Symptom Survey mfc 8.21.04

MODERN FAMILY CHIROPRACTIC
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Patient Name_____ ID _____ Date _____

FILL IN THE DOT IF IT APPLIES TO A PROBLEM YOU HAVE OR HAD IN THE LAST SIX MONTHS OR LESS

- o Acid food upset
- o Get chilled, often
- o "Lump" in throat
- o Dry mouth-eyes-nose
- o Pulse speeds after meals
- o Keyed up—fail to calm
- o Cuts heal slowly
- o Gag easily
- o Unable to relax; startles easily
- o Extremities cold, clammy
- o Strong light irritates
- o Urine amount reduced
- o Heart pounds after retiring
- o "Nervous" stomach
- o Appetite reduced
- o Cold sweats often
- o Fever easily raised
- o Neuralgia-like pains
- o Staring, blinks little
- o Sour stomach frequent
- o Joint stiffness after arising
- o Muscle-leg-toe cramps at night
- o "Butterfly" stomach, cramps
- o Eyes or nose watery
- o Eyes blink often
- o Eyelids swollen, puffy
- o Indigestion soon after meals
- o Always seem hungry; 'lightheaded' often
- o Digestion rapid
- o Vomiting frequent
- o Hoarseness frequent
- o Breathing irregular
- o Pulse slow; feels "irregular"
- o Gagging reflex slow
- o Difficulty swallowing
- o Constipation, diarrhea alternating
- o "Slow starter"
- o Get "chilled" infrequently
- o Perspire easily
- o Circulation poor, sensitive to cold
- o Subject to colds, asthma, bronchitis
- o Eat when nervous
- o Excessive appetite
- o Hungry between meals
- o Irritable before meals
- o Get "shaky" if hungry
- o Fatigue, eating relieves
- o "Lightheaded" if meals delayed
- o Heart palpitates if meals missed or delayed
- o Afternoon headaches
- o Overeating sweets upsets
- o Awaken after few hours sleep hard to get back to sleep
- o Crave candy or coffee in afternoons
- o Moods of depression "blues" or melancholy
- o Abnormal craving for sweets or snacks
- o Hands and feet go to sleep easily, numbness
- o Sigh frequently, "air hunger"
- o Aware of "breathing heavily"
- o High altitude discomfort
- o Opens windows in closed rooms
- o Susceptible to colds and fevers
- o Afternoon "yawner"
- o Get "drowsy" often
- o Swollen ankles worse at night
- o Muscle cramps, worse during exercise; "charley-horses"
- o Shortness of breath on exertion
- o Dull pain in chest or radiating into left arm, worse on exertion
- o Bruise easily, "black/blue" spots
- o Tendency to anemia
- o "Nose bleeds" frequent
- o Noises in head or "ringing in ears"
- o Tension under the breast-bone, or feeling of "tightness", worse on exertion
- o Dry skin
- o Burning feet
- o Blurred Vision
- o Itching skin and feet
- o Excess falling hair
- o Frequent skin rashes
- o Bitter, metallic taste in mouth in mornings
- o Bowel movements painful or difficult
- o Worrier, feels insecure
- o Feeling queasy; headache over eyes
- o Greasy foods upset
- o Stools light-colored
- o Skin peels on foot soles
- o Pain between shoulder blades
- o Use laxatives
- o Stools alternate from soft to watery
- o History of gallbladder attacks or gall stones
- o Sneezing attacks
- o Dreaming, nightmare-type bad dreams
- o Bad breath (halitosis)
- o Milk products cause distress
- o Sensitive to hot water
- o Burning or itching anus
- o Crave sweets
- o Loss of taste for meat
- o Lower bowel gas several hours after eating
- o Burning stomach sensations, eating relieves
- o Coated tongue
- o Pass large amounts of foul smelling gas
- o Indigestion ½ - 1 hour after eating; may be up to 3-4 hrs.
- o Mucus colitis or "irritable bowel"
- o Gas shortly after eating
- o Stomach "bloating" after eating
- o Insomnia
- o Nervousness
- o Can't gain weight
- o Intolerance to heat
- o Highly emotional
- o Flush easily
- o Night sweats
- o Thin, moist skin
- o Inward trembling
- o Heart palpitates
- o Increased appetite without weight gain
- o Pulse fast at rest
- o Eyelids and face twitch
- o Irritable and restless
- o Can't work under pressure
- o Increase in weight
- o Decrease in appetite
- o Fatigue easily
- o Ringing in ears
- o Sleepy during day
- o Sensitive to cold
- o Dry or scaly skin
- o Constipation
- o Mental sluggishness
- o Hair coarse, falls out
- o Headaches upon arising, wear off during day
- o Slow pulse, below 65
- o Frequency of urination
- o Impaired hearing
- o Reduced initiative
- o Failing memory
- o Low blood pressure
- o Increased sex drive
- o Headaches, "splitting or rendering" type
- o Decreased sugar tolerance
- o Abnormal thirst
- o Bloating of abdomen
- o Weight gain around hips or waist
- o Sex drive reduced or lacking
- o Tendency to ulcers, colitis
- o Increased sugar tolerance
- o Women: menstrual disorders
- o Young girls: lack of menstrual function
- o Dizziness
- o Headaches
- o Hot flashes
- o Increased blood pressure
- o Hair growth on face or body (female)
- o Sugar in urine (not diabetes)
- o Masculine tendencies (female)
- o Weakness, dizziness
- o Chronic fatigue
- o Nails weak, ridged
- o Tendency to hives
- o Arthritic tendencies
- o Perspiration increase
- o Bowel disorders
- o Poor circulation
- o Swollen ankles
- o Crave salt
- o Brown spots or bronzing of skin
- o Allergies- tendency to asthma
- o Weakness after colds, influenza
- o Exhaustion-muscular and nervous
- o Respiratory disorders
- o Very easily fatigued

WOMEN ONLY

- o Premenstrual tension
- o Painful menses
- o Depressed feelings before menstruation
- o Menstruation excessive and prolonged
- o Painful breasts
- o Menstruate too frequently
- o Vaginal discharge
- o Hysterectomy/ ovaries removed
- o Menopausal hot flashes
- o Menses scanty or missed
- o Acne, worse at menses
- o Depression-long standing

MEN ONLY

- o Prostate trouble
- o Urination difficult or dribbling
- o Night urination frequent
- o Depression
- o Pain on inside of legs or heels
- o Feeling of incomplete bowel evacuation
- o Lack of energy
- o Migrating aches and pains
- o Tire too easily
- o Avoids activity
- o Leg nervousness at night
- o Diminished sex drive