



Thompson Valley
 NATUROPATHIC CLINIC Inc
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HEALTH HISTORY INTAKE FORM - FEMALE

Date: _____

(All information is held absolutely CONFIDENTIAL, please fill out all that you feel comfortable with)

Name:	Care Card (PHN)#:
Birth Date:	Age:
Address:	Home Phone:
	Work Phone:
	Cell Phone:
	<small>(if needed is it appropriate to call you at work: circle Yes or No)</small>
Email address: <small>(if needed is it appropriate to contact you by email: circle Yes or No)</small>	Occupation:

Emergency Contact Information:

Name: _____ Relationship to you: _____

Contact Numbers: _____

Names of other Healthcare Providers: _____

Are you currently under the care of another Physician? _____

Are you currently taking any medications? Please list: _____

Are you currently on any supplements or remedies? Please list: _____

How did you hear about our clinic? _____

What are your main concerns today and when did they begin?

Have they been diagnosed? _____

Have there been any improvements made? _____

Past/Recent Surgeries? _____

Past/Recent Trauma (Physical and emotional)? _____

Do you have any allergies? Please List:

Do you or anyone in your family suffer from Glucose-6-Phosphate Dehydrogenase (G6PD) Deficiency)? _____

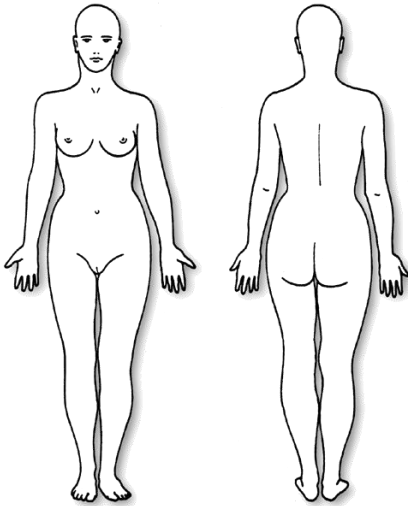
Please indicate any other problems you would like to discuss:

Exam and Imaging History

Indicate date, doctor's name, or place of most recent tests

Full Physical Exam		EKG	
Pap Smear		Chest X-ray	
Mammogram		Thyroid test	
Digital Rectal Exam		STD Screen, HIV test	
Colonoscopy		Cholesterol test	
TB test		Blood glucose	
Bone density test		Urinalysis	
Other physical exam		Fecal Occult Blood	
Other imaging test		Other tests	

Circle any painful or distressed areas:



Family Medical History

Has any family member had:	Yes	Which Relative and Age of Onset?	Doctor's Notes
Diabetes			
Severe allergies			
Stroke			
Heart Disease			
Heart Attack			
Blood Clots in Legs or Lungs			
High Blood Pressure			
High Cholesterol			
Kidney Disease			
Osteoporosis			
Hepatitis			
Thyroid Problems			
Colitis / Crohn's Disease			
Tuberculosis			
Has any family member had:	Yes	Which relative and Age of Onset?	Doctor's Notes
Birth Defects			
Alcohol or Drug Addiction			
Breast Cancer			
Colon Cancer			
Ovarian Cancer			
Uterine Cancer			
Other Cancer			
Mental Illness/Depression			
Alzheimer's Disease			
Other:			

Female Health Information

Menstrual History				Obstetric History				
Age at first period:				Have you ever been pregnant?				
Date last menstrual period began:				Age at first pregnancy:				
Are your periods regular?				Number of pregnancies:				
Number of days between periods:				Number of living children:				
Number of days of menstrual flow:				Number of stillbirths:				
Heaviness of flow (number of pads or tampons in 24 hours):				Number of miscarriages: Trimester of pregnancy?				
Color of flow:				Number of tubal pregnancies:				
Clots? (please circle)	Yes	No		Number of abortions:				
Pain with menstrual period?	Yes	No		Number of Ceasarian sections:				
Menopause?	Yes	No		Date of last pregnancy:				
Ovarian cyst?	Yes	No		Difficulty conceiving?	Yes	No		
Uterine fibroids?	Yes	No		Difficulty with pregnancy?	Yes	No		
Hysterectomy?	Yes	No	If yes, date:	Difficulty with labor and delivery?	Yes	No		
PMS Symptoms (circle all that apply): None Bloating				Difficulty with breast feeding?	Yes	No		
Breast Tenderness Acne Mood Swings Fatigue				Future OB plans?	Yes	No		
Digestive Changes Headache Other:								
Vaginitis Symptoms			Never	Past	Current	Risk Factors		
Discharge						History of abnormal Pap smear?	Yes	No
Irritation / Itching						Did your mother take DES?	Yes	No
Vaginal Dryness						Do you do self-breast exams?	Yes	No
Odor						Do you have annual gynecological exams?	Yes	No
Pain with Sex						Hormone replacement therapy?	Yes	No
Trichomoniasis						History of sexually transmitted infections?	Yes	No
Bacterial Vaginosis (BV)						Use of birth control pills If yes, how long?	Yes	No
Yeast Infection								
Sexually Active								
Use safer sex practices								

