_\_\_ May we include you in our email list? yes / no

Number of Children: \_\_\_\_\_ Ages: \_\_\_\_\_

Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Have you ever had: Acupuncture / Massage Therapy or Bodywork / Skincare

How did you hear about Blue Creek?

Briefly describe the reason for your visit today:

Please circle your level of pain: (least) 1 2 3 4 5 6 7 8 9 10 (greatest)

What are your treatment goals?

Please circle your commitment level for improving your health: (least) 1 2 3 4 5 6 7 8 9 10 (greatest)

Please list Accidents/Injuries & Dates:

Surgeries & Dates:

Medications and Reason:

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Please check any symptoms you **currently have** or **have had in the past year**.

### General

- Chills
- Low energy
- Dizziness
- Allergies
- Fatigue
- Fevers
- Excess thirst
- Insomnia
- Nervousness
- Sweat spontaneously
- Night sweating
- Lack of sweating
- Weight loss
- Weight gain
- Aversion to Heat
- Aversion to Cold

### Head & Neck

- Blurred vision
- Heaviness in the head
- Headache
- Phlegm in throat
- Cataract
- Double vision
- Earache
- Ear discharge
- Eye pain/strain
- Corrected vision
- Nasal obstruction
- Nasal discharge
- Loss of sense of smell
- Hearing loss
- Hoarseness
- Nosebleeds
- Recurrent sore throat
- Red/inflamed eye
- Ringing in ears
- Sinus problems
- Sores on lips
- Sores on tongue
- Taste change
- Teeth problems
- Vision - see halos

### Respiratory

- Asthma
- Hay fever
- Persistent cough
- Coughing blood
- Shortness of breath
- Recurrent bronchitis
- Phlegm production
- Difficulty inhaling
- Difficulty exhaling
- Cardiovascular
- Chest pain
- High blood pressure
- Low blood pressure
- Irregular heart beat
- Poor circulation
- Swelling of ankles
- Varicose veins
- Hypochondriac pain
- Distention in chest or hypochondrium

### Gastrointestinal

- Abdominal pain
- Bloating
- Belching
- Gas
- Constipation
- Diarrhea/loose stools
- Bloody stools
- Black stools
- Difficulty swallowing
- Poor appetite
- Heartburn/reflux
- Hemorrhoids
- Indigestion
- Stomachache
- Nausea
- Vomiting
- Vomiting blood

### Diet/Lifestyle

- Vegetarian
- Healthy diet

- Eat much fried foods
- Eat much meat
- Smoke cigarettes
- Drink alcohol
- Drink coffee
- Use drugs
- Eat a lot of sweets
- Take melatonin
- Take steroids
- Exercise regularly
- Exercise excessively

### Weight

- Underweight
- Normal for height
- Overweight

### Genitourinary

- Dilute urine
- Dark urine
- Blood in urine
- Cloudy urine
- Burning urination
- Scanty urine
- Profuse urine
- Frequent urine
- Poor bladder control
- Urgency to urinate

### Musculoskeletal

- Pain, weakness, numbness in:
  - Arms
  - Feet
  - Hands
  - Joints
  - Legs
  - Hips
  - Neck
  - Shoulders
  - Pain all over
  - Cold limbs
  - Knee problems
  - Low back pain

- All over weakness
- Lack of strength
- Broken bones

### Skin

- Thick skin
- Thin skin
- Broken blood vessels
- Blood not clotting
- Bruise easily
- Discoloration
- Dark circles around eyes
- Bags under eyes
- Lumps in groin
- Lumps in underarm
- Dry skin
- Acne
- Brittle nails
- Premature gray hair
- Dry, brittle hair
- Hair falling out

### Neurologic

- Fainting
- Convulsions
- Handwriting change
- Paralysis
- Stroke
- Tremor
- Recent clumsiness
- Drowsiness
- Vertigo

### Emotional

- Insomnia
- Irritability
- Often feel angry
- Troubling dreams
- Cry uncontrollable
- Feel sad a lot
- Forgetful
- Mind not clear
- Anxiety
- Much fear

- Unrestrained joy
- Terrors
- Difficulty expressing emotions

### Men Only

- Genital pain
- Impotence
- Genital sores
- Lump in testicles
- Penis discharge
- Nocturnal emission
- Low sexual energy

### Women Only

- Abnormal pap smear
- Bleed between periods
- Irregular periods
- Heavy periods
- <25 day cycle
- >35 day cycle
- Endometriosis
- Painful periods
- Premenstrual tension
- Breast lumps
- Contraceptives
- Sores on genitalia
- Low sexual energy
- Vaginal discharges
- Menopausal
- Uterine prolapse
- Facial hair
- Loss of head hair
- Currently pregnant
- May be pregnant
- Have been pregnant
- Menstrual cramps
- Fertility concerns
- Hot flashes
- Other

Thank you for joining us at Blue Creek.

Please keep us informed of your health changes and work with us to meet your health goals.