

HEALTH HISTORY

Name: _____ Today's date: _____

Birth date: _____ Drug allergies: _____

What is the reason for your visit? _____

MEDICAL HISTORY:

In the past, have you ever been diagnosed with any of the following?

Abnormal blood clots	Y	N	Fibromyalgia			Pacemaker		
AIDS	Y	N	Glaucoma	Y	N	Pneumonia	Y	N
Arthritis	Y	N	Gout	Y	N	Prostate disease	Y	N
Asthma	Y	N	Heart disease	Y	N	Rheumatic Fever	Y	N
Anorexia/Bulimia	Y	N	Heart murmur	Y	N	Stroke	Y	N
Alcoholism	Y	N	High blood pressure	Y	N	Skin Disease	Y	N
Allergies/Hay fever	Y	N	Hepatitis/Jaundice	Y	N	History of severe sunburns	Y	N
Abnormal Pap smear	Y	N	High cholesterol	Y	N	Other (type): _____		
Bleeding disorder	Y	N	Herpes	Y	N	Thyroid disease	Y	N
Breast disease	Y	N	Hemorrhoids	Y	N	Tuberculosis	Y	N
Bone fracture	Y	N	Hypoglycemia	Y	N	Ulcers, stomach	Y	N
Cancer	Y	N	Hiatal hernia	Y	N	Uterine fibroids	Y	N
Type: _____			Irritable Bowel Syndrome	Y	N	Vaginal infection/STDs	Y	N
Cataracts	Y	N	Kidney disease	Y	N	Other: _____		
Chemical dependency	Y	N	Kidney stones	Y	N	Other: _____		
Diabetes	Y	N	Liver disease	Y	N	Other: _____		
Diverticulosis/itis	Y	N	Migraine headaches	Y	N	Other: _____		
Emphysema	Y	N	Multiple Sclerosis	Y	N	Other: _____		
Endometriosis	Y	N	Osteoporosis	Y	N	Other: _____		
Epilepsy/Seizures	Y	N	Pacemaker	Y	N	Other: _____		

HOSPITALIZATIONS/SURGERIES:

Please list dates and reasons for hospitalizations/surgeries

CURRENT MEDICATIONS AND DAILY DOSAGES:

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Name: _____ Today's date: _____

WELLNESS/PREVENTIVE MEDICINE HISTORY:

VACCINE: Year of last
Tetanus _____
Flu _____

VACCINE: Year of last
Pneumonia _____
Shingles (Zostavax) _____

TEST: Year of last
Colonoscopy _____
Bone density test _____
Pap smear _____
Mammogram _____
Cholesterol _____
PSA _____

Results

FAMILIAL HISTORY:

	Father	Mother	Children	Siblings
Alcoholism	_____	_____	_____	_____
Abnormal blood clots	_____	_____	_____	_____
Cancer				
Breast	_____	_____	_____	_____
Prostate	_____	_____	_____	_____
Colon	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____
High blood pressure	_____	_____	_____	_____
Kidney disease	_____	_____	_____	_____
Mental illness	_____	_____	_____	_____
Osteoporosis	_____	_____	_____	_____
Stroke	_____	_____	_____	_____
Thyroid disease	_____	_____	_____	_____
Other: _____	_____	_____	_____	_____
Age at death (if deceased)	_____	_____	_____	_____
Cause of death	_____	_____	_____	_____

HEALTH HABITS/SOCIAL HISTORY:

Alcohol Y N Amount: _____

Tobacco Y N Type and amount: _____

Drugs Y N Type and amount: _____

Caffeine Y N Amount: _____

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Name: _____ Today's date: _____

Describe your exercise routine: _____

Personal status (optional): Married _____ Single or Divorced _____ Widowed _____ Other _____

Who lives in your home? _____

Do you have pets? _____

What is your occupation? _____ Length of time in position? _____

SYSTEMS REVIEW:

Circle your symptoms from the following list:

GENERAL/EMOTIONAL:

- Fatigue
- Chills
- Depression
- Dizziness
- Fainting
- Fever
- Memory loss
- Headache
- Loss of sleep
- Nervousness

EYE, EAR, NOSE, THROAT:

- Sore throat
- Hoarseness
- Difficulty swallowing
- Bleeding gums
- Earache
- Ear discharge
- Loss of hearing
- Ringing in ears
- Sinus problems
- Cough
- Nosebleeds
- Change in vision
- Allergies or hay fever

CARDIOVASCULAR:

- Chest pain
- Elevated blood pressure
- Irregular heart beat
- Low blood pressure
- Rapid heart beat
- Swelling of ankles
- Shortness of breath

MEN ONLY:

- Erection difficulties
- Lump in testicles
- Penis discharge
- Desire STD testing? Y N

GASTROINTESTINAL:

- Stomachache
- Poor appetite
- Bloating
- Diarrhea
- Constipation
- Weight gain
- Weight loss
- Nausea
- Gas
- Excessive thirst
- Hemorrhoids
- Rectal bleeding
- Vomiting
- Vomiting blood
- GERD symptoms
- Heartburn

SKIN:

- Change in moles
- Sore that won't heal
- Rash
- Scars
- Easy bruisability
- Itching
- Hives

WOMEN ONLY:

- Premenstrual syndrome
- Bleeding between periods
- Breast lump
- Nipple discharge
- Painful discharge
- Vaginal discharge
- Hot flashes
- Pelvic pain
- LAST MENSTRUAL PERIOD: _____
- DATE OF LAST PAP SMEAR: _____
- DATE OF LAST MAMMOGRAM: _____
- Age at menopause _____
- Are you pregnant? Y N
- Number of pregnancies: _____
- Number of children: _____
- Desire STD testing? Y N

GENITOURINARY:

- Blood in urine
- Frequent urination
- Poor bladder control/incontinence
- Painful urination

Please list any medical specialists you see regularly:

NAME

SPECIALTY

_____	_____
_____	_____
_____	_____