

Northern New Mexico Health Center
Medical and Health History
Leslie Hughes, DOM

Date: _____

Name: _____

Date of Birth: _____

Primary Concerns for treatment: _____

How is your sleep? _____

How is your digestion? _____

Medications and Supplements: _____

Serious accidents, illnesses, or surgeries

Check illnesses that have occurred in blood relatives.

Diabetes ___ High blood pressure ___

Stroke ___ Cancer ___ Heart disease ___

Kidney Disease ___

Check the conditions you have, or have had in the past:

___ AIDS

___ Allergies

___ Anemia

___ Arthritis

___ Bleeding disorders

___ Breast lump

___ Cancer

___ Diabetes

Check symptoms you have, or have had in the past:

___ Depression

___ Difficulty

___ Dizziness

___ Headaches

___ Migraines

___ Excessive worry

___ Fatigue

___ Irritability

___ Loss of sleep /Poor sleep

Muscle and Joints:

___ Tremors or cramps

___ Swollen joints

___ Arm pain

___ Shoulder pain

___ Hip pain

___ Low back pain

___ Neck pain

___ Hand or feet pain

___ Other

Eyes, Ears, Nose, Throat, Respiratory:

___ Asthma/Wheezing

___ Difficulty breathing

___ Hay fever

___ Persistent cough

___ Sinus problems

___ Hoarseness

___ Frequent colds

___ Blurred or failing vision

___ Eye pain

___ Loss of hearing

___ Earache

___ Ringing in ears

___ Enlarged glands

___ Nose bleeds

___ Gum Problems

___ Excessive Cavities

Skin:

- Boils
- Bruise easily
- Dry Skin
- Rash or Itching
- Sensitive skin
- Sore that won't heal

Urinary:

- Blood or puss in urine
- Frequent or urgent Urination
- Inability to control urine
- Kidney stones or infections
- Lowered libido

Cardiovascular:

- Chest pain
- High or low blood pressure
- Pain in chest
- Rapid or irregular heart beat
- Swelling of ankles

Gastrointestinal

- Belching gas or bloating
- Colon trouble
- Constipation/ Diarrhea
- Distention of abdomen
- Gallbladder/ liver/ pancreas problems
- Hemorrhoids
- Nausea
- Poor appetite
- Vomiting

For Women:

- Bleeding between periods
- Irregular cycle
- Excessive pain/ bleeding
- PMS
- Menopausal symptoms
- Pregnancies
- Miscarriages
- Could you be pregnant? y/n

For Men:

- Prostate problems
- Erection difficulties

Mark the Affected Areas

