



Chaparral Naturopathic Medicine  
4535 30<sup>th</sup> Street, Suite 117  
San Diego, CA 92116

619-528-8594  
619-515-6441 fax  
[www.chaparralnatmed.com](http://www.chaparralnatmed.com)  
[info@chaparralnatmed.com](mailto:info@chaparralnatmed.com)

## **Welcome to Chaparral Naturopathic Medicine**

This handout has been prepared for the purpose of providing you, as a first time patient in our Naturopathic Medicine clinic, with information on what to expect as well as an introduction to the history, philosophy, and practice of Naturopathic Medicine.

In order to make the best use of your time, please read and fill out the attached forms. Return them to the clinic by fax, mail or even scanning and email them. During your first visit to the clinic, Dr. Powell will go over the forms with you and well as conduct an extensive interview, perform a physical exam and determine if additional information or lab work will be appropriate for your best health outcome. Please allow an hour for this first office visit.

## **History of Naturopathic Medicine**

As a distinct health care profession Naturopathic Medicine is almost 100 years old. Its philosophy and therapies have their origins in the philosophy of Hippocrates and the healing wisdom of many cultures and times. At the turn of the century, practitioners of a variety of medical disciplines combined natural therapeutics in a unique way. They joined together to form the first Naturopathic medical societies.

Naturopathic medical conventions in the 1920's attracted more than 10,000 practitioners. Early in the 20<sup>th</sup> century there were more than 20 Naturopathic colleges, and Naturopathic physicians were licensed in a majority of the states.

Naturopathic Medicine experienced a decline in the 1940's and 50's with the rise and popularity of pharmaceutical drugs, technological medicine, and the widespread belief that these therapies could eliminate all disease. It has experienced a resurgence in the last two decades, as a health conscious public seeks out alternatives to conventional medicine. As a body of knowledge, Naturopathy continues to grow and evolve. As an organized profession, Naturopathic Medicine is committed to on-going research and development of its science and incorporates elements of scientific modern medicine.

## **The Principles of Naturopathic Medicine**

The following principles are the foundation upon which Naturopathic Medical practice is built:

**The Healing Power of Nature.** *Vis Medicatrix naturae* Naturopathic Medicine recognizes an inherent ordered and intelligent self-healing process in the person. Naturopathic physicians act to identify and remove obstacle to healing and recovery, and to facilitate and augment this inherent self-healing process.

**Identify and Treat the Causes.** *Tolle causam* The Naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.

**First Do No Harm.** *Primum Non Nocere* Naturopathic physicians follow three guidelines to ensure noninvasive treatment of the patient:

- Utilize methods and medicinal substances which minimize the risk of harmful side-effects, using the least force necessary to diagnose and treat;
- Avoid when possible the harmful suppression of symptoms;
- Acknowledge, respect and work with the individual's self-healing process.

**Doctor As Teacher.** *Docere* Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor/patient relationship.

**Treat the Whole Person.** Naturopathic physicians treat each patient by taking into account individual, physical, mental, emotional, genetic, environmental, social, spiritual, and other factors that contribute to one's health.

**Prevention.** Naturopathic physicians emphasize the prevention of disease-assessing factors, heredity, and susceptibility to disease, and work towards making the appropriate decisions in partnership with their patients to prevent illness.

### **Natural Therapies used in Treatment:**

Naturopathic physicians are primary health care physicians clinically trained in a wide variety of medical systems. Some of the natural therapies practiced by Dr Powell include:

*Clinical Nutrition.* Nutrition and the therapeutic use of foods have always been a cornerstone of Naturopathic medicine. A growing body of scientific knowledge in this area is reflected in numerous professional journals or nutrition and dietary sciences, validating the Naturopathic approach to diet and nutrition. Many medical conditions can be treated as effectively with foods and nutritional supplements as they can be by any other means, but with fewer complications and side effects.

