

Optimum Acupuncture & Chiropractic Clinic
1206 NE 145th St. Shoreline, WA 98155

SYMPTOMS CHART: Please check off any symptoms below that you have experienced over the last 3-6 months or any other information that may be pertinent to best help you.

GENERAL:

- Fevers
- Sweats easily
- Night sweats
- Localized weakness
- Bleed or bruise easily
- Peculiar tastes/smells
- Strong thirst: hot/cold
- Thirst, no desire to drink
- Fatigue
- Sudden energy drop
- Edema
- Poor sleeping
- Tremors
- Poor balance
- Cravings
- Change in appetite
- Weight: loss/gain

SKIN/HAIR:

- rashes
- itching
- change in hair/skin
- ulcerations
- eczema
- pimples
- recent moles
- hair loss
- oily/dry hair

HEAD/EYES/EARS/NOSE/THROAT:

- neck, throat
- dizziness
- headaches
- facial pain
- glasses
- poor vision
- light blindness
- blurry vision
- color blindness
- blind field
- eye pain/strain/dryness
- tear discharge

HEAD/EYES/EARS/NOSE/THROAT:

- ringing in ears
- ear infections
- ear aches/ poor hearing
- nose bleeds
- teeth problems
- TMJ problems
- concussions
- recurrent sore throats

CARDIOVASCULAR:

- blood pressure issues
- chest discomfort
- heart palpitations
- swelling hands/feet
- blood clots/varicosity
- cold hands/feet
- fainting/dizziness spells
- difficulty breathing

RESPIRATORY:

- coughing/wheezing
- Asthma/bronchitis
- Difficulty breathing
- coughing sputum
- pneumonia

GASTROINTESTINAL:

- Bad breath
- Stomach discomfort
- belching

HEAD/EYES/EARS/NOSE/THROAT:

- indigestion
- diarrhea/constipation
- unusual stools: blood, black
- Abd. pain/cramps
- gas
- rectal pain
- hemorrhoids

MUSCULOSKELETAL:

- Neck/shoulder pain
- back, hip, pelvic pain
- knee, ankle, foot pain
- muscle pain/weakness

OB/GYN:

- number pregnancies
- number births
- number premature births
- number miscarriages
- number abortions
- age first menses
- time between menses
- duration of menses
- abnormal periods
- PMS
- Abnormal vagina
- Abnormal breast(s)

GENITO-URINAL:

- abnormal urination
- blood in urine
- dribbling,
- impotency
- kidney stones
- number times awoken to urinate
- sores on genitals
- HIV/AIDS
- color to urine

NEUROPSYCHOLOGICAL:

- seizures/parkinsons
- numbness/loss sensation
- weakness, tingling
- concussion
- bad temper
- sleep disorder
- anger/resentful
- vertigo/dizziness
- lack of coordination
- depression
- susceptible to stress
- loss of balance
- poor memory
- anxiety
- insomnia
- frequent nightmares
- substance abuse

Patient: _____ Date: _____