**Male Health History Intake Form**

Patient Name: _____ Date: _____ DOB: _____Age: _____

Street Address: _____

City: _____State: _____ Zip: _____

Home phone: _____Work Phone: _____Cell Phone: _____

Email: _____

Pharmacy Name, Address, Phone: _____

Highest level of education: _____

Occupation: _____ Employer _____Hours work per week?: _____

Marital Status (circle): Single Married Partner Separated Divorced Widowed

Insurance Company: _____ Policy#: _____Group #: _____

Does your insurance cover LabCorp or Sonora Quest?_____

Name of Insured: _____Relation to Insured: _____

Person to call in case of emergency: _____ Relationship to you: _____

Phone number for emergency contact: _____

Previous/current physician and city: _____

How did you hear of the clinic? _____

Please list any additional questions or expectations of your visit today:

_____

**Chief Complaints**

**What are your main health concerns/reasons for your visit (please place in order of importance)**

1. _____ Date First Noticed or Diagnosed: _____
2. _____ Date First Noticed or Diagnosed: _____
3. _____ Date First Noticed or Diagnosed: _____
4. _____ Date First Noticed or Diagnosed: _____
5. _____ Date First Noticed or Diagnosed: _____

**List All Surgeries and Hospitalizations:**

1. _____ Date: _____
2. _____ Date: _____
3. _____ Date: _____
4. _____Date: _____
5. _____Date:_____

**List All Accidents, Injuries, Physical Traumas:**

1._____ Date: _____

2. _____ Date: _____

3. _____ Date: _____

**Please Note When and Why You Had Each of The Following:**

X-rays: _____

MRI/Cat Scans: _____

Ultrasounds: _____

**Last time you had bloodwork done and with what doctor: _____**

**Please List All Sensitivities/Allergies/Reactions**

Drugs: _____

Foods: _____

Environment: _____

**Did you have the following: Had Disease (D), Get Immunized for it (I), or Neither (N):**

| | | | |
|---|---|---|---|
| Measles: D I N | | Diptheria: D I N | |
| Mumps: D I N | | Tetanus: D I N | |
| Rubella: D I N | | Whooping Cough: D I N | |
| Chickenpox: D I N | | Hemophilus (Hib): D I N | |
| Hepatitis B: D I N | | German Measles: D I N | |
| Polio: D I N | | | |

Any vaccination reactions: _____

**List Yes, No, or Past regarding use of the following:**

| | | |
|---|---|---|
| Antacids: | Y N P | |
| Steroids: | Y N P | |
| Smoking: | Y N P | Packs per day if Yes/Past: _____ |
| Analgesics: | Y N P | |
| Laxatives: | Y N P | |
| Coffee: | Y N P | Cups per day if Yes/Past: _____ |
| Soda Pop: | Y N P | Ounces per day if Yes/Past: _____ |
| Alcohol: | Y N P | How often and how much if Yes/Past: _____ |

Any alcohol addiction: Y N P
Any alcohol treatment: Y N P
Recreational drugs: Y N P
Any drugs addiction: Y N P
Any drug treatment: Y N P

**Family history**

| | Father | Mother | Siblings | Grandparents | Spouse | Children |
|---|---|---|---|---|---|---|
| Age if living | _____ | _____ | _____ | _____ | _____ | _____ |
| Age when died | _____ | _____ | _____ | _____ | _____ | _____ |
| Reason for death | _____ | _____ | _____ | _____ | _____ | _____ |
| Cancer (type) | Y N | Y N | Y N | Y N | Y N | Y N |
| High Blood Pressure | Y N | Y N | Y N | Y N | Y N | Y N |
| Heart Attack/stroke | Y N | Y N | Y N | Y N | Y N | Y N |
| Heart disease | Y N | Y N | Y N | Y N | Y N | Y N |
| Asthma/allergies | Y N | Y N | Y N | Y N | Y N | Y N |
| Mental illness | Y N | Y N | Y N | Y N | Y N | Y N |
| Addiction | Y N | Y N | Y N | Y N | Y N | Y N |
| TB | Y N | Y N | Y N | Y N | Y N | Y N |
| Auto-immune | Y N | Y N | Y N | Y N | Y N | Y N |
| Diabetes Mellitus | Y N | Y N | Y N | Y N | Y N | Y N |
| Osteoporosis | Y N | Y N | Y N | Y N | Y N | Y N |

**Any other conditions: _____**

_____

Please give full name, dosage, how often and how long you have taken each medicine/supplement.

