

## Paul Chiropractic and Health Center

### Nutrition Patient Questionnaire

Patient# \_\_\_\_\_ Date \_\_\_\_\_

Classification \_\_\_\_\_ SS# \_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Work \_\_\_\_\_

Place of Employment \_\_\_\_\_ Occupation \_\_\_\_\_

Married \_\_\_\_\_ Single \_\_\_\_\_ Divorced \_\_\_\_\_ Widow(er) \_\_\_\_\_ # of Children \_\_\_\_\_

Spouse's Name \_\_\_\_\_ Place of Employment \_\_\_\_\_

In Case of Emergency, who should we contact?

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

How did you hear about our office? \_\_\_\_\_

**We will provide a receipt for you to submit to your insurance. You are responsible for payment in full at the time of service.**

\*\* I clearly understand that all services rendered me are my responsibility and payment is expected at the time of service.

Patient's Signature \_\_\_\_\_ Date \_\_\_\_\_

If under 18 years of age, parent or guardian's signature \_\_\_\_\_

### Nutritional Informed Consent

According to the Federal Food, Drug, and Cosmetic Act, as amended, Section 201 (g) (1), the term "DRUG" is defined to mean: *"Articles intended for use in the Diagnosis, Cure, Mitigation, Treatment or Prevention of disease."*

A vitamin is not a drug, NEITHER is a Mineral, Trace Element, Amino Acid, Herb, or Homeopathic Remedy.

Although a Vitamin, a Mineral, Trace Element, Amino Acid, Herb or Homeopathic Remedy may have an effect on any disease process or symptoms, this does not mean that it can be misrepresented, or be classified as a drug by anyone.

Therefore, please be advised that any suggested nutritional advice or dietary advice is not intended as a primary treatment and/or therapy for any disease or particular bodily symptom.

Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and biomechanical processes of the human body. Nutritional advice and nutritional intake may also enhance the stabilization of chiropractic adjustments and treatment.

I have read and understand the above:

Signature \_\_\_\_\_ Date \_\_\_\_\_

# PATIENT SYMPTOM SURVEY

DATE \_\_\_\_\_

PATIENT'S NAME \_\_\_\_\_ AGE \_\_\_\_\_

WEIGHT \_\_\_\_\_ HEIGHT \_\_\_\_\_ BLOOD PRESSURE \_\_\_\_\_ PULSE \_\_\_\_\_ O<sub>2</sub> \_\_\_\_\_

This is a confidential patient symptom survey. Please check each condition which is true for you. If the condition does not apply to you or you do not understand a term or if you are not sure if a condition applies to you, then do not check the box. Use common sense. For example, Insomnia once in the last month probably isn't that important and would not be marked. However, Insomnia occurring 1-2 times per week is notable and would be marked. Please take your time...