*Homeopathic medicine.* This powerful system of medicine is more than 200 years old, and is widely accepted in other countries. Homeopathic medicines, when properly prescribed, affect the body's "vital force" and strengthen its innate ability to heal. Homeopathic remedies function on both the physical and emotional levels and seldom have side effects. Some conditions for which conventional medicine has no effective treatment respond well to homeopathy.

*Botanical Medicine.* Many plant substances are powerful, gentle, effective medicines, with advantages over conventional drugs. They are effective and safe when used properly, in the right dose and in the proper combinations with other herbs and treatments. Botanical medicine can be prepared in many forms – teas, tinctures, capsules – and can be obtained at our clinic dispensary. Naturopathic physicians are trained in both the art and science of botanical medicine.

*Physical Medicine.* Physical medicine offers treatment for musculoskeletal concerns. Treatments vary and include soft tissue work (including therapeutic massage), muscle energy stretching, physiotherapy using heat and cold, gentle electrical impulses, hydrotherapy, visceral manipulation, and exercise therapy.

*Psychological Counseling.* Mental attitudes and emotional states can important elements in healing and disease. Naturopathic physicians are trained in various psychological techniques. Psychological counseling offers support for those exploring the mind/body connection, short term situational counseling, and couples counseling.

Thank you for choosing Chaparral Naturopathic Medicine as part of your health care team. Please feel free to call us at 619-528-8594 if you have questions or concerns. We at Chaparral Naturopathic Medicine are excited about the future of Naturopathic medicine and appreciate your contribution to its growth and evolution.

Reference: American Association of Naturopathic Physicians.

## NOTICE OF PRIVACY PRACTICES

**THIS NOTICE DESCRIBES HOW PROTECTED HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

This Notice tells you about the ways Chaparral Naturopathic Medicine may collect, store, use and disclose your protected health information and your rights concerning your protected health information. “Protected Health Information” is information about you that can reasonably be used to identify you and that relates to your past, present or future physical or mental health or condition, the provision of health care to you or the payment for that care.

Federal and state laws require us to provide you with this Notice about your rights and our legal duties and privacy practices with respect to your protected health information. We must follow the terms of this Notice while it is still in effect. Some of the uses and disclosures described in this Notice may be limited in certain cases by applicable state laws that are more stringent than the federal standards.

### **Uses and Disclosures of Your Protected Health Information**

We may use and disclose your protected health information for different purposes. The examples below are illustrations of the different types of uses and disclosures that we may make without obtaining your authorization.

- **Payment.** We may use and disclose your protected health information in order to pay for your covered health expenses. For example, we may use your protected health information to process claims or be reimbursed by another insurer that may be responsible for payment.
- **Treatment.** We may use and disclose your protected health information to assist your other health care providers in your diagnosis and treatment.
- **Health Care Operations.** We may use and disclose your protected health information in order to perform various operational activities.
- **Enrolled Dependents and Family Members.** We will mail explanation of benefits forms and other mailings containing protected health information to the address we have on record for you.

### **Other Permitted or Required Disclosures**

- **As Required by Law.** We must disclose protected health information about you when required to do so by law.
- **Public Health Activities.** We may disclose your protected health information to public health agencies for reasons such as preventing or controlling disease, injury or disability.
- **Victims of Abuse, Neglect or Domestic Violence.** We may disclose your protected health information to government agencies about abuse, neglect or domestic violence.
- **Health Oversight Activities.** We may disclose protected health information to government oversight agencies (e.g. state insurance departments) for activities authorized by law.
- **Judicial and Administrative Proceedings.** We may disclose protected health information in response to a court or administrative order. We may also disclose protected health information about you in certain cases in response to a subpoena, discovery request or other lawful process.