| **Pharmaceuticals** | **Dose** | **When/How Often?** | **When Started?** |
|---|---|---|---|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |
| 4. _____ | _____ | _____ | _____ |
| 5. _____ | _____ | _____ | _____ |
| 6. _____ | _____ | _____ | _____ |

| **Supplements** | **Dose** | **When/How Often?** | **How Long?** |
|---|---|---|---|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |
| 4. _____ | _____ | _____ | _____ |
| 5. _____ | _____ | _____ | _____ |
| 6. _____ | _____ | _____ | _____ |

**Review of Systems:**

Present Weight: _____ Height: _____ Max Height: _____

Maximum Weight and when: _____

Minimum Weight and when: _____

Weight one year ago: _____ Ideal Weight: _____

**REGARDING THE NEXT SECTION: Please Circle Y** if you have the problem **NOW**, **N** if you've **NEVER** had the problem, **P** if you had the problem in the **PAST**.

The general state of your health is: Excellent Good Average Fair Poor

On average describe your energy level from 1 (low)-10: (high) _____

If you have fatigue, when is it the worst: morning, afternoon, evening? _____

If you have fatigue, can you do what you need to during the day? Y N

**Skin**:

| | | | |
|---|---|---|---|
| Rash/hives: | Y N P | Color Change: | Y N P |
| Acanthosis Nigricans : | Y N P | Lump: | Y N P |
| Psoriasis/eczema: | Y N P | Itchy: | Y N P |
| Dry: | Y N P | Warts/moles: | Y N P |
| Cancer: | Y N P | Perspiration: | Y N P |

**Head**:

| | | | |
|---|---|---|---|
| Headache: | Y N P | Migraine: | Y N P |
| Dandruff: | Y N P | Head Injury: | Y N P |
| Oil/dry hair: | Y N P | Hair loss: | Y N P |

**Eyes**:

| | | | |
|---|---|---|---|
| Dry/Watery: | Y N P | Glaucoma: | Y N P |
| Vision changes: | Y N P | Cataracts: | Y N P |
| Styes: | Y N P | Macular Degeneration: | Y N P |
| Strain: | Y N P | Discharge: | Y N P |
| Itchy: | Y N P | Dark under eyelid: | Y N P |

**Ears:**

| | | | |
|---|---|---|---|
| Infections: | Y N P | Ear Wax: | Y N P |
| Hearing Loss: | Y N P | Tinnitus: | Y N P |

**Nose**:

| | | | |
|---|---|---|---|
| Frequent colds: | Y N P | Nosebleeds: | Y N P |
| Congestion: | Y N P | Post nasal drip: | Y N P |
| Polyps: | Y N P | Seasonal allergies: | Y N P |

**Mouth/Throat**:

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Canker sores: | Y | N | P | Sore throat: | Y | N | P |
| Cold sores: | Y | N | P | Hoarseness: | Y | N | P |
| Dentures: | Y | N | P | Cavities: | Y | N | P |
| Loss of taste: | Y | N | P | Gingivitis/Periodontal Disease: | Y | N | P |

How often you do you brush your teeth? _____ Floss?_____

What type of brush do you use? _____

How often do you go to the Dentist? _____

**Neck**:

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Stiffness: | Y | N | P | Swollen glands: | Y | N | P |
| Full movement: | Y | N | P | Tension: | Y | N | P |

**Respiratory:**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cough: | Y | N | P | TB: | Y | N | P |
| Wheezing: | Y | N | P | Painful breathing: | Y | N | P |
| Shortness of breath with exertion: | Y | N | P | Bronchitis: | Y | N | P |
| Shortness of breath sitting: | Y | N | P | Pneumonia: | Y | N | P |
| Shortness of breath lying down: | Y | N | P | Asthma: | Y | N | P |

**Cardiovascular:**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| High blood pressure: | Y | N | P | Rheumatic Fever: | Y | N | P |
| Low blood pressure: | Y | N | P | Murmurs: | Y | N | P |
| Arrhythmias: | Y | N | P | Palpitations: | Y | N | P |
| Edema: | Y | N | P | Chest pain: | Y | N | P |

**Gastrointestinal:**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Heartburn: | Y | N | P | Bowel movement frequency: _____ | | | |
| Indigestion: | Y | N | P | Recent change in BM: | Y | N | P |
| Bloating: | Y | N | P | Diarrhea or constipation: | Y | N | P |
| Nausea: | Y | N | P | Hemorrhoids: | Y | N | P |
| Vomiting: | Y | N | P | Gall bladder disease: | Y | N | P |
| Change in Appetite: | Y | N | P | Liver disease: | Y | N | P |
| Pancreatitis: | Y | N | P | Ulcer: | Y | N | P |

List all travel outside the U.S. over the last five years: _____

Have you ever had food poisoning? _____

Have you noticed any of the below in your stool or toilet bowl or on toilet paper?