## Primary Complaints

- |                                                                       |                                                                     |                                                                |
|-----------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------|
| 090 <input type="checkbox"/> General Good Health                      | 039 <input type="checkbox"/> High Blood Pressure 401.9              | 069 <input type="checkbox"/> Hyperthyroid 242.9                |
| 091 <input type="checkbox"/> Desires Nutritional & Metabolic Analysis | 040 <input type="checkbox"/> Low Blood Pressure 458.9               | 070 <input type="checkbox"/> Hypothyroid 244.9                 |
| 001 <input type="checkbox"/> Skin Disorder 692.9                      | 041 <input type="checkbox"/> Tachycardia (High Heart Rate) 785.00   | 071 <input type="checkbox"/> Lupus 710.0                       |
| 002 <input type="checkbox"/> Acne 706.1                               | 042 <input type="checkbox"/> Numbness 782.0                         | 072 <input type="checkbox"/> Infertility, female 628.9         |
| 003 <input type="checkbox"/> Psoriasis 696.1                          | 043 <input type="checkbox"/> Constipation 564.0                     | 073 <input type="checkbox"/> Interstitial Cystitis 595.1       |
| 004 <input type="checkbox"/> Urticaria (Hives) 708.9                  | 044 <input type="checkbox"/> Indigestion 536.8                      | 074 <input type="checkbox"/> Irregular Menstrual Cycle 626.4   |
| 005 <input type="checkbox"/> ADD/ADHD 314.01                          | 045 <input type="checkbox"/> Ulcerative Colitis 556.9               | 075 <input type="checkbox"/> Menopausal Symptoms 627.2         |
| 006 <input type="checkbox"/> Allergies 477.0                          | 046 <input type="checkbox"/> Depression 311.0                       | 076 <input type="checkbox"/> Hot Flashes 627.2                 |
| 007 <input type="checkbox"/> Food Allergy 691.8                       | 047 <input type="checkbox"/> Diabetes Mellitus 250.0                | 077 <input type="checkbox"/> Mental Disorder 300.9             |
| 008 <input type="checkbox"/> Sinusitis 461.9                          | 030 <input type="checkbox"/> Diabetes Type I 250.01                 | 078 <input type="checkbox"/> Insomnia 780.52                   |
| 009 <input type="checkbox"/> Alzheimer's 333.1                        | 031 <input type="checkbox"/> Diabetes Type II 250.02                | 079 <input type="checkbox"/> Mouth/Throat/Tongue               |
| 010 <input type="checkbox"/> Poor Concentration/ Memory 310.1         | 029 <input type="checkbox"/> Hyperglycemia [high blood sugar] 790.6 | 080 <input type="checkbox"/> Canker Sores 528.2                |
| 011 <input type="checkbox"/> Parkinson's Disease 332.0                | 048 <input type="checkbox"/> Hypoglycemia [low blood sugar] 251.2   | 081 <input type="checkbox"/> Overweight 278.0                  |
| 012 <input type="checkbox"/> Anemia 285.9                             | 049 <input type="checkbox"/> Dizziness/Balance Problem 780.4        | 082 <input type="checkbox"/> Underweight 783.2                 |
| 013 <input type="checkbox"/> Arthritic Disorder 716.9                 | 050 <input type="checkbox"/> Ear Infection 386.30                   | 083 <input type="checkbox"/> Sexual Disorder 302.9             |
| 014 <input type="checkbox"/> Osteoporosis 733.0                       | 051 <input type="checkbox"/> Epstein Barr 075.0                     | 084 <input type="checkbox"/> Spinal Problems                   |
| 015 <input type="checkbox"/> Asthma 493.9                             | 052 <input type="checkbox"/> Eye Problems 379.91                    | 085 <input type="checkbox"/> Obesity 278.0                     |
| 016 <input type="checkbox"/> Emphysema 492.8                          | 053 <input type="checkbox"/> Cataracts 366.9                        | 086 <input type="checkbox"/> GERD 530.81                       |
| 017 <input type="checkbox"/> Cancer                                   | 054 <input type="checkbox"/> Glaucoma 365.62                        | 087 <input type="checkbox"/> HIV infection 079.53              |
| 018 <input type="checkbox"/> Breast 174.9                             | 055 <input type="checkbox"/> Macular Degeneration 362.5             | 088 <input type="checkbox"/> Crohn's Disease 555.9             |
| 019 <input type="checkbox"/> Prostate 185.0                           | 056 <input type="checkbox"/> Fever 780.6                            | 089 <input type="checkbox"/> Irritable Bowel Syndrome 564.1    |
| 020 <input type="checkbox"/> Lung 162.9                               | 057 <input type="checkbox"/> Fibromyalgia 729.1                     | 092 <input type="checkbox"/> Pregnant v22.2                    |
| 021 <input type="checkbox"/> Colon/Rectal 153.9                       | 058 <input type="checkbox"/> Gallbladder Disorder 575.9             | 093 <input type="checkbox"/> Shingles 053.9                    |
| 022 <input type="checkbox"/> Skin 173.9                               | 059 <input type="checkbox"/> Gout 274.9                             | 140 <input type="checkbox"/> Migraines 346.90                  |
| 023 <input type="checkbox"/> Leukemia 208.1                           | 060 <input type="checkbox"/> Headaches 784.0                        | 141 <input type="checkbox"/> Rheumatoid Arthritis 714.0        |
| 024 <input type="checkbox"/> Lymphoma 202.8                           | 061 <input type="checkbox"/> Hearing Loss 389.90                    | 142 <input type="checkbox"/> Lupus 710.0                       |
| 025 <input type="checkbox"/> Brain Tumor 191.9                        | 062 <input type="checkbox"/> Infertility, male 606.9                | 143 <input type="checkbox"/> Multiple Sclerosis 340.0          |
| 026 <input type="checkbox"/> Other                                    | 064 <input type="checkbox"/> Liver Disease 571.9                    | 144 <input type="checkbox"/> ALS Lou Gerigs disease 335.20     |
| 027 <input type="checkbox"/> Anxiety / stress 300.00                  | 065 <input type="checkbox"/> Hepatitis 573.3                        | 145 <input type="checkbox"/> Polymyalgia Rheumatica 725.0      |
| 028 <input type="checkbox"/> Autism 299.0                             | 066 <input type="checkbox"/> Hepatitis B 573.1                      | 146 <input type="checkbox"/> Scleroderma 710.1                 |
| 033 <input type="checkbox"/> Edema 782.3                              | 067 <input type="checkbox"/> Hepatitis C 070.51                     | 171 <input type="checkbox"/> Goiter 240.9                      |
| 034 <input type="checkbox"/> Eczema 692.9                             | 068 <input type="checkbox"/> Kidney (593.9) / Bladder (596.9)       | 178 <input type="checkbox"/> Raynaud's Syndrome 433.8          |
| 035 <input type="checkbox"/> Chronic Fatigue 780.71                   | 063 <input type="checkbox"/> Prostate Disorder 602.9                | 179 <input type="checkbox"/> Hemochomatosis 275.0              |
| 036 <input type="checkbox"/> Circulatory Disorder 459.90              |                                                                     | 180 <input type="checkbox"/> Thalassemia 282.49                |
| 037 <input type="checkbox"/> Heart Disease 429.90                     |                                                                     | 181 <input type="checkbox"/> Post stroke/brain aneurism 747.81 |
| 038 <input type="checkbox"/> High Cholesterol 272.0                   |                                                                     |                                                                |