- **Law Enforcement.** We may disclose protected health information under limited circumstances to a law enforcement official in response to a warrant or similar process; to identify or locate a suspect; or to provide information about the victim of a crime.
- **Coroners or Funeral Directors.** We may release protected health information to coroners or funeral directors as necessary to allow them to carry out their duties.
- **Research.** Under certain circumstances, we may disclose protected health information about you for research purposes, provided certain measures have been taken to protect your privacy.
- **To Avert a Serious Threat to Health or Safety.** We may disclose protected health information about you, with some limitations, when necessary to prevent a serious threat to your health and safety or the health and safety of the public or another person.
- **Special Government Functions.** We may disclose information as required by military authorities or to authorized federal officials for national security and intelligence activities.
- **Workers' Compensation.** We may disclose protected health information to the extent necessary to comply with state law for workers' compensation programs.

#### **Other Uses or Disclosures With an Authorization**

Other uses or disclosures of your protected health information will be made only with your written authorization, unless otherwise permitted or required by law. You may revoke an authorization at any time in writing, except to the extent that we have already taken action on the information disclosed or if we are permitted by law to use the information to contest a claim or coverage under the Plan.

#### **Your Rights Regarding your Protected Health Information**

You may have certain rights regarding protected health information that Chaparral Naturopathic Medicine maintains about you.

- **Right To Access Your Protected Health Information.** You have the right to review or obtain copies of your protected health information records, with some limited exceptions. Usually the records include billing, claims payment and case or medical management records. Your request to review and/or obtain a copy of your protected health information must be made in writing. We may charge a fee for the costs of producing, copying and mailing your requested information, but we will tell you the cost in advance.
- **Right to Amend Your Protected Health Information.** If you feel that your protected health information is incorrect or incomplete, you may request that we amend the information. Your request must be made in writing and must include the reason you are seeking a change. We may deny your request, if for example, you ask us to amend information that was not created by Chaparral Naturopathic Medicine or you ask us to amend a record that is already accurate and complete. If we deny your request to amend, we will notify you in writing. You then have the right to submit to us a written statement of disagreement with our decision and we have the right to rebut that statement.
- **Right to an Accounting of Disclosures.** You have the right to request an accounting of disclosures we have made of your protected health information. The list will not include our disclosures related to your treatment, our payment or health care operations, or disclosures made to you or with your authorization. The list may also exclude certain other disclosures, such as for national security purposes. Your request for an accounting of disclosures must be made in writing and must state a time period for which you want an accounting. This time period may not be longer than six years and may not include dates before April 14, 2003. Your request should indicate in what form you want the list (paper or electronically). For additional lists within the same time period, we may charge for providing the accounting, but we will tell you the cost in advance.

- **Right to Request Restrictions on the Use and Disclosure of Your Protected Health Information.** You have the right to request that we restrict or limit how we use or disclose your protected health information for treatment, payment or health care operations. *We may not agree to your request.* If we do agree, we will comply with your request unless the information is needed for an emergency. Your request for a restriction must be made in writing. In your request, you must tell us (1) what information you want to limit; (2) whether you want to limit how we use or disclose your information, or both; and (3) to whom you want the restrictions to apply.
- **Right to Receive Confidential Communications.** You have the right to request that we use a certain method to communicate with you or that we send information to a certain location if the communication could endanger you. Your request to receive confidential communications must be made in writing. Your request must clearly state that all or part of the communication from us could endanger you. We will accommodate all reasonable requests. Your request must specify how or where you wish to be contacted.
- **Right to a Paper Copy of This Notice.** You have a right at any time to request a paper copy of this Notice, even if you had previously agreed to receive an electronic copy.
- **Contact Information for Exercising Your Rights.** You may exercise any of the rights described above by contacting our privacy office. See the end of this Notice for the contact information.

#### **Health Information Security**

Chaparral Naturopathic Medicine requires its employees to follow its security policies and procedures that limit access to health information about patients to those employees who need it to perform their job responsibilities. In addition, Chaparral Naturopathic Medicine maintains physical, administrative and technical security measures to safeguard your protected health information.

#### **Changes to This Notice**

We reserve the right to change the terms of this Notice at any time, effective for protected health information that we already have about you as well as any other information that we receive in the future. We will provide you with a copy of the new Notice whenever we make a material change to the privacy practices described in this Notice. Any time we make a material change to this Notice, we will promptly revise and issue the new Notice with the new effective date.

