

ACUPUNCTURE INFORMED CONSENT TO TREAT

I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by Karen Anne Sigel, L.Ac. and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with or serving as back-up for the acupuncturist named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese massage), Chinese herbal medicine, and nutritional counseling. I understand that the herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. The herbs may have an unpleasant smell or taste. I will immediately notify the acupuncturist of any unanticipated or unpleasant effects associated with the consumption of the herbs.

I have been informed that acupuncture is a generally safe method of treatment, but that it may have some side effects, including bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. Bruising is a common side effect of cupping. Unusual risks of acupuncture include spontaneous miscarriage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment. Burns and/or scarring are a potential risk of moxibustion and cupping.

I understand that while this document describes the major risks of treatment, other side effect and risks may occur. The herbs and nutritional supplements (which are from plant, animal and mineral sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. **I will notify the acupuncturist who is caring for me if I am or become pregnant.**

I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, and I wish to rely on the clinical staff to exercise judgment during the course of treatment which the clinical staff thinks at the time, based upon the facts then known is in my best interest. I understand that results are not guaranteed.

I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

By voluntarily signing below, I show that I have read, or have had read to me, the above consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Signature of Patient or Authorized Representative

Date

Printed Name and Relationship

**FORM TO BE COMPLETED BY PATIENT
NOTIFYING THE ACUPUNCTURIST OF WHETHER OR NOT PATIENT
HAS BEEN EVALUATED BY A PHYSICIAN
AND OTHER INFORMATION**

(Pursuant to the requirement of 1183.6(e) of this title (relating to Denial of License; Discipline of License) and Tex. Occ Code Ann., 205.351, governing the practice of acupuncture.)

I (patient's name) _____ am notifying Karen Anne Sigel, MAOM, LMT, L.Ac., ACN of the following:

I (**circle one: have / have not**) been evaluated by a physician or dentist for the condition being treated within 12 months before the acupuncture was performed. I recognize that I should be evaluated by a physician or dentist for the condition being treated by the acupuncturist.

I (**circle one: have / have not**) received a referral from my chiropractor within the last 30 days for acupuncture. After being referred by a chiropractor, if after 2 months or 20 treatments, whichever comes first, no substantial improvement occurs in the condition being treated, I understand that the acupuncturist is required to refer me to a physician. It is my responsibility and choice whether to follow this advice.

Signature of Patient or Authorized Representative

Date

Exemptions according to Rule 183.6 (e) Scope of Practice

3)an acupuncturist holding a current and valid license may without an evaluation or a referral from a physician, dentist, or chiropractor perform acupuncture on a person for **smoking addiction, weight loss, alcoholism, chronic pain or substance abuse.**

NOTICE OF PRIVACY PRACTICES

Dear Valued Patient,

This notice describes my policy for how medical information about you may be used and disclosed, how you can get access to this information, and how your privacy is being protected.

In order to maintain the level of service that you expect from our office, I may need to share limited personal medical and financial information with your insurance company, with Worker's Compensation (and your employer as well in this instance), or with other medical practitioners that you authorize.

Safeguards in place include:

- Limited access to facilities where information is stored.
- Policies and procedures for handling information.
- Requirements for third parties to contractually comply with privacy laws.
- All medical files and records (including email, regular mail, telephone, and faxes sent) are kept on permanent file.

Types of information that I gather and use:

In administering your health care, I gather and maintain information that may include non-public personal information:

- About your financial transactions with me (billing transactions).
- From your medical history, treatment notes, all test results, and any letters, faxes, emails or telephone conversations to or from other health care practitioners.
- From health care providers, insurance companies, workman's comp and your employer, and other third party administrators (e.g. requests for medical records, claim payment information).

I value our relationship, and respect your right to privacy. If you have questions about my privacy guidelines, please call me during regular business hours at 281-222-9588.

Sincerely,

Karen Anne Sigel, MAOM, L.Ac., ACN

Patient Acknowledgment: _____

(Patient signature & date)

PATIENT INSURANCE AND BILLING INFORMATION

Name of Insured: _____ Ins. Carrier (Payer): _____

Patient ID#: _____ Insured DOB: _____

Patient Relationship to Insured: Self Spouse Child Other: _____

Authorization

I authorize Karen A. Sigel to keep my signature and credit card information on file and to directly charge my credit card account for charges I personally incur including charges not reimbursed by insurance including herbs, supplements, cupping, co-pay, un-met annual deductible, late cancellation or no show fees and any other charges denied by the insurance carrier.