If necessary, please state your most significant concern...

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## General Health

- 100  Fingernail base is pink
- 101  Fingernail base is purple
- 102  Fingernails have ridges or white spots
- 103  Fingernails are soft
- 104  Fingernails are splitting
- 105  Fingernails peel
- 106  Pale fingernail beds
- 107  Blacks out easily
- 108  Balance problems
- 109  Difficulty walking
- 110  Has tattoos
- 111  Brittle hair
- 112  Dry hair
- 113  Thin hair
- 114  Hair loss
- 115  Drinks alcoholic beverages daily
- 116  Drinks less than 8 glasses of water per day
- 117  Currently on Chemotherapy
- 118  Currently on radiation treatment
- 148  Had radiation therapy in the last year
- 149  Had chemotherapy in the last year
- 119  Had chemotherapy in the past
- 120  Has had radiation treatments in the past
- 121  Gained over 20 lbs in the last 12 months
- 122  Somewhat Overweight
- 123  Somewhat Underweight
- 124  Unexplained weight loss of over 20lbs within the last 4 months
- 125  Energy level is worse than it was 5 years ago
- 127  Sleeps less than 6 hours per night
- 128  Unable to recall dreams the next day
- 129  Sensitive to chemicals, paint, fumes, cologne
- 130  Had blood transfusion in the past
- 131  Had transplant in the past
- 138  Takes anti-rejection drugs
- 132  Had a major accident or injury
- 137  Sleep Apnea
- 139  Toxic chemical exposure
- 175  Has been out of the country recently
- 176  Had childhood vaccines
- 177  Had a vaccine in the last 12 months
- 147  Had a flu shot last year
- 182  Had a pneumonia vaccine last year
- 183  Had a Hepatitis B vaccine in the last 2 years.

Has a family history of:

- 184  Cancer
- 185  Heart Disease
- 186  Diabetes
- 187  Alcoholism
- 188  Depression
- 189  Obesity

## Lifestyle Habits

- 380  Drinks beverages from a can
- 370  Drinks alcohol
- 371  Drinks caffeinated coffee
- 372  Drinks caffeinated pop/soda
- 373  Drinks caffeinated tea
- 374  Drinks decaffeinated coffee
- 375  Drinks decaffeinated pop/soda
- 376  Drinks decaffeinated tea
- 377  Drinks more than 3 cups of coffee per day
- 378  Drinks more than 3 cups of tea per day
- 388  Drinks diet pop/soda
- 379  Drinks 1 or more pop/sodas per day
- I had 4 alcoholic drinks in one day:
  - 172  never
  - 173  more than 3 months ago
  - 174  less than 3 months ago
- 381  Has more than 5 alcoholic drinks per week
- 391  Craves sugar / starches
- 382  Currently smokes
- 383  Quit smoking in the last 5 years
- 384  Smoked for more than 5 years
- 385  Smokes more than 1 pack per day
- 126  Rarely exercises
- 133  Regularly exercises
- 386  Takes Vitamins
- 134  Vegetarian
- 135  Eats no red meat
- 136  Eats no meat, no dairy
- 387  Frequent use of artificial sweeteners
- 389  Anorexia
- 390  Bulimic

## Surgeries

- 700  Tonsillectomy and/or Adenoids  
701  Appendix  
702  Gallbladder  
703  Thyroid  
715  Radiated thyroid  
708  Cancer  
704  Hysterectomy, complete  
705  Hysterectomy, partial  
706  Tubal ligation  
707  Breast implants  
709  Coronary by-pass  
710  Spinal surgery  
711  Extremity surgery  
712  Hip replacement  
713  Knee replacement  
714  Splenectomy  
716  Cataract surgery  
717  Hemorrhoidectomy