#### **Complaints**

If you are concerned that we have violated your privacy rights, or you disagree with a decision we made about access to your records, you may file a complaint with us by contacting the person listed below. You may also send a written complaint to the U.S. Department of Health and Human Services. The person listed below can provide you with the appropriate address upon request.

We support your right to protect the privacy of your protected health information. *We will not retaliate against you or penalize you for filing a complaint.*

#### **Our Legal Duty**

We are required by law to protect the privacy of your information, provide this notice about our information practices, and follow the information practices that are described in this notice.

If you have any questions or complaints, please contact:

David C. Powell, ND  
Chaparral Naturopathic Medicine  
4535 30<sup>th</sup> St, Suite 117  
San Diego, CA 92116  
(619) 528-8594

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### **Informed Consent Form**

I, (or the patient named below for whom I am legally responsible), hereby request and consent to receive naturopathic medical care by the above named California licensed naturopathic doctor and/or other licensed naturopathic doctors who now or in the future may treat me while working at or associated with or serving as back-up for the above named doctor, whether signatories to this form or not. I have also read and understand the attached NOTICE OF PRIVACY PRACTICES, which discusses my rights under the Health Insurance Portability and Accountability Act of 1996.

I understand that the methods of treatment are permitted under the California Naturopathic Doctors Act, which may include but are not limited to nutritional counseling, western herbs, homeopathy, nutritional supplements, oral chelation, hydrotherapy, intramuscular injections, and IV therapy.

I have had the opportunity to discuss with the naturopathic doctor named above the nature and purpose of naturopathic treatments and procedures. I am aware that all existing methods of diagnosis and treatment, including naturopathic healthcare, pose some level of risk. Within the general healthcare setting, the possible outcomes of these practices by a naturopathic doctor range from minor to fatal.

The herbs, homeopathic medicines and nutritional supplements (which are from plant, animal, mineral and other sources) that have been recommended, are considered safe when taken as instructed in the practice of naturopathic medicine. It is extremely important that I follow the prescribed recommendations when taking herbs, homeopathic medicines and nutritional supplements because they may be toxic when taken in large doses. I understand that herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. The herbs may be an unpleasant smell or taste. I understand that some herbs and supplements may be inappropriate during pregnancy, and I will immediately notify the doctor if I become aware that I am pregnant.

I will immediately inform the doctor if I experience any gastrointestinal upset (nausea, gas, stomachache, vomiting or similar condition), allergic reactions (hives, rashes, tingling of the tongue, headache or similar condition), or any unanticipated or unpleasant effects associated with treatment or the herbs or other supplements prescribed by the doctor. I understand that while this document describes the most common risks of treatment, other side effects and risks may occur. In order to properly treat your medical condition, the doctor must be contacted promptly if an adverse reaction or condition occurs. In any event, if an emergency medical condition arises, please seek treatment immediately from a trauma center or call 9-1-1.

I have read, or have had read to me, the above information and consent. I have also had an opportunity to ask questions about its content, and by voluntarily signing below I agree to the above-named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek diagnosis and treatment.

**PATIENT NAME, (printed)** \_\_\_\_\_

**PATIENT SIGNATURE** \_\_\_\_\_ **Date:** \_\_\_\_\_

**(or Patient Representative)**

**Indicate relationship if signing on behalf of patient** \_\_\_\_\_

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**Patient Information**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

SS#: \_\_\_\_\_ Home Ph:(\_\_\_\_\_) \_\_\_\_\_ Work Ph:(\_\_\_\_\_) \_\_\_\_\_ Cell Ph:(\_\_\_\_\_) \_\_\_\_\_

May we leave confidential voice-mail messages for you at any of the above numbers?  No  Yes (specify):  Home  Work  Cell

Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_ Other names that records may be kept under: \_\_\_\_\_

