

Atlas Nutrition and Wellness Center

PATIENT SYMPTOM SURVEY

DATE _____

REFERRAL DR. _____

PATIENT'S NAME _____ DOB ____/____/____

WEIGHT _____ HEIGHT _____ BLOOD PRESSURE _____ PULSE _____ O₂ _____

This is a confidential patient symptom survey. Please check each condition which is true for you. Take your time. If you are not sure the condition applies to you or do not understand a term, do not check the box. Use common sense. For example, Insomnia once last month probably isn't that important and would not be marked. However, Insomnia 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 | 063 <input type="checkbox"/> Prostate Disorder 602.9 |
| 091 <input type="checkbox"/> Desires Nutritional & Metabolic Analysis | 040 <input type="checkbox"/> Low Blood Pressure 458.9 | 069 <input type="checkbox"/> Hyperthyroidism 242.90 |
| 001 <input type="checkbox"/> Skin Disorder 692.9 | 041 <input type="checkbox"/> Tachycardia (High Heart Rate) 785.00 | 070 <input type="checkbox"/> Hypothyroidism 244.9 |
| 002 <input type="checkbox"/> Acne 706.1 | 042 <input type="checkbox"/> Numbness 782.0 | 071 <input type="checkbox"/> Systemic Lupus 710.0 |
| 003 <input type="checkbox"/> Psoriasis 696.1 | 043 <input type="checkbox"/> Constipation 564.0 | 072 <input type="checkbox"/> Infertility, female 628.9 |
| 004 <input type="checkbox"/> Urticaria (Hives) 708.9 | 044 <input type="checkbox"/> Indigestion 536.8 | 073 <input type="checkbox"/> Interstitial Cystitis 595.1 |
| 005 <input type="checkbox"/> ADD/ADHD 314.00/314.01 | 045 <input type="checkbox"/> Ulcerative Colitis 556.9 | 074 <input type="checkbox"/> Irregular Menstrual Cycle 626.4 |
| 006 <input type="checkbox"/> Allergies, Unspecified 477.9 | 046 <input type="checkbox"/> Depression 311 | 075 <input type="checkbox"/> Menopausal Symptoms 627.2 |
| 007 <input type="checkbox"/> Allergic Rhinitis from food 477.1 | 047 <input type="checkbox"/> Diabetes Mellitus 250.0 | 076 <input type="checkbox"/> Hot Flashes 627.2 |
| 008 <input type="checkbox"/> Sinusitis 461.9 | 030 <input type="checkbox"/> Diabetes Type I 250.01 | 077 <input type="checkbox"/> Mental Disorder 300.9 |
| 009 <input type="checkbox"/> Alzheimer's 331.0 | 031 <input type="checkbox"/> Diabetes Type II 250.02 | 078 <input type="checkbox"/> Insomnia 780.52 |
| 010 <input type="checkbox"/> Poor Concentration/Memory 310.1 | 029 <input type="checkbox"/> Hyperglycemia [high blood sugar] 790.29 | 079 <input type="checkbox"/> Mouth/Throat/Tongue |
| 011 <input type="checkbox"/> Parkinson's Disease 332.0 | 048 <input type="checkbox"/> Hypoglycemia [low blood sugar] 251.2 | 080 <input type="checkbox"/> Canker Sores 528.2 |
| 012 <input type="checkbox"/> Anemia 285.9 | 049 <input type="checkbox"/> Dizziness/Balance Problem 780.4 | 081 <input type="checkbox"/> Overweight 278.02 |
| 013 <input type="checkbox"/> Arthritic Disorder 716.90 | 050 <input type="checkbox"/> Ear Infection 381.4 | 082 <input type="checkbox"/> Underweight 783.22 |
| 014 <input type="checkbox"/> Osteoporosis 733.00 | 051 <input type="checkbox"/> Epstein Barr 075 | 083 <input type="checkbox"/> Sexual Disorder 302.89 |
| 015 <input type="checkbox"/> Asthma 493.90 | 052 <input type="checkbox"/> Eye Problems 379.91 | 084 <input type="checkbox"/> Spinal Problems 724.9 |
| 016 <input type="checkbox"/> Emphysema 492.8 | 053 <input type="checkbox"/> Cataracts 366.9 | 085 <input type="checkbox"/> Obesity 278.00 |
| 017 <input type="checkbox"/> Cancer | 054 <input type="checkbox"/> Glaucoma 365.9 | 086 <input type="checkbox"/> GERD 530.81 |
| 018 <input type="checkbox"/> Breast 174.9female 175.9male | 055 <input type="checkbox"/> Macular Degeneration 362.50 | 087 <input type="checkbox"/> HIV 042 |
| 019 <input type="checkbox"/> Prostate 185 | 056 <input type="checkbox"/> Fever 780.6 | 088 <input type="checkbox"/> Crohn's Disease 555.9 |
| 020 <input type="checkbox"/> Lung 162.9 | 057 <input type="checkbox"/> Fibromyalgia 729.1 | 089 <input type="checkbox"/> Irritable Bowel Syndrome 564.1 |
| 021 <input type="checkbox"/> Colon and Rectal 153.9 | 058 <input type="checkbox"/> Gallbladder Disorder 575.9 | 092 <input type="checkbox"/> Normal Pregnancy v22.2
**only applicable if currently pregnant |
| 022 <input type="checkbox"/> Skin 173.9 | 059 <input type="checkbox"/> Gout 274.9 | 093 <input type="checkbox"/> Shingles 053.9 |
| 023 <input type="checkbox"/> Leukemia w/o remission 208.90
Leukemia w/ remission 208.91 | 060 <input type="checkbox"/> Headaches 784.0 | 140 <input type="checkbox"/> Migraines 346.90 |
| 024 <input type="checkbox"/> Lymphoma, malignant 202.8 | 061 <input type="checkbox"/> Hearing Loss 389.9 | 141 <input type="checkbox"/> Rheumatoid Arthritis 714.0 |
| 025 <input type="checkbox"/> Brain Tumor, malignant 191.9 | 062 <input type="checkbox"/> Infertility, male 606.9 | 142 <input type="checkbox"/> Non-Systemic Lupus 695.4 |
| 027 <input type="checkbox"/> Anxiety Disorder 300.00 | 064 <input type="checkbox"/> Liver Disease 571.9 | 143 <input type="checkbox"/> Multiple Sclerosis 340 |
| 028 <input type="checkbox"/> Autism 299.00 | 065 <input type="checkbox"/> Hepatitis 573.3 | 144 <input type="checkbox"/> ALS (Lou Gerigs) 335.20 |
| 033 <input type="checkbox"/> Edema 782.3 | 066 <input type="checkbox"/> Hepatitis B 070.30 | 145 <input type="checkbox"/> Polymyalgia Rheumatica 725 |
| 034 <input type="checkbox"/> Eczema 692.9 | 067 <input type="checkbox"/> Hepatitis C 070.51 | 146 <input type="checkbox"/> Scleroderma 710.1 |
| 035 <input type="checkbox"/> Chronic Fatigue 780.71 | 068 <input type="checkbox"/> Kidney Disorder 593.9 or Bladder Disorder 596.9 | 171 <input type="checkbox"/> Goiter 240.9 |
| 036 <input type="checkbox"/> Circulatory Disorder 459.9 | | 178 <input type="checkbox"/> Raynaud's Syndrome 443.8 |
| 037 <input type="checkbox"/> Heart Disease 429.9 | | 179 <input type="checkbox"/> Hemochromatosis 275.0 |
| 038 <input type="checkbox"/> High Cholesterol 272.0 | | 180 <input type="checkbox"/> Thalassemia 282.49 |
| | | 181 <input type="checkbox"/> Brain aneurysm 431 |

