



1002 Mendocino Avenue  
Santa Rosa, CA 95401  
(707) 577-8292

### HEALTH AND WELLNESS QUESTIONNAIRE

Name: \_\_\_\_\_ Date \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_

Allergies: \_\_\_\_\_ Reaction: \_\_\_\_\_

Medications: \_\_\_\_\_

**Please circle Yes or No for the following questions. If your response is Yes, please describe.**

#### **MEDICAL INFORMATION**

**Y N** Weight loss or gain: \_\_\_\_\_ lbs \_\_\_\_\_

**Y N** Diabetes \_\_\_\_\_ HgA1c \_\_\_\_\_

**Y N** Wound healing problems: difficulty healing wounds, keloids, hypertrophic scars; locations \_\_\_\_\_

**Y N** Cancer of any sort \_\_\_\_\_

**Y N** Chest pain, palpitations, heart devices, Heart disease or any heart problems \_\_\_\_\_

**Y N** HIGH BLOOD PRESSURE \_\_\_\_\_

**Y N** Thyroid, endocrine or hormonal problems \_\_\_\_\_

**Y N** Difficulty swallowing \_\_\_\_\_

**Y N** Eye problems, infections, or injuries \_\_\_\_\_

**Y N** Nasal problems, difficulty breathing, nose injuries \_\_\_\_\_

**Y N** Lung problems, pneumonia, TB, asthma, shortness of breath, use of an inhaler \_\_\_\_\_

**Y N** Kidney, bladder, or urinary problems \_\_\_\_\_

**Y N** Epilepsy, convulsions, seizures \_\_\_\_\_

**Y N** Migraines/TMJ \_\_\_\_\_

**Y N** HIV or AIDS \_\_\_\_\_ If YES, what is your viral load? \_\_\_\_\_

**Y N** Herpes, cold sores, shingles \_\_\_\_\_

**Y N** ANY infections requiring hospitalization (explain) \_\_\_\_\_

**Y N** ANY abnormal lab test or X-ray (describe) \_\_\_\_\_

**Y N** EVER hospitalized and why \_\_\_\_\_

**Y N** DATE of last physical exam, by whom \_\_\_\_\_



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### **BLOOD CLOTTING INFORMATION**

**Y N** History of DVT (deep venous clots), PE (pulmonary embolus), or phlebitis (vein infections)

**Y N** Difficulty blood clotting or easy bruising or easy bleeding \_\_\_\_\_

### **SURGICAL HISTORY**

**Y N** List all surgeries you have had \_\_\_\_\_

**Y N** Have you ever had LASIK or other eye surgery \_\_\_\_\_

**Y N** Difficulty ***or nausea*** with local or general anesthesia \_\_\_\_\_

### **FAMILY HISTORY**

**Y N** Any cancer in your family? What kind and who? \_\_\_\_\_

**Y N** Any bleeding or blood clots in your family? What kind and who? \_\_\_\_\_

**Y N** Any history of difficulty with general anesthesia in your family? What kind and who?  
\_\_\_\_\_

### **PERSONAL HISTORY**

**Y N** Smoking (ever) how much, when \_\_\_\_\_

**Y N** Recreational drugs \_\_\_\_\_

**Y N** Alcohol, how much \_\_\_\_\_

**Y N** If you undergo surgery, do you have a caretaker? \_\_\_\_\_

### **MEDICATIONS AND SUPPLEMENTS YOU ARE TAKING**

**Y N** Prescription medications \_\_\_\_\_

**Y N** Vitamins \_\_\_\_\_

**Y N** Herbal supplements including herbal teas \_\_\_\_\_

**Y N** Non-prescription or over-the-counter medications \_\_\_\_\_

**Y N** Recreational drugs, steroids \_\_\_\_\_

**PHARMACY:** \_\_\_\_\_ **IN** \_\_\_\_\_ **STREET** \_\_\_\_\_

**Name:** \_\_\_\_\_

**DATE:** \_\_\_\_\_