Note: Your card will only be charge for those fees actually incurred and not reimbursed by the insurance company.

Description

Said charges shall be in the form of:

- [] All charges on date of service.
[] Monthly payments of \$_____ for _____ months beginning _____ until the patient share of cost is paid in full.

Credit/Debit/FSA Card Information

- [] Discover
[] Master Card
[] Visa
[] Other _____

Credit card number: _____ Expiration date: _____

Card holder's name (please print): _____

Code on back of card: _____

Billing address & zip code (if different from health history) _____

Card holder's signature: _____

Date: _____

MEDICAL APPOINTMENT CANCELLATION POLICY

Dear Patient,

Thank you for trusting me with your medical care. I strive to render excellent care to you, and all patients. In order to be consistent with this philosophy, I use an appointment system that sets aside ample time for each individual patient based on the patient's current needs.

If you do not show up for your appointment, or notify me by phone of your inability to keep your appointment at least one business day in advance, the time that has been allotted for your visit cannot be used to treat another patient and is time lost to me. With this in mind, and in order to keep costs as low as possible, a Medical Appointment Cancellation Policy has been put into place.

The policy is as follows:

1. Please give me one business day notice in the event that you need to reschedule your appointment. The scheduling number is **281-222-9588**.
2. If you miss an appointment or do not give one business day prior notice of cancellation, it is considered to be a missed appointment and a **\$60.00 fee will be assessed to you**.
3. If you are late for an appointment, you will be seen as soon as possible, although the office visit will be limited to conclude at the originally scheduled time.
4. **As a courtesy, when time allows, I make reminder calls and emails for upcoming appointments. If you do not receive your reminder call or message, the cancellation policy is still in effect.**

If you have any questions regarding this policy, please contact me and I will be glad to clarify any questions you may have.

Thank you.

Patient Acknowledgement

Date

PATIENT INFORMATION & HEALTH HISTORY

All questions contained in this questionnaire are **strictly confidential** and will become part of your medical record.

Name :		<input type="checkbox"/> M	<input type="checkbox"/> F	DOB:	Today's Date:
Address:	City:	State:		Zip:	
Contact phone no:	Driver's License No. & State	Email Address			
Marital status:	<input type="checkbox"/> Single <input type="checkbox"/> Partnered <input type="checkbox"/> Married <input type="checkbox"/> Separated <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed				
Who referred you/how did you hear about us?	Date of last physical exam:				

Cancellation Policy – I acknowledge that I will give at least 24 hour notice of cancellation or be charged for the missed session. I will call if I anticipate being more than 15 minutes late for my appointment and understand that the appointment may need to be rescheduled if adequate time is not available for treatment. Patient initials _____.

IN CASE OF EMERGENCY

Name of emergency contact person:	Relationship to patient:	Contact Phone:
		()

PERSONAL HEALTH HISTORY

Childhood illness:
 Measles
 Mumps
 Rubella
 Chickenpox
 Rheumatic Fever
 Polio

Please check any significant health condition you currently have or have had in the past:

<input type="checkbox"/> Alcoholism/Addictions	<input type="checkbox"/> Diabetes	<input type="checkbox"/> High / Low Blood Pressure(Circle)	<input type="checkbox"/> Pace Maker
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Epilepsy/Seizures	<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Rheumatic Fever
<input type="checkbox"/> Asthma/Allergies	<input type="checkbox"/> Gallstones	<input type="checkbox"/> HIV/AIDS	<input type="checkbox"/> STD/Venereal Disease
<input type="checkbox"/> Autoimmune Disease	<input type="checkbox"/> Headache/Migraine	<input type="checkbox"/> Implants/Prosthesis	<input type="checkbox"/> Stroke (CVA)
<input type="checkbox"/> Bleeding/Clotting Disorder	<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Kidney disease	<input type="checkbox"/> Thyroid Disease
<input type="checkbox"/> Cancer	<input type="checkbox"/> Hepatitis B or C (Circle)	<input type="checkbox"/> Liver Disease	<input type="checkbox"/> Tuberculosis
<input type="checkbox"/> Connective Tissue Disease	<input type="checkbox"/> Herpes	<input type="checkbox"/> Neurological Disease	<input type="checkbox"/> Other:

Please list your chief medical concerns today in order of importance to you:

1.
2.
3.

