



# Well-Being Acupuncture Center

Well Mind. Well Body. Well Soul. Well-Being

NAME: \_\_\_\_\_

If you have ever had any of the symptoms below, Write "P" if they occurred in the past, "C" if current, and "I" if they are intermittent.

## HEAD

- headaches
- dizziness
- fainting
- loss of balance
- eyes watering
- sensitive to light
- dry eyes
- spots in eyes
- eye pain or itch
- glaucoma
  
- cataracts
- trouble with vision
- hearing problems
- noise/ringing in ears
- earaches or drainage
- ear infections
- dental problems
- loss of any teeth
- teeth hurt
- teeth feel loose
- grinding teeth
- bad breath
- jaw clicks
- facial pain
- facial tics
- sore or bleeding gums
- sore tongue
- lack of sense of taste
- mouth sores
- difficulty swallowing
- lump in throat
- sore throat
- dry mouth
- excess salivation
- stuffy or runny nose
- sinus problems
- sneezing spells
- frequent head colds
- hoarse voice
- nasal polyps

## CHEST

- shortness of breath
- wheezing or gasping
- dry cough
- cough with sputum
- cough up blood
- chest colds, pneumonia
- heart murmur
- rapid heartbeat
- heart "skips beats"
- palpitations or pounding
- chest pain / pressure
- stuffy sensation in chest
- difficulty breathing when lying down
- rib or flank pain

## GASTRO-INTESTINAL

- food cravings
- gnawing hunger
- frequent thirst
- thirsty but can't drink
- loss of appetite
- weight gain/loss
- recurring indigestion
- heartburn
- stomach ache
- acid reflux
- nausea or vomiting
- belching
- bitter taste in mouth
- sweet taste in mouth
- flatulence
- intestinal gurgling
- bloating
- abdominal pain
- food sits in stomach
- constipation
- diarrhea or loose stool
- fecal incontinence
- hard dry stools

## GASTRO-INTESTINAL(cont)

- straining at stool
- use of laxatives
- black stools
- clay-colored stools
- rectal pain or itch
- hemorrhoid
- blood or pus w/stools
- anal prolapse

## UROGENITAL

- frequent urination
- involuntary loss of urine
- up at night to urinate
- burning on urination
- brown or reddish urine
- cloudy urine
- weakened urine stream
- urine flow is slow to start
- frequent urge to urinate
- kidney stone
- bladder infection
- kidney infection
- genital herpes
- venereal disease
- change in sexual energy
- infertility
- pain during intercourse

## MEN ONLY

- testicular pain
- penis pain
- genital itch
- hernia
- loss of erection
- prostate problems
- nocturnal emission
- loss of semen during the day
- premature ejaculation

**WOMEN ONLY**

- menstrual pain
- irregular menses
- loss of menses
- change in menstrual flow
- clotted blood in menses
- late/early period
- uterine bleeding
- premenstrual moodiness
- water retention
- breast pain/tenderness
- breast lumps
- breast discharge
- lower abdominal pain
- vaginal itch
- vaginal discharge
- vaginal yeast
- miscarriages
- abortions
- hot flashes
- PID
- endometriosis
- fibroids, ovarian cyst
- abnormal PAP test

**SLEEP**

- insomnia
- dream-disturbed sleep
- nightmares
- very vivid dreams
- repetitive dreams
- light sleeper
- hard to fall asleep
- other sleeping problem
- excess sleeping
- awaken fatigued

**SWEATING**

- night sweating
- sweat easily
- cold sweats
- sweaty palms/feet
- other unusual sweating
- lack of perspiration

**HOT/COLD**

- hot palms/feet/chest
- hot face
- feel hot
- feel cold
- cold hands feet
- cold abdomen
- cold back
- intolerance of heat/cold
- fevers/chills

**BONE, MUSCLE, NERVE**

- neck pain
- upper/mid back pain
- shoulder pain
- hip/knee/ankle pain
- low back pain
- disc problems
- other spinal problems
- low back sore or weak
- muscle tension
- muscle weakness
- muscles ache
- joint swelling & pain
- joints make noise
- leg cramps
- broken bones
- osteoporosis
- arthritis
- gout
- rebling or tremors
- numbness/tingling

**CARDIOVASCULAR**

- high blood pressure
- low blood pressure
- swelling in hands/feet
- phlebitis
- varicose veins
- vascular spiders
- Burger's disease
- Raynaud's disease
- cellulitis

**SKIN, HAIR, NAILS**

- dry skin
- eczema
- change in skin/hair
- rashes
- warts/growth
- fungus infections
- pimples or boils
- infections
- ulcerations or sores
- bruise easily
- hair loss
- weak fingernails
- shingles

**MENTAL**

- poor memory
- poor concentration
- disorientation
- unusual fears
- work/family problems
- nervous/anxiety
- worry alot
- fatigue
- bad temper
- depression
- easily stressed
- decisions difficult
- repeated thoughts