Lifestyle and Social History

Habits	Yes	No	Details		Doctor's Notes		
Current Tobacco Use			Packs per day:				
Past Tobacco Use			Packs per day:				
Quit Smoking			When?				
Alcohol consumption			Types:	Drinks per week:			
Recreational Drug Use			Type:				
Treated for drug/alcohol abuse?			When?				
Caffeine Use (coffee, tea, cola)			Type:	Cups per day:			
			Coffee				
			Tea				
			Cola				
Regular Exercise			Types: How long and how frequent?				
Social				Yes	No	Details	Doctor's Notes
Happy with relationship status?							
Do you have a good support network of family and friends?						Who?	
What is your predominant emotion?							
Lifestyle							
Do you enjoy your work? Yes No							
Stress Level (please circle): Low Medium High							
Stress Source (please circle): Money Job Family/Relationship Other (please describe)							
What do you do to relieve stress?							
Please rate your energy level on a scale from 1-10 (10 = highest energy)							

Sleep	Yes	No	Details	Doctor's Notes
Problems falling asleep				
Problems staying asleep				
Regular bedtime?			Typical bedtime?	
Regular wake up time?			Typical wake up time?	
Wake rested in the morning?			Average hours of sleep per night?	
Dreams?				

Diet	Doctor's Notes
Do you follow a particular diet?	
Known food allergies/intolerances?	
What is your typical breakfast?	
What is your typical lunch?	
What is your typical dinner?	
Snacks?	
Desserts/Treats?	
How much water do you drink per day?	
What other fluids do you drink and how much per day?	

What is your current weight?	
What was your weight one year ago?	
What is your height?	

Review of Systems

Please check if you currently have or have had in the past:

General	Never	Past	Current	Doctor's Notes
Weight loss or gain				
Fever or chills				
Fatigue				
Heat or Cold Intolerance				
Cold Hands and Feet				
Sweats or Night Sweats				
Excessive Thirst				
Skin	Never	Past	Current	
Dryness				
Eczema				
Rashes or Itching				
Sores				
Mole changes				
Hair or nail changes				
Easy Bruising				
Head	Never	Past	Current	
Headache				
Head Trauma				
Eyes	Never	Past	Current	
Blurred Vision				
Glasses or Contact Lenses				
Dry Eyes				
Eye Pain				
Glaucoma				
Discharge from Eyes				

Ears	Never	Past	Current
Earaches			
Ringing in Ears			
Hearing Loss			
Nose	Never	Past	Current
Sinus Congestion or Infection			
Bleeding			
Discharge			
Post Nasal Drip			
Mouth / Throat	Never	Past	Current
Sores			
Bleeding Gums			
Toothaches / Cavities			
Hoarseness of Voice			
Recurrent/persistent sore throat			
Bitter or Metallic Taste in Mouth			
Lungs	Never	Past	Current
Asthma			
Shortness of Breath			
Chest Pain or Tightness			
Persistent Cough			
Wheezing			
Bronchitis			
Emphysema			
Pneumonia			
Tuberculosis			
Cardiovascular	Never	Past	Current
Heart Palpitations/Arrhythmia			
High Blood Pressure			
Low Blood Pressure			
Heart Murmurs			
Heart Disease			
Heart Attack			
Stroke			
Pacemaker			
Blood Clots in Legs or Lungs			
Swelling (edema) of Feet/Legs			
Circulatory Problems			
Varicose Veins			
Peripheral Arterial Disease			
Gastrointestinal	Never	Past	Current
Loss of or Excess Appetite			
Nausea or Vomiting			
Difficult or Painful Swallowing			
Eating Disorders			
Indigestion or Heartburn			
Ulcer			
Gas / Bloating			
Constipation			
Diarrhea			
Blood in Stool			
Mucus in Stool			
Undigested Food in Stool			
Black or Tarry Stool			
Colitis/ Crohn's Disease			
Hernia			
Hemorrhoids			
Anal Discomfort			
Gallbladder Disease			
Hepatitis (type)			
High Cholesterol / Lipids			