Surgeries and hospitalizations:

Year	Reason/Procedure	Hospital

Blood type (please circle one) O * A * B * AB * DON'T KNOW

Please list all food, drugs or other substances for which you are allergic:

Food, Drug or Substance	Reaction you had

List Any Dietary Restrictions – Vegetarian Only or NO: Beef Pork Other _____

**List your prescribed drugs and over-the-counter medications, supplements, inhalers, etc.
(Please use a separate page if necessary)**

Drug Name	Condition Treated	Start Date	Strength	Dosage per Day

HEALTH HABITS

Diet	Do you eat breakfast on a regular basis? <input type="checkbox"/> Yes <input type="checkbox"/> No			
	Rank your salt intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your dairy intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your wheat/gluten intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your sugar intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your artificial sweetener intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your high processed/junk food intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your fried/greasy food intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your fresh fruit & vegetable intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your fiber intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your water intake:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
	Rank your antacid use:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low
Rank your laxative/stool softener use:	<input type="checkbox"/> Hi	<input type="checkbox"/> Med	<input type="checkbox"/> Low	
Exercise	<input type="checkbox"/> Sedentary <input type="checkbox"/> Mild exercise <input type="checkbox"/> Occasional vigorous exercise <input type="checkbox"/> Regular vigorous exercise			
Caffeine	<input type="checkbox"/> None	<input type="checkbox"/> Coffee	<input type="checkbox"/> Tea	<input type="checkbox"/> Cola # Cups/cans per day _____
Alcohol	Are you concerned about the amount you drink? If yes, how many drinks per week? _____			<input type="checkbox"/> Yes <input type="checkbox"/> No
Tobacco	Do you use tobacco? <input type="checkbox"/> Cigarettes <input type="checkbox"/> Chew <input type="checkbox"/> Pipe <input type="checkbox"/> Cigars			<input type="checkbox"/> Yes <input type="checkbox"/> No
	# of years of use _____ Amount/# packs per day _____ Year quit _____			
Drugs	Do you currently use recreational or street drugs?			<input type="checkbox"/> Yes <input type="checkbox"/> No

FAMILY HEALTH HISTORY

Please list any significant health problems experienced by immediate family members and approximate age of onset if known

FAMILY MEMBER	AGE	SIGNIFICANT HEALTH PROBLEM	FAMILY MEMBER	AGE	SIGNIFICANT HEALTH PROBLEM

EMOTIONAL HEALTH AND WELLBEING

Is stress a major problem for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel depressed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you panic when stressed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have problems with eating or your appetite?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you cry frequently?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have trouble sleeping?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

A happy heart is good medicine and a cheerful mind works healing... Proverbs 17:22