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

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
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 loss of >20lbs in 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 & Environment

- Do you use? Well Water City Water Filtered? Yes No Filter Type? _____
What kind of pipes are in your home? Steel CPVC Copper Pex Other _____
What year was your home built? _____ Any renovations in the past year? _____
Do you use chlorine bleach or other heavy duty cleaners in your home/work? Yes No
Have you ever worked around heavy machinery, plumbing, automotive or the metallurgic industry? Yes No
Explain: _____
Have you ever worked around industrial solvents, chemicals or pesticides? Yes No
Explain: _____

- 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 >3 cups of coffee daily
378 Drinks >3 cups of tea per day
388 Drinks diet pop/soda
- 379 Drinks >1 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 >5 alcoholic drinks/week
391 Craves sugar / starches
382 Currently smokes
383 Quit smoking in last 5 years
384 Smoked for >5 years
385 Smokes >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
- 704 Hysterectomy, complete
- 705 Hysterectomy, partial
- 706 Tubal ligation
- 707 Breast implants
- 708 Cancer
- 709 Coronary by-pass
- 710 Spinal surgery
- 711 Extremity surgery
- 712 Hip replacement
- 713 Knee replacement
- 714 Splenectomy
- 715 Radiated thyroid
- 716 Cataract surgery
- 717 Hemorrhoidectomy
- 718 Bariatric/Weight loss

Type: _____

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 Breastfeeding

Medications

Please list all drugs you are currently taking on a daily basis.

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

Please list all drugs taken within the last year and/or you take as needed including over the counter drugs, antibiotics, aspirin, inhalers, etc.

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

Allergies

Please list any known allergies (ex. foods, medications, spices, environmental, etc.)

- | | | | |
|--------------------------------------|---------------------------------|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Dairy | <input type="checkbox"/> Gluten | <input type="checkbox"/> Ragweed | <input type="checkbox"/> Sulfa drugs |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Mold | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Tree nuts |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Peanut | <input type="checkbox"/> Soy | <input type="checkbox"/> Wheat |
| <input type="checkbox"/> Other _____ | | | |

Supplements

Please list all vitamins/herbs/supplements you are currently taking and dosages.

<u>VITAMIN</u>	<u>BRAND</u>	<u>DOSAGE</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____