

**Northern New Mexico Health Center  
Medical and Health History  
Mary Ellen Marino, 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**