Liver Disease				
Urinary	Never	Past	Current	
Pain with Urination				
Increased Urinary Frequency				
Urinary Frequency at Night				
Incontinence				
Urinary Tract Infection				
Kidney Disease				
Musculoskeletal	Never	Past	Current	Doctor's Notes
Muscle Pain / Spasm / Strain				
Joint Pain / Sprain				
Osteoarthritis				
Rheumatoid Arthritis				
Osteoporosis				
Weakness				
Trauma / Swelling				
Endocrine	Never	Past	Current	Doctor's Notes
Diabetes				
Thyroid Disease				
Tremor				
Hormone Therapy				
Breast Tissue	Never	Past	Current	Doctor's Notes
Breast Lumps				
Breast Pain				
Nipple Discharge				
Blood / Lymphatic	Never	Past	Current	Doctor's Notes
Anemia				
Bleeding Tendencies				
Blood Transfusion				
Persistent Swollen Lymph Node				
Blood / Lymph Disease				
Allergic / Immune	Never	Past	Current	Doctor's Notes
HIV / AIDS				
Cancer / Chemotherapy				
Autoimmune Disease				
Hay Fever / Asthma / Eczema				
Drug Allergies				
Food Allergies				
Environmental Allergies				
Neurologic	Never	Past	Current	Doctor's Notes
Epilepsy/ Seizures/Convulsions				
Fainting				
Dizziness or Vertigo				
Problems with Speech				
Problems with Walking				
Problems with Coordination				
Paralysis / weakness				
Neurologic	Never	Past	Current	Doctor's Notes
Numbness				
Multiple Sclerosis				
Psychologic				
Anxiety				
Depression				
Chemical Dependency				
Phobias				
Memory Loss				
Mood Changes				
Psychiatric Care				

Thompson Valley Naturopathic Clinic Inc: Statement of Acknowledgement

Welcome to Thompson Valley Naturopathic Clinic! We are honoured that you have chosen us in your search for optimal health and wellness!

Persons seeking care in our office should understand that Doctors of Naturopathic Medicine are **NOT** Medical Doctors. As such, assessment, diagnosis and treatment of your health concerns may not be typical. If standard medical diagnosis or treatment is required, it must be obtained from a licensed medical doctor.

Naturopathic Medicine uses non-invasive methods for the assessment and treatment of bodily dysfunctions. Naturopathic Medicine emphasises the removal of the underlying cause of disease as opposed to short term alleviation of symptoms. Therefore treatment is usually more detailed and requires longer term commitment and lifestyle change. We ask that each person read, in detail, the following document and ask any questions that he/she may have before treatment is rendered. Your signature acknowledges the following:

1. You understand that Dr. Beach and Dr. Goto are Naturopathic Doctors, not medical doctors, who work within the Naturopathic scope of practice, and employ some methods which are not orthodox medical practice. If you have any questions regarding the Naturopathic Scope of Practice, please ask.
2. You understand that treatment here and/or referral to other health care practitioners is based upon the assessment of conditions revealed through your personal history and interview, physical assessment, and laboratory testing (where appropriate).
3. While changes in dietary habits are not a prerequisite for treatment, you understand that failure to follow sound nutritional and exercise programs could undermine the expected results.
4. You are not an agent of any private, local, county, provincial or federal agency attempting to gather information without so stating your intentions.
5. You accept full responsibility for any fees incurred during care and treatment, and you agree to fully discharge this responsibility **at the time of your visit**, unless prior arrangements have been made. You also acknowledge that we have a **48 hour cancellation policy** and reserve the right to **charge full cost** of the visit for missed appointments, or if insufficient time is given for cancellations.
6. You are accepting/rejecting this care of your own free will and choice. If you have any questions about the treatments suggested, please ask.
7. You understand that you have asked Dr. Beach or Dr. Goto of Thompson Valley Naturopathic Clinic for help and that they will help to the best of their ability.
8. If you are under the age of 18 years old, we require the signature of your parent or guardian.

I, _____ have read, understood and acknowledge the above statements.
(please print your name)

Date

Signature (or Signature of Parent/Guardian if under 18 years old)