<p>General</p> <p><input type="checkbox"/> Chills <input type="checkbox"/> Dizziness <input type="checkbox"/> Fatigue <input type="checkbox"/> Fever <input type="checkbox"/> Forgetfulness <input type="checkbox"/> Headache <input type="checkbox"/> Nervous/Anxious <input type="checkbox"/> Numbness/Tingling <input type="checkbox"/> Shaking/Tremor</p> <p>Emotion</p> <p>Generally I am (check all that apply):</p> <p><input type="checkbox"/> Angry <input type="checkbox"/> Cry Easily <input type="checkbox"/> Depressed <input type="checkbox"/> Give up/in easily <input type="checkbox"/> Happy <input type="checkbox"/> Have difficulty expressing my true feelings <input type="checkbox"/> In a hurry <input type="checkbox"/> Indecisive <input type="checkbox"/> Internalize anger or frustration <input type="checkbox"/> Irritable <input type="checkbox"/> Restless <input type="checkbox"/> Short attention span <input type="checkbox"/> Other _____</p> <p>Weight</p> <p><input type="checkbox"/> Recent Weight Gain <input type="checkbox"/> Recent Weight Loss # of lbs. _____ gained/lost Since date ____/____</p> <p>Thirst</p> <p><input type="checkbox"/> Excessive <input type="checkbox"/> Less than normal <input type="checkbox"/> Thirsty, but no desire to drink anything Water preference: <input type="checkbox"/> Cold <input type="checkbox"/> Hot <input type="checkbox"/> Room temp</p> <p>Food Cravings or Avoid</p> <p><input type="checkbox"/> Salty <input type="checkbox"/> Sour <input type="checkbox"/> Sweet <input type="checkbox"/> Carbohydrates <input type="checkbox"/> Dairy <input type="checkbox"/> Fried/Greasy <input type="checkbox"/> Non-food substances <input type="checkbox"/> Other _____</p> <p>Energy</p> <p><input type="checkbox"/> Low <input type="checkbox"/> Excessive <input type="checkbox"/> Up & Down <input type="checkbox"/> Low after eating <input type="checkbox"/> Sleepy in the afternoon <input type="checkbox"/> Other _____</p>	<p>Digestion</p> <p><input type="checkbox"/> Bloating <input type="checkbox"/> Gas <input type="checkbox"/> Difficulty Swallowing <input type="checkbox"/> Heartburn <input type="checkbox"/> Acid Reflux <input type="checkbox"/> Indigestion <input type="checkbox"/> Nausea <input type="checkbox"/> Poor Appetite <input type="checkbox"/> Pain <input type="checkbox"/> Stomach Pain <input type="checkbox"/> Vomiting <input type="checkbox"/> Vomiting Blood</p> <p>Bowels</p> <p>Bowel movement frequency: # _____ times per <input type="checkbox"/> Day <input type="checkbox"/> Week</p> <p><input type="checkbox"/> Black Stool <input type="checkbox"/> Blood in <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhea <input type="checkbox"/> Hemorrhoids <input type="checkbox"/> Loose Stool <input type="checkbox"/> Pale Stool <input type="checkbox"/> Pain or cramps <input type="checkbox"/> Other _____</p> <p>Urinary</p> <p># times per day _____ # times per night _____</p> <p><input type="checkbox"/> Color – Clear <input type="checkbox"/> Color – Dark Yellow <input type="checkbox"/> Color – Light Yellow <input type="checkbox"/> Color – Red <input type="checkbox"/> Blood or Pus in Urine <input type="checkbox"/> Difficult Urination <input type="checkbox"/> Frequent Urination <input type="checkbox"/> Kidney Stone or infection <input type="checkbox"/> Painful or Burning Urination <input type="checkbox"/> Poor Bladder Control <input type="checkbox"/> Bladder Infection <input type="checkbox"/> Smell: <input type="checkbox"/> Bad <input type="checkbox"/> Strong <input type="checkbox"/> Sweet <input type="checkbox"/> Urgency to Urinate <input type="checkbox"/> Other _____</p> <p>Cardio-Respiratory</p> <p><input type="checkbox"/> Allergies <input type="checkbox"/> Asthma <input type="checkbox"/> Cough - Persistent <input type="checkbox"/> Coughing Blood <input type="checkbox"/> Frequent colds <input type="checkbox"/> Night Sweats <input type="checkbox"/> Phlegm Production <input type="checkbox"/> Recurrent Bronchitis <input type="checkbox"/> Shortness of Breath <input type="checkbox"/> Spontaneous Sweating <input type="checkbox"/> Profuse sweating upon exertion</p>	<p>Cardio-Respiratory (cont.)