Are you currently employed? Y N Employer/School: \_\_\_\_\_

Parents' or Guardians' Names (minors only): \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship to Emergency Contact: \_\_\_\_\_

Contact's Phone: (\_\_\_\_\_) \_\_\_\_\_  Home  Work  Cell Do you have special needs?:  No  Yes (see front desk)

How did you hear about us?  Newspaper Ad  News Story  Mailer/Flyer  Website  Workshop/Event  Medical Referral  
 Friend/Family  Yellow Pages  T.V. Ad  Insurance Co.  Other: \_\_\_\_\_

**The following information is requested for our grant and federal reporting requirements**

Marital Status (circle one): Single/Never Married Married Divorced Separated/Not Divorced Widowed Domestic Partnership

Race/Ethnic Origin: African/African-American Asian Caucasian Native American Pacific Islander/ Native Hawaiian Mixed Race Other

Number of members in your household: \_\_\_\_\_ Gross annual household income: \_\_\_\_\_/year

**Guarantor Information**

This section must be completed if someone other than the patient is financially responsible for the patient's account.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

I hereby acknowledge that I am financially responsible for payment of all services rendered to the above-named patient and that I am subject to all financial terms listed below.

X \_\_\_\_\_  
Guarantor's Signature Date

**Terms of Admission**

**Financial Terms:** I understand that Chaparral Naturopathic Medicine does not take insurance at this time. A receipt with appropriate codes will be provided if I wish to file for insurance reimbursement. I am responsible for all charges whether or not they are covered by my insurance. I understand that finance charges will begin accruing on accounts that are 60 days past due for payment at a rate of 1.5% per month. I further understand that excessively overdue accounts will be forwarded to an outside collection agency and I will be responsible for any fees generated as a result of collection efforts. I understand that any guarantor listed above is subject to the same financial terms as outlined in this paragraph and that my payment history, account balance and due dates may be disclosed to the guarantor for the purposes of securing payment. I understand that the guarantor, if someone other than myself, is not authorized to receive my medical information unless expressly authorized by me in writing.

**Cancellation Policy:** Significant time and effort is required preparing for each visit. As such, appointments cancelled with less than 48 hours notice will result in a fee equal to 50% of the office visit fee. Appointments cancelled with less than 24 hours notice will be charged for the full office visit.

**Privacy Terms:** We keep a record of the healthcare services we provide you. Applicable state and federal laws protect the confidentiality of your medical information and grant you the right to see or obtain a copy of the record we keep. Moreover, if you believe that information in your record is inaccurate, you may also request that we correct or amend that record. We will not disclose your medical information to others unless you direct us to do so or applicable laws authorize or compel us to do so. Chaparral Naturopathic Medicine is required to provide you with a copy of its Notice of Privacy Practices and to obtain written acknowledgement that you have received it. The notice outlines the types of uses and disclosures that may occur involving your protected health information, describes your rights and explains how you may exercise those rights. Please read it carefully. If you have questions concerning the management of your healthcare information at our clinic, wish to inquire about your rights or if you wish schedule an appointment to view your medical record, please call our office at (619) 528-8594.

I hereby acknowledge that I have received a copy of Chaparral Naturopathic Medicine's Notice of Privacy Practices. I also agree to the terms of admission as listed above.

X \_\_\_\_\_  
Patient's Signature Date

X \_\_\_\_\_  
Guardian/Representative's Signature Date

Relationship to Patient/Representative Authority

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**Health Information Form**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex:  male  female  trans \_\_\_\_\_  intersex

Do you have a gender preference other than your presenting?  yes  no preference: \_\_\_\_\_

Are you currently under medical care?  yes  no For? \_\_\_\_\_

Do you currently have a primary care physician?  yes  no If so, please provide us with your PCP's contact information (name, clinic name, address, and telephone number) \_\_\_\_\_

Please list any additional health care providers from whom you receive care (name, specialty, and contact information if possible):

**Health Concerns**

(Please list in order of importance to you)

- 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
- 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

How would you rate your current health?