Blood Mucus Undigested Food Black Stool Lighter colored stool

How many antibiotics have you had in your entire life? _____

If you are over 50 y/o, when was your last colonoscopy? _____

**Urinary Tract:**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Incontinence: | Y | N | P | Pain/burning with urination: | Y | N | P |
| Frequent infections: | Y | N | P | Kidney stones: | Y | N | P |
| Urgency: | Y | N | P | Discharge/blood: | Y | N | |

## Male Reproductive:

**Prostate:**

If over 40, date of last prostate exam and PSA blood work: _____

Problems starting urination: Y N P

Urination voiding: Always Complete Mostly Complete Usually Incomplete

Dribbling After Urination: Y N P

BBP/Enlarged Prostate: Y N P

Prostatitis: Y N P

Penile/Scrotal Skin Rash: Y N P

Testicular Pain/Swelling: Y N P

Hernia: Y N P

Penile Discharge: Y N P

Pain/Burning on Urination: Y N P

**Sexual Function: mark any that are positive**

Difficulty Achieving Erection: ☐ Difficulty Maintaining Erection: ☐

Premature Ejaculation: ☐ Waking Erection Regularly: ☐

Performance Anxiety: ☐ Concerns of Low Testosterone: ☐

Sexual Orientation: Heterosexual Homosexual Bi-Sexual Other: _____

Method of birth control or safe sex practices are you currently using? _____

Sexually Active: Y N P

Healthy Libido: Y N P

Sexually Satisfied: Y N P

Sexually Transmitted Infection: Y N P If "yes or past" please list: _____

_____

## Musculoskeletal:

Weakness: Y N P
Stiffness: Y N P
Tremors: Y N P

Arthritis: Y N P
Leg cramps: Y N P
Pain: Y N P

## Nervous:

Paralysis: Y N P
Tingling/numbness: Y N P
Seizures: Y N P
TMJ Syndrome: Y N P

Sciatica: Y N P
Carpal tunnel: Y N P
Fainting: Y N P
Disc Disease: Y N P

## Mental/Emotional:

Which words best describe you? Please Circle

| | | |
|---|---|---|
| Lacking Dreams | Without Passion or Purpose | Anticipates Failure |
| Isolated/Lonely | Lacking Self Worth | Overly Responsible |
| Difficulty Letting Go | Lacking Faith | Overly Controlling |
| Guilty | Judgmental | Self-Critical |
| Frustrated/Angry | Impatient | Indecisive/No Confidence |
| Lacking Trust | Neurotic/Obsessive | Anxious |
| In A Rush | Abuse Victim | Memory Problems |

## Exercise:

Do you have any equipment at home? _____ Do you belong to a gym?_____

What is your history of exercising throughout your life? Always Active Active On/Off Never Active

What types? _____

How many days a week? _____

How long a session? _____

Hobbies: _____

## Sleep:

How many hours per night: _____How long does it take you to get to sleep? _____

Do you sleep through the night uninterrupted? Y N

If you wake up regularly, what is the reason? _____

Nightmares: Y N P Wake Refreshed: Y N Why not?_____

Grinds Teeth: Y N P Sleepwalk: Y N **Snores**: Y N **Apnea**: Y N Unknown

If you have been diagnosed with sleep apnea how are you treating it?

_____

Nap During Day: Wants to but can't Does not need to Does nap at this time usually_____

## Food:

Good Appetite? Y N P

Do you have constant hunger or do not feel full easily or hungry again soon after eating? Y N

Foods you crave? _____

Foods you dislike? _____

Foods that don't sit well? _____

## Toxin Exposure:

Where were you born/lived? _____

Did you grow up near any refinery, or polluted area, or in home with leaded paint? If so, what sort of pollution were you exposed to? _____

Have you had any jobs where you were exposed to solvents, heavy metals, fumes, or other toxic materials?

_____

Have you ever had health problems when you put in new carpeting, painted your home, new cabinets, or did other refurbishing? _____

Are you particularly sensitive to perfumes, gasoline, or other vapors? _____

Do you use pesticides, herbicides, other chemicals around your home? _____

**Home Life:**

Active spiritual practice: Y N P

How Happy are you with the direction of your life (1 not happy.- 10 Very happy)? _____

Do you have a good support network of family/friends? _____

Most Significant Relationship: Healthy/Excellent Unhealthy/Abusive

If abusive, list how: Emotional Physical Other _____

If you have children, good relationship? _____

Do you enjoy your work? _____

How many hours do you work a week? _____

What do you do for fun /stress release? _____

How committed are you towards making valuable changes: Somewhat Moderately Very