</p> <p><input type="checkbox"/> Chest Pain <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Irregular Heart Beat <input type="checkbox"/> Low Blood Pressure <input type="checkbox"/> Poor Circulation <input type="checkbox"/> Swollen Ankles <input type="checkbox"/> Varicose Veins <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____</p> <p>Eyes</p> <p><input type="checkbox"/> Blurred/Double Vision <input type="checkbox"/> Cataract <input type="checkbox"/> Dry Eyes <input type="checkbox"/> Eyelids swollen <input type="checkbox"/> Itchy <input type="checkbox"/> Light Sensitivity <input type="checkbox"/> Pain/Strain <input type="checkbox"/> Red <input type="checkbox"/> Poor night vision <input type="checkbox"/> Visual Halos <input type="checkbox"/> Tear easily <input type="checkbox"/> Watery <input type="checkbox"/> Other _____</p> <p>Ears</p> <p><input type="checkbox"/> Ache/Pain <input type="checkbox"/> Hearing Loss <input type="checkbox"/> Hearing Sensitivity <input type="checkbox"/> Ringing/Tinnitus <input type="checkbox"/> Other _____</p> <p>Nose</p> <p><input type="checkbox"/> Lost Sense of Smell <input type="checkbox"/> Smell Sensitivity <input type="checkbox"/> Sinus Problems <input type="checkbox"/> Nosebleeds <input type="checkbox"/> Other _____</p> <p>Mouth</p> <p><input type="checkbox"/> Bad Breath <input type="checkbox"/> Bleeding Gums <input type="checkbox"/> Dry <input type="checkbox"/> Red/Swollen Gums <input type="checkbox"/> Sores/Spots <input type="checkbox"/> Taste Changes _____ <input type="checkbox"/> Teeth Grinding <input type="checkbox"/> Teeth - Loose <input type="checkbox"/> Tender Tongue <input type="checkbox"/> TMJ <input type="checkbox"/> Other _____</p> <p>Throat</p> <p><input type="checkbox"/> Difficulty swallowing <input type="checkbox"/> Hoarse/ Loss of Voice <input type="checkbox"/> Sore throat <input type="checkbox"/> Throat that won't clear <input type="checkbox"/> Goiter or other thyroid <input type="checkbox"/> Other _____</p>	<p>Musculoskeletal (Pain, Weak or Numb in)</p> <p><input type="checkbox"/> Hands <input type="checkbox"/> Wrists <input type="checkbox"/> Arms <input type="checkbox"/> Elbows <input type="checkbox"/> Shoulders <input type="checkbox"/> Feet <input type="checkbox"/> Ankles <input type="checkbox"/> Legs <input type="checkbox"/> Knees <input type="checkbox"/> Thighs <input type="checkbox"/> Hips <input type="checkbox"/> Neck <input type="checkbox"/> Back <input type="checkbox"/> Spine <input type="checkbox"/> Sciatica <input type="checkbox"/> From cold/damp weather <input type="checkbox"/> Other _____</p> <p>Skin</p> <p><input type="checkbox"/> Bruise Easily <input type="checkbox"/> Bruises Linger <input type="checkbox"/> Cuts heal slowly <input type="checkbox"/> Dry <input type="checkbox"/> Hives <input type="checkbox"/> Itchy <input type="checkbox"/> Lumps located at: _____ <input type="checkbox"/> Oily <input type="checkbox"/> Rash <input type="checkbox"/> Skin Disease _____ <input type="checkbox"/> Sores <input type="checkbox"/> Other _____</p> <p>Hair</p> <p><input type="checkbox"/> Dry <input type="checkbox"/> Dandruff <input type="checkbox"/> Falling Out <input type="checkbox"/> Oily <input type="checkbox"/> Premature Grey <input type="checkbox"/> Other _____</p> <p>Sleep</p> <p><input type="checkbox"/> Insomnia <input type="checkbox"/> Snoring <input type="checkbox"/> Sleep Apnea <input type="checkbox"/> Difficulty Falling Asleep <input type="checkbox"/> Difficulty Staying Asleep <input type="checkbox"/> Toss & Turn <input type="checkbox"/> Wake Feeling Tired <input type="checkbox"/> Wake easily</p> <p>Nails</p> <p><input type="checkbox"/> Break easily <input type="checkbox"/> Pale <input type="checkbox"/> Clubbed <input type="checkbox"/> Peel <input type="checkbox"/> Lines/Ridges <input type="checkbox"/> Soft <input type="checkbox"/> White or Other Spots <input type="checkbox"/> Other _____</p> <p>Body Temperature</p> <p><input type="checkbox"/> Chill easily/cold aversion <input type="checkbox"/> Cold hands/feet <input type="checkbox"/> Warm natured/heat aversion <input type="checkbox"/> Other _____</p>
--	---	---	--