Lowest health 1-----2-----3-----4-----5-----6-----7-----8-----9-----10 Amazing/Perfect health

Are you currently pregnant?  yes  no # of months: \_\_\_\_\_  
Is your condition related to  work-related injury  auto accident

What are your goals for today's visit and for your long-term health? \_\_\_\_\_

What do you expect of your physician? \_\_\_\_\_

### Serious Illness and Operations

Please describe (indicating the date) any serious illnesses, hospitalizations, or operations: \_\_\_\_\_

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### Medications and Supplements

Medications & Dosage – list name, dose and when you take it: If you need more room, please use the Medication and Supplement Form

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

Supplements (vitamins, herbs, etc...) - list name, dose and when you take it:

1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_

### Current/Previous Conditions

Indicate current conditions by circling them:

- |   |   |   |  |
|---|---|---|--|
| <input type="radio"/> ADD/ADHD            | <input type="radio"/> Diabetes            | <input type="radio"/> Low blood pressure    | <input type="radio"/> Scarlet Fever      |
| <input type="radio"/> Alcoholism          | <input type="radio"/> Eczema              | <input type="radio"/> Lupus                 | <input type="radio"/> Schizophrenia      |
| <input type="radio"/> Anemia              | <input type="radio"/> Emphysema           | <input type="radio"/> Measles               | <input type="radio"/> STDs               |
| <input type="radio"/> Anorexia            | <input type="radio"/> German Measles      | <input type="radio"/> Migraines             | <input type="radio"/> Strep throat       |
| <input type="radio"/> Anxiety             | <input type="radio"/> Glaucoma            | <input type="radio"/> Miscarriage           | <input type="radio"/> Stroke             |
| <input type="radio"/> Appendicitis        | <input type="radio"/> Goiter              | <input type="radio"/> Mitral valve prolapse | <input type="radio"/> Suicide Attempt    |
| <input type="radio"/> Arthritis           | <input type="radio"/> Gonorrhea           | <input type="radio"/> Multiple Sclerosis    | <input type="radio"/> Thyroid disease    |
| <input type="radio"/> Asthma              | <input type="radio"/> Gout                | <input type="radio"/> Infectious Mono       | <input type="radio"/> Tonsillitis        |
| <input type="radio"/> Back/Neck Pain      | <input type="radio"/> Heart disease       | <input type="radio"/> Kidney disease        | <input type="radio"/> Tuberculosis       |
| <input type="radio"/> Bladder infection   | <input type="radio"/> Hepatitis           | <input type="radio"/> Liver Disease         | <input type="radio"/> Typhoid Fever      |
| <input type="radio"/> Bleeding disorders  | <input type="radio"/> Hernia              | <input type="radio"/> Low blood pressure    | <input type="radio"/> Ulcer              |
| <input type="radio"/> Breast Lump         | <input type="radio"/> Herpes              | <input type="radio"/> Mumps                 | <input type="radio"/> Ulcerative colitis |
| <input type="radio"/> Bronchitis          | <input type="radio"/> High blood pressure | <input type="radio"/> Pacemaker             | <input type="radio"/> Vaginal Infections |
| <input type="radio"/> Bulimia             | <input type="radio"/> High Cholesterol    | <input type="radio"/> Pneumonia             | <input type="radio"/> Venereal Disease   |
| <input type="radio"/> Cancer              | <input type="radio"/> HIV/AIDS            | <input type="radio"/> Polio                 | <input type="radio"/> Whooping cough     |
| <input type="radio"/> Cataracts           | <input type="radio"/> Hives               | <input type="radio"/> Prostate Problem      | Others (please list):                    |
| <input type="radio"/> Chemical Dependency | <input type="radio"/> IBS                 | <input type="radio"/> Psychiatric Care      |  |
| <input type="radio"/> Chickenpox          | <input type="radio"/> Infectious Mono     | <input type="radio"/> Psoriasis             |  |
| <input type="radio"/> Crohn's disease     | <input type="radio"/> Kidney disease      | <input type="radio"/> Rheumatic Fever       |  |
| <input type="radio"/> Depression          | <input type="radio"/> Liver Disease       | <input type="radio"/> Rubella               |  |

