

ES-Teck Health History & Clinical Context Chart

Congratulations on taking your health in hands by choosing to do the ES-Teck scan. Before you get started, we would like to know a little more about your past and present health history. The following questions have been designed to obtain a thorough history of your past and current health. Please take the time to answer all questions, to the best of your ability, to enable us to provide you with the best care possible.

Name _____ M F Today's Date _____

Date of birth (MM/DD/YYYY) ____/____/____ Age ____ Occupation _____

Home Address _____

City _____ Province _____ Postal Code _____

Email _____

Home Phone _____ Work Phone _____

Height: ____ft" ____in' Weight: ____lbs Blood Type ____ BP: ____/____

Are you athletic? No Yes Hours of exercise sessions per week: _____

Smoker No Yes # Years smoked ____ Amount/day _____

Alcohol Use: No Yes Type & amount _____

Recreational drug use: No Yes Type & amount _____

Coffee cups/day ____ Tea cups/day ____ Cola cups/day ____ Water cups/day: ____ Juice cups/day ____

Are there any foods that you avoid or restrict? _____

Do you have a high stress job or situation? _____

How is your sleep? Good Difficulty falling asleep Frequent waking Nightmares

Time to bed: ____ Wake at: ____ Refreshed in morning? No Yes

Please use the space below to describe anything you feel that has not been covered:



Beauchamp Wellness Centre

GENERAL SYMPTOMS

- Abnormal menstrual cycles
- Aches and pains
- Blurred vision
- Chest pain
- Cold intolerance
- Constipation
- Cuts/bruises those are slow to heal
- Decreased libido
- Diarrhea
- Difficulty concentrating
- Dizziness
- Erectile dysfunction
- Extreme hunger
- Fatigue
- Fever
- Frequent infections
- Frequent urination
- Hair loss
- Headache
- Heat intolerance
- Increased bowel movements
- Insomnia
- Irritability
- Leg cramps
- Light or absent menstrual periods
- Loss of appetite
- Loss of balance
- Loss of energy
- Loss of sex drive
- Muscle or joint aches
- Nausea
- Nervousness
- Pale skin
- Palpitations
- Pregnancy
- Pyrosis
- Recurring skin, gum, or bladder infections
- Shortness of breath
- Slight abdominal pain
- Smoker
- Swelling in the ankles, feet, legs, abdomen, and veins in the neck
- Tingling/numbness in the hands/feet
- Trembling hands
- Trouble speaking and understanding
- Unusual thirst
- Unusual weight loss
- Unusually rapid heartbeat, particularly with exercise
- Vomiting
- Warm moist skin
- Weakness
- Weight gain or increased difficulty losing weight
- Weight loss

CANCERS

- Bladder cancer
- Bone cancer
- Breast cancer
- Cerebral cancer
- Colon cancer
- Colorectal cancer
- Gastric cancer
- Leukemia
- Liver cancer
- Lymphomas
- Melanomas
- Oral cancer
- Ovarian cancer
- Pancreatic cancer
- Prostate cancer
- Pulmonary cancer
- Testicular cancer
- Uterus Cancer

CARDIOVASCULAR DISORDERS

- Angina
- Arrhythmias
- Arteriosclerosis
- Atherosclerosis
- Auricular fibrillation
- Bradycardia
- Cardiac Valve diseases
- Cardiomyopathy
- Cerebral Hemorrhage
- Coagulation problem
- Congenital malformation
- Coronary Artery Disease
- Edema
- Essential Hypertension
- Heart Failure
- Heart murmur
- Hypertension
- Hypotension
- Left ventricular hypertrophy
- Myocardial Infarction
- Peripheral Artery Disease
- Raynaud's Syndrome
- Secondary Hypertension
- Stroke
- Tachycardia

ENDOCRINE DISORDERS

- Andropause
- Belated puberty
- Cushing's syndrome
- Endometriosis
- Goiter
- Growth disorders
- Hyperthyroidism
- Hypothyroidism
- Irregular menstruation
- Menopause
- Painful menstruation
- Spontaneous abortion
- Sterility
- Thyroid nodules
- Type I insulin-dependent diabetes
- Type II diabetes

DIGESTIVE DISORDERS

- Alimentary hepatitis
- Anal fissure
- Appendicitis
- Bacterial flora disorders
- Burns
- Chronic hepatitis
- Chronic pancreatitis
- Colitis
- Digestive hemorrhage
- Enterocolitis
- Epigastric Syndrome
- Gastric hyperacidity
- Gastritis
- Gastro-enteritis
- Gastro-esophageal reflux (Hiatus hernia)
- Helicobacter
- Hemorrhoids
- Intestinal stasis (ileus) or occlusion
- Liver Cirrhosis
- Mega colon
- Obstructive hepatitis
- Peptic ulcer
- Polyps
- Rectal prolapse
- Vesicular lithiasis
- Viral hepatitis

