



3533 Dunn Rd., Suite 204
Florissant, MO 63033

Name _____

Date _____

Adult Health History Form

Your answers on this form will help your health care provider better understand your medical concerns and conditions better. This form will not be put directly into your medical chart. If you are uncomfortable with any question, do not answer it. If you cannot remember specific details, please provide your best guess. **Thank you!**

Age _____ How would you rate your general health? Excellent Good Fair Poor

Main reason for today's visit: _____

Other concerns: _____

REVIEW OF SYMPTOMS: Please check any current symptoms you have.

Constitutional

- ____ Recent fevers/sweats
- ____ Unexplained weight loss/gain
- ____ Unexplained fatigue/weakness

Eyes

- ____ Change in vision

Ears/Nose/Throat/Mouth

- ____ Difficulty hearing/ringing in ears
- ____ Hay fever/allergies/congestion
- ____ Trouble swallowing

Cardiovascular

- ____ Chest pains/discomfort
- ____ Palpitations
- ____ Short of breath with exertion

Breast

- ____ Breast lump
- ____ Nipple discharge

Respiratory

- ____ Cough/wheeze
- ____ Coughing up blood

Gastrointestinal

- ____ Heartburn/reflux
- ____ Blood or change in bowel movement
- ____ Nausea/vomiting/diarrhea
- ____ Pain in abdomen

Genitourinary

- ____ Painful/bloody urination
- ____ Leaking urine
- ____ Nighttime urination
- ____ Discharge: penis or vagina
- ____ Unusual vaginal bleeding
- ____ Concern with sexual functions

Musculoskeletal

- ____ Muscle/joint pain
- ____ Recent back pain

Skin

- ____ Rash
- ____ New or change in mole

Neurological

- ____ Headaches
- ____ Memory loss
- ____ Fainting

Psychiatric

- ____ Anxiety/stress
- ____ Sleep problem

Blood/Lymphatic

- ____ Unexplained lumps
- ____ Easy bruising/bleeding

Endo

- ____ Cold/heat intolerance
- ____ Increase thirst/appetite

In the past month, have you had little interest or pleasure in doing things, or felt down, depressed or hopeless? Yes No

MEDICATIONS: Prescription and non-prescription medicines, vitamins, home remedies, birth control pills, herbs, etc.

Medication	Dose (e.g., mg/pill)	How many times per day

Allergies or reactions to medications: _____

Date of your most recent IMMUNIZATIONS:

Hepatitis A _____ Hepatitis B _____ Influenza (flu shot) _____ MMR _____ Pneumovax (pneumonia) _____

Meningitis _____ Tetanus (Td) _____ Varicella (chicken pox) shot or illness _____ Tdap (tetanus & pertussis) _____

HEALTH MAINTENANCE SCREENING TESTS:

Lipid (cholesterol) _____ Date _____ Abnormal? Yes No

Sigmoidoscopy _____ or Colonoscopy _____ Date _____ Abnormal? Yes No

Women: Mammogram _____ Date _____ Abnormal? Yes No Pap Smear _____ Date _____ Abnormal? Yes No

Dexascan (osteoporosis) _____ Date _____ Abnormal? Yes No

Men: PSA (prostate) _____ Date _____ Abnormal? Yes No

PERSONAL MEDICAL HISTORY: Please indicate whether you have had any of the following medical problems (with dates). **Any Specialist:**

Heart disease: _____ High blood pressure _____ High cholesterol _____
specify type _____ Diabetes _____ Thyroid problem _____
Asthma/Lung disease _____ Other: (specify): _____ Kidney disease _____
Cancer: (specify): _____

SURGICAL HISTORY: Please list all prior operations (with dates):

FAMILY HISTORY: Please indicate the current status of your immediate family members:

Please indicate family members (parent, sibling, grandparent, aunt or uncle) with any of the following conditions:

Alcoholism _____ High cholesterol _____
Cancer, specify type _____ High blood pressure _____
Heart disease _____ Stroke _____
Depression/suicide _____ Bleeding or clotting disorder _____
Genetic disorders _____ Asthma/COPD _____
Diabetes _____ Other: _____

SOCIAL HISTORY

Tobacco Use

Cigarettes Never Quit Date _____

Current Smoker: packs/day _____ # of yrs _____

Other Tobacco: Pipe Cigar Snuff Chew

Are you interested in quitting? No Yes

Alcohol Use

Do you drink alcohol? No Yes # drinks/week _____

Is your alcohol use a concern for you or others? No Yes

Drug Use

Do you use any recreational drugs? No Yes

Have you ever used needles to inject drugs? No Yes

Sexual Activity

Sexually active: Yes No Not currently

Current sex partner(s) is/are: male female

Birth control method: _____ None needed

Have you ever had any sexually transmitted diseases (STDs)?

No Yes

Are you interested in being screened for sexually transmitted diseases? No Yes

OTHER CONCERNS

Caffeine Intake: None Coffee/tea/soda _____ cups/day

Weight: Are you satisfied with your weight? No Yes

Diet: How do you rate your diet? Good Fair Poor

Do you eat or drink four servings of dairy or soy daily or take calcium supplements? No Yes

Exercise: Do you exercise regularly? No Yes

What kind of exercise? _____

How long (minutes) _____ How often? _____

If you do not exercise, why? _____

Safety: Do you use a bike helmet? No Yes NA

Do you use seatbelts consistently? No Yes

Is violence at home a concern for you? Yes No

Have you ever been abused? Yes No

Do you have a gun in your home? Yes No

Have you completed a living will or durable power of attorney for health care? Yes No

SOCIOECONOMICS Occupation: _____ Employer: _____

Years of education/highest degree: _____ Marital Status: Single Partner/Married Divorced Widowed Other: _____

Spouse/partner's name: _____ Number of children/ages: _____

Who lives at home with you? _____

WOMEN'S HEALTH HISTORY # pregnancies _____ # deliveries _____ # abortions _____ # miscarriages _____

Age at start of periods: _____ Age at end of periods: _____