

WELL-BEING ACUPUNCTURE CENTER

WELL MIND. WELL BEING. WELL SOUL

16 Hollis St. Groton, Ma 01450

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

Name: _____

HEAD

- ___ Headaches
- ___ Dizziness
- ___ Fainting
- ___ Loss of Balance
- ___ Eyes Watering
- ___ Sensative to Light
- ___ Dry Eyes
- ___ Spots in Eyes
- ___ Eye Pain or Itch
- ___ Glaucoma
- ___ Cataracts
- ___ Trouble With Vision
- ___ Hearing Problems
- ___ Noises/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
- ___ Hourse Voice

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 laying down
- ___ Rib or Flank Pain

GASTRO-INTESTINAL

- ___ Food Cravings
- ___ gnawing hunger
- ___ Frequent Thirst
- ___ Thirty But Can't Drink
- ___ Loss of Appetite
- ___ Weight Loss / Gain
- ___ Recurring Indigestion
- ___ Heartburn
- ___ Stomach Ache
- ___ Acid Reflux
- ___ Nasusea or Vomitting
- ___ Belching
- ___ Bitter Taste in Mouth
- ___ Sweet Taste in Mouth
- ___ Flatulence
- ___ Intestinal Gurgling
- ___ Bloating
- ___ Abdominal Pain
- ___ Diarrhea of Loos Stools
- ___ Constipation
- ___ Fecal Incontinence
- ___ Hard Dry Stools

GASTRO-INTESTINAL

- ___ Straining at stool
- ___ Use of Laxatives
- ___ Black Stools
- ___ Clay-colored Stools
- ___ Rectal Pain or Itch
- ___ Hemorrhoids
- ___ 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 Stream of Urine
- ___ Urine Flow is Slow to Start
- ___ Frequent Urge to Urinate
- ___ Kidney Stone
- ___ Kidney Infection
- ___ Bladder Infection
- ___ Genital Herpes
- ___ Veneral Disease
- ___ Change in Sex Energy
- ___ Infertility
- ___ Pain During Intercourse

MALE ONLY

- ___ Testicular Pain
- ___ Penis Pain
- ___ Genital Itch
- ___ Hernia
- ___ Loss of Erection
- ___ Prostate Problems
- ___ Nocturnal Emission
- ___ Loss of Semen During the day
- ___ Premature Ejaculation

FEMALE ONLY

- Mentrual 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 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 to Sleep
- Other Sleeping Issues
- Excessive Sleeping
- Awaken Fatigued

SWEATING

- Night Sweating
- Sweat Easily
- Cold Sweats
- Sweaty Palms / Feet
- Lack of Perspiration
- Other Unusual Sweating

HOT / COLD

- Hot palms/feet/chest
- Hot Face
- Feel Hot
- Feel Cold
- Cold Hands / Feet
- Cold Abdomen
- Cold Back
- Intolerance of Heat / Cold
- Fever / Chills

BONE, MUSCLE , NERVE

- Neck Pain
- Upper/Mid Back Pain
- Shoulder Pain
- Hip/Kneww/Ankle Pain
- Low Back Pain
- Disc Problems
- Other Spinal Problems
- Low Back Sore or Weak
- Muscle Tension
- Muscle Weakness
- Muscle Aches
- Joint Swelling & Pain
- Joints Make Noise
- Leg Cramps
- Broken Bones
- Osteoporosis
- Arthritis
- Gout
- Trembling or Tremors
- Numbness or Tingling

CARDIOVASCULAR

- High Blood Pressure
- Low Blood Pressure
- Swelling in Hands/Feet
- Phlebitis
- Varicous Veins
- Vascular Spiders
- Burger's Disease
- Raynaud's Disease
- Cellulitis

SKIN,HAIR, NAILS

- Dry/Skin
- Eczema
- Change in Skin/Hair
- Rashes
- Warts / Growth
- Fungus Infection
- 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 / Hot
- Fatigue
- Bad Temper
- Depression
- Easily Stressed
- Decision Making is Difficult
- Repeated Thoughts