## Gastrointestinal

- 265  4-5 bowel movements per week  
266  3 or less bowel movements per week  
267  6 or more bowel movements per week  
268  Black tarry stools  
269  Pale or yellow colored stool  
270  Blood stools  
271  Constipation  
272  Hemorrhoids  
273  Loose bowel movements  
274  Frequent diarrhea  
275  Frequent nausea  
276  Frequent vomiting  
277  Abdominal gas  
278  Belching and burping after eating  
279  Bloating after eating  
280  Severe abdominal pains  
281  Stomach ulcers  
282  Uses digestive aids  
283  Uses laxatives  
284  Immediate indigestion upon eating  
285  Indigestion in 2 hours or more after meals  
286  Indigestion within 1 hour after meals  
287  Difficulty swallowing  
288  Eating relieves fatigue  
289  Eats when nervous  
290  Excessive hunger  
291  Poor appetite  
292  Experiences fainting spells when hungry  
293  Feels shaky when hungry  
294  Frequently drowsy after eating a meal  
295  Gall bladder disease  
296  Has had intestinal worms  
297  Reflux/Hiatal hernia  
298  Liver disease  
299  Irritable Bowel Syndrome  
300  Diverticulitis  
301  Diverticulosis

## Respiratory

- 485  Catches severe colds  
486  Chronic chest condition  
487  Chronic cough  
488  Constant runny nose  
489  COPD  
490  Difficulty breathing  
491  Frequent colds  
492  Frequent nose bleeds  
493  Frequent sinus infections  
494  Frequent stuffy nose  
495  Hay fever  
496  Nasal polyps  
497  Night sweats  
498  Post nasal drip  
499  Sneezing spells  
500  Spits up blood  
501  Spits up phlegm  
502  Wheezes

## Mouth and Throat

- 400  Bad breath  
401  Bitter taste in the mouth in the morning  
402  Dry mouth  
403  Excessive saliva  
404  Sores or cracks in the corners of the mouth  
405  Glands often swell  
406  Frequent canker sores  
407  Frequent fever blisters  
408  Frequent sore throats  
409  Frequently has a sore tongue  
410  Sore gums  
411  Swollen gums  
412  Swollen tongue  
413  Tongue burns  
414  Tongue has grooves or fissures  
415  Tongue is coated  
416  Gums bleed when brushing teeth  
417  Toothaches  
418  Amalgam dental fillings  
420  Other dental fillings (gold, composite, etc)  
419  Has had root canal(s)

## Endocrine

- 245  Coarse hair  
246  Coarse skin  
247  Diabetic  
248  Excessive thirst  
249  Frequently feels cold  
250  Frequently feels hot  
251  Gets lightheaded when standing quickly  
252  Heals slowly  
253  Unusually jumpy or nervous  
254  Unusually tired most of the time

## Cardiovascular

- 190  Cold feet  
191  Cold hands  
192  Experiences shortness of breath while sitting still  
193  Heart skips beats  
194  Tendency of High blood pressure  
195  Leg cramps during bedtime  
196  Leg cramps during daytime  
197  Low blood pressure at times  
198  Pain in leg/hips when walking  
199  Frequent swollen ankles  
200  Pains in the heart or chest  
201  Spells of rapid heart rate  
202  Troubled with blood clots  
203  Unusually slow pulse rate  
204  Varicose veins  
205  Heart palpitations

## Skin

- 520  Bruises easily  
521  Excessive perspiration  
522  Frequent goose bumps  
523  Has acne  
524  Has Psoriasis  
525  Hives  
526  Itchy skin  
527  Problems with Eczema  
528  Has moles which are changing in size and/or color  
530  Skin is rough, especially on the back of the arms  
529  Skin eruptions  
531  Skin is tender  
532  Sores that heal slowly  
533  Troubled with boils  
534  Dry skin

## Ears

- 220  Discharge from ears  
221  Hard of hearing  
222  Punctured ear drum  
223  Recurrent ear infection  
224  Ringing or noises in the ears  
225  Tinnitus

## Eyes

- 320  Bloodshot eyes  
321  Blurred vision  
322  Cross eyes  
323  Eye pain  
324  Eyes feel gritty  
325  Eyes watery  
326  Mild Glaucoma  
327  Far sighted  
328  Developing cataracts  
329  Mild Macular degeneration  
330  Itchy eyes  
331  Near sighted  
332  Dry Eyes