WOMEN'S HEALTH HISTORY
(PLEASE FILL IN OR CHECK APPROPRIATE ANSWER)

NAME: _____

DATE: _____

Are you pregnant, trying to become pregnant or breastfeeding?

<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
--------------------------	-----	--------------------------	----

Age at onset of menstruation: _____	Date of onset of menopause: _____				
Date of last menstruation: _____	How many days does your menstruation last? _____				
What color is the blood <input type="checkbox"/> Light red <input type="checkbox"/> Red <input type="checkbox"/> Dark red <input type="checkbox"/> Purple <input type="checkbox"/> Brown <input type="checkbox"/> Black					
Do you have heavy periods? How many pads_or tampons_(circle one) do you use on your heaviest days? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you pass clots? How often? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you experience cramping? <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe On what days of your cycle? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have cycle irregularity? # of Days between cycles (from 1 st day of period to 1 st day of next period) _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have your cycles changed since they began? How? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have spotting or bleeding between cycles?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have premenstrual tension, irritability or other symptoms at or around your period?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have breast tenderness? <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe When? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you experience nipple discharge? When? _____ What color? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have any breast lumps?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Does your face breakout before or during your period?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you get premenstrual low back pain?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do your bowel movements become loose at the beginning of your period?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you experience abnormal vaginal discharge? When? _____ What color? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you experience vaginal dryness and/or painful intercourse? Please describe _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you experience vaginal itching?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Are you currently using a method of birth control? What method? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you used hormone contraceptives or day after pill? When & for how long? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Used an IUD? When & for how long? _____ Type: Copper Hormone Other _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
# of pregnancies _____ # of live births _____ # of Cesarean births _____					
# of premature births _____ # of miscarriages _____ # of Ectopic pregnancies _____					
If you've had a miscarriage, how many weeks pregnant were you then? _____					
Have you ever had an abnormal pap smear? Findings _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever had a venereal disease?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you get yeast infections regularly?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever had a Chlamydia infection?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have any sores on your genitalia?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever had a cervical biopsy, operation or other procedure? What? _____		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with pelvic inflammatory disease?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with uterine fibroids, polyps or other abnormalities?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with endometriosis?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with polycystic ovarian syndrome (PCOS)?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with ovarian cysts?		<input type="checkbox"/>	Yes	<input type="checkbox"/>	No

Have you ever been diagnosed with pelvic adhesions?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with other pelvic abnormalities?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you ever been diagnosed with fibrocystic breasts?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you had a hysterectomy? (circle one) Complete (ovaries and uterus) Partial (uterus only) Date and reason for hysterectomy: _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Urinary tract, bladder, or kidney infections within the last year?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Blood in your urine?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Problems with control of urination?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Hot flashes or sweating at night?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have facial hair or excess body hair?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have excessive loss of head hair?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have regular breast exams? Last breast exam Mo/Yr: /	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you have regular PAP tests? Last PAP Mo/Yr: / Was the finding normal? Yes / No	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No

PLEASE DESCRIBE ANY OTHER WOMEN'S HEALTH CONCERNS YOU MAY HAVE

FERTILITY QUESTIONNAIRE

How long have you been trying to conceive? _____ <input type="checkbox"/> Days <input type="checkbox"/> Weeks <input type="checkbox"/> Months <input type="checkbox"/> Years
Who have you consulted with up to this point? (check all that apply)
<input type="checkbox"/> OB/GYN <input type="checkbox"/> Fertility Specialist <input type="checkbox"/> Acupuncturist <input type="checkbox"/> Nutritionist <input type="checkbox"/> Other -----
What fertility treatments have you tried so far? _____

Please check any medical diagnosis that you have been given with regard to your fertility:

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Unexplained infertility | <input type="checkbox"/> Poor egg quality | <input type="checkbox"/> Premature ovarian failure | <input type="checkbox"/> High FSH/poor ovarian reserve |
| <input type="checkbox"/> POS/polycystic ovaries | <input type="checkbox"/> Blocked tubes | <input type="checkbox"/> No tubes | <input type="checkbox"/> Uterine fibroids |
| <input type="checkbox"/> Intrauterine adhesions | <input type="checkbox"/> Uterine abnormalities | <input type="checkbox"/> Hormone insufficiency | <input type="checkbox"/> Male factor |

If you had blocked tubes, was any treatment done? Treatment _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Was there damage or scarring on the inside of your uterus or fallopian tubes?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you taken medication to help you ovulate? When? _____ How long? _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you taken or are currently taking hormones? What? _____ How long? _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you had any hormone laboratory tests performed? Result? _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you taken or are currently taking steroids? What? _____ How long? _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you douche regularly? With what? _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Do you use vaginal lubricants?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Describe your sexual energy <input type="checkbox"/> None <input type="checkbox"/> Low <input type="checkbox"/> Normal <input type="checkbox"/> High <input type="checkbox"/> Excessive				
Do you have a stressful life?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Was your mother exposed to diethylstilbestrol (DES) when she was pregnant with you?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Have you been exposed to any known environmental toxins?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Has your husband/partner had a sperm analysis done? Result? _____	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Has your husband/partner had a vasectomy reversal?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No