NEUROLOGICAL DISORDERS

- Alzheimer
- Attention-Deficit / Hyperactivity Disorder (ADHD) children
- Convulsions
- Depression
- Encephalitis
- Facial paralysis
- Gilles de Latourette
- Memory disorders
- Multiple sclerosis
- Neuralgia
- Neurasthenia
- Paralysis
- Paraplegia
- Parkinson Disease
- Polyneuritis
- Schizophrenia
- Slow intellectual activity
- Trigeminal neuralgia

RESPIRATORY DISORDERS

- Asthma
- Bradypnea
- Chronic bronchitis
- Chronic recurrent cough
- Dry cough, then secreting mucus
- Dyspnea
- Pleural rustling
- Pleurisy
- Pneumonia
- Pneumothorax
- Pulmonary abscess
- Pulmonary edema or pulmonary embolism
- Pulmonary inflammation
- Respiratory insufficiency
- Sleep Apnea
- Strong cough
- Tachypnea
- Tuberculosis

RENAL / GENITOURINARY

- Bladder stone
- Bursitis
- Cholangitis, cholecystitis, cholelithiasis
- Cystitis
- Endometritis
- Enuresis
- Glomerulonephritis
- Hydronephrosis
- Kidney stones
- Leucorrhoea
- Nephropathy
- Nephrosclerosis
- Nephrosis
- Parametritis
- Prostate hypertrophy
- Prostatitis
- Pyelocystitis
- Pyelonephritis
- Renal Lithiasis
- Renal or kidney failure
- Salpingitis
- Tendo vaginitis
- Urinary infections
- Uterine Prolapse
- Vaginitis

VENOUS / LYMPHATIC

- Congestion of the portal vein
- Painful swollen lymphatic nodes
- Painless swollen lymphatic nodes
- Swelling
- Thrombophlebitis
- Varix
- Venous-lymphatic insufficiency

HISTORICAL INFRACTIONS

- Allergic
- Bone surgery
- Cancer surgery
- Cardiac surgery (triple bypass)
- Chemotherapy
- Coronary stents
- Depression
- Digestive surgery
- Genitourinary surgery
- Hip prosthesis
- Myocardial infarction
- Organ transplant
- Pacemaker
- Plastic surgery
- Pulmonary edema
- Radiotherapy
- Thyroid surgery (ablation)
- Traumatic shock (accidents, violence...)
- Weight / loss diet

GENETIC / PREVIOUS RECORD

- Alzheimer in the family
- Asthma in the family
- Atherosclerosis
- in the family
- Cancer in the family
- Cholesterol in the family
- Crohn disease in the family
- Diabetes in the family
- Endometriosis in the family
- Hemorrhagic troubles in the family
- Hypertension in the family
- Myocardial infarction
- in the family
- Obesity in the family
- Osteoporosis in the family
- Parkinson in the family



MEDICATIONS

Total Number _____

TYPES OF MEDICATIONS

Ace Inhibitors

- Benazepril (Lotensin ®)
- Captopril (Capoten ®)
- Enalapril (Vasotec ®)
- Fosinopril (Monopril ®)
- Lisinopril (Prinivil ®, Zestril®)
- Moexipril (Univasc ®)
- Perindopril (Aceon ®)
- Quinapril (Accupril ®)
- Ramipril (Altace ®)
- Trandolapril (Mavik ®)

With Diuretics

- Benazepril & HCTZ (Lotensin HCT ®)
- Captopril & HCTZ (Capozide ®)
- Enalapril & HCTZ (Vaseretic ®)
- Lisinopril & HCTZ (Prinzide ®) (Zestoretic ®)
- Moexipril & HCTZ (Uniretic ®)

Beta Blockers

- atenolol (Tenormin ®)
- betaxolol (Kerlone ®)
- bisoprolol (Zebeta ®)
- carvedilol
(Coreg ®, Coreg CR™)
- esmolol (Brevibloc ®)
- labetalol (Normodyne ®)
- metoprolol (Lopressor ®)
- nadolol (Corgard ®)
- pindolol (Visken ®)
- propranolol (Inderal ®)
- sotalol (Betapace ®)
- timolol (Blocadren ®)

With Dieuretics

- Atenolol & chlorthalidone (Tenoretic®)
- Bisoprolol & HCTZ (Ziac®)
- Metoprolol & HCTZ (Lopressor HCT®)
- Nadolol & bendroflumethazide (Corzide ®)