## Feet

- 350  Corns  
351  Frequent foot cramps  
352  Heel spurs  
353  Painful feet  
354  Plantar warts  
355  Swelling in the feet and/or ankles  
356  Plantar fasciitis  
357  Fungal Infection

## Neuromuscular

- 440  Bites nails  
441  Frequent muscle soreness  
442  Muscle spasms  
443  Muscle weakness  
444  Tremors  
445  Frequent headaches  
446  Often dizzy  
447  Frequently feels faint  
448  Has Epilepsy  
449  Has motion sickness  
450  Has Osteoarthritis  
451  Has Rheumatism  
452  Rheumatoid Arthritis  
453  Joint stiffness in the morning  
454  Swollen joints  
455  Leg pain at rest  
456  Spinal curvature  
457  Low back pain  
458  Neck pain  
459  Pain between the shoulders  
460  Shoulder/arm pain  
461  Numbness/tingling in the body  
462  Sleep walks  
463  Stutters or stammers  
464  Nerve pain

## Behavior Patterns

- 150  Afraid to eat anywhere except home
- 151  Always needs someone to advise
- 152  Cries often
- 153  Difficulty concentrating
- 154  Difficulty falling asleep
- 155  Difficulty staying asleep
- 156  Easily angered
- 157  Feelings are easily hurt
- 158  Frequently becomes scared for no reason
- 159  Frequently miserable or blue
- 160  Has to be on guard even with friends
- 161  Often annoyed by people
- 162  Recurrent bad dreams
- 163  Sometimes wishes to be dead or away from it all
- 164  Upset by criticism
- 165  Poor memory
- 166  Scared to be alone
- 167  Strange people or places cause fear
- 168  Under considerable emotional stress
- 169  Unhappy when other are happy
- 170  Brain fog

## Urinary

- 555  Urinates more than 2 times per night
- 556  Bed wetting
- 557  Blood in the urine
- 558  Difficulty starting urination
- 559  Painful urination
- 560  Frequent urination
- 561  Troubled by urgent urination
- 562  Incontinence when sneezing or laughing
- 563  Loses bladder control
- 564  Frequent bladder infections
- 565  Frequent kidney infections
- 566  Kidney stones

## Men Only

- 585  Difficulty completing intercourse
- 586  Difficulty getting or keeping an erection
- 587  Discharge from the urethra
- 588  Had a vasectomy
- 589  Had difficulty fathering children
- 590  Lumps in the testicles
- 591  Painful genitals
- 592  Prostate troubles
- 593  Sores on external genitalia
- 594  Herpes
- 595  Sexual diseases

## Women Only

- 610  Heavy hair growth on face or body
- 611  Cycles are every 27-29 days
- 612  Abnormal cycle >29 days and/or <26 days
- 613  PMS
- 614  Menstrual cramps
- 615  Painful periods
- 616  Acne worse at menstruation
- 617  Excessive menstrual flow
- 618  Retains fluid during periods
- 619  Pre-menstrual depression
- 620  Currently taking birth control medication
- 621  Has taken birth control medication more than 1 year
- 622  Has taken birth control medication within the last year
- 623  Has had miscarriage
- 624  Hot flashes
- 625  Takes hormone replacement medication
- 627  Diminished sexual desire
- 628  Painful intercourse
- 629  Poor or infrequent orgasm
- 630  Lumps in the breasts
- 631  Tender breasts
- 633  Vaginal discharge
- 634  Bloody spotting discharge
- 635  Yeast infections
- 636  Sores on external genitalia
- 637  Herpes
- 638  Sexual diseases
- 639  Endometriosis
- 640  Breast reduction
- 641  Breast augmentation
- 642  Abortion
- 643  D&C
- 644  Tubal pregnancy
- 645  Uterine fibroids
- 646  Ovarian fibroids
- 647  Breast fibroids
- 648  Currently Breastfeedi

**Medications**

Please list all drugs you are currently taking including over the counter drugs, aspirin, etc. Also, list how long you have taken each drug and the condition for which it was prescribed.

<b><u>DRUG</u></b>	<b><u>PRESCRIBED FOR:</u></b>	<b><u>HOW LONG</u></b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list all drugs taken within the last year including over the counter drugs, antibiotics, aspirin, inhalers, etc. Also, list how long you have taken each drug and the condition for which it was prescribed.

<b><u>DRUG</u></b>	<b><u>PRESCRIBED FOR:</u></b>	<b><u>HOW LONG</u></b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list all vitamins/herbs/supplements you are currently taking. Also, list how much of each supplement you are taking.

**VITAMIN/HOW MUCH/BRAND**