### Exams and Immunization History

Please indicate result, date and physician or place of most recent:

Physical Exam \_\_\_\_\_ Chest X-ray \_\_\_\_\_  
Pap Smear \_\_\_\_\_ EKG \_\_\_\_\_  
Mammogram \_\_\_\_\_ Colonoscopy \_\_\_\_\_  
Prostate check \_\_\_\_\_ Cholesterol screen \_\_\_\_\_  
STD screen \_\_\_\_\_ HIV test \_\_\_\_\_  
TB test \_\_\_\_\_ Bone density check \_\_\_\_\_  
Dental exam \_\_\_\_\_ Eye exam \_\_\_\_\_

Other: \_\_\_\_\_

### Immunizations

Tetanus-Diphtheria \_\_\_\_\_ Measles-Mumps-Rubella (MMR) \_\_\_\_\_  
Varicella \_\_\_\_\_ Flu shot \_\_\_\_\_  
Hepatitis A \_\_\_\_\_ Hepatitis B \_\_\_\_\_

Other: \_\_\_\_\_

### Social and Lifestyle

Tobacco Use:  none  current  past Packs per day \_\_\_\_\_

Alcohol Use:  none  current  past Types: \_\_\_\_\_

Quantity: Per day \_\_\_\_\_ Per Week \_\_\_\_\_

Recreational Drugs:  none  current  past Type and Amount: \_\_\_\_\_

Alcohol/Drug abuse treatment:  none  current  past Where and when: \_\_\_\_\_

Caffeine:  none  current Type and amount: \_\_\_\_\_

Regular Exercise:  none  current Type, duration and how often: \_\_\_\_\_

Are you happy with your relationship status?  yes  no \_\_\_\_\_

Do you have a strong support network (family/friends)?  yes  no Who? \_\_\_\_\_

What is your predominant emotion? \_\_\_\_\_

Are you happy with your current job status?  yes  no \_\_\_\_\_

How many hours of sleep do you get? \_\_\_\_\_ Normal bed time \_\_\_\_\_ Normal waking time \_\_\_\_\_

How often do you wake in the middle of the night? \_\_\_\_\_ reason: \_\_\_\_\_ Can you go back to sleep easily?  yes  no

When you wake do you :  feel rested  feel tired Do you:  sleep in total darkness  sleep with some light  there is a lot of light

How much stress do you feel you are under? 1 is lowest, 10 is highest imaginable

1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Please indicate sources of particular stress, rate each on a scale of 1 to 10, 1 is lowest, 10 is highest imaginable

\_\_\_\_ Home \_\_\_\_ Work \_\_\_\_ School \_\_\_\_ Relationship \_\_\_\_ Retirement \_\_\_\_ Children \_\_\_\_ Finances \_\_\_\_ Health

\_\_\_\_ Abusive relationship \_\_\_\_ Other: \_\_\_\_\_

### Diet

What do you typically eat?

Breakfast: \_\_\_\_\_

\_\_\_\_\_

Lunch: \_\_\_\_\_

\_\_\_\_\_

Dinner: \_\_\_\_\_

\_\_\_\_\_

Snacks: \_\_\_\_\_

\_\_\_\_\_

Sweets (how often): \_\_\_\_\_

\_\_\_\_\_

Beverages (how much): \_\_\_\_\_

\_\_\_\_\_

Food Cravings: \_\_\_\_\_

Foods you avoid: \_\_\_\_\_

### Environmental Sensitivities and Allergies

Do you have any allergies to drugs? (list and explain reaction)

\_\_\_\_\_

\_\_\_\_\_

Sensitivities:

Odors:  Yes  No (specify) \_\_\_\_\_

Smoke:  Yes  No (specify) \_\_\_\_\_

Soaps:  Yes  No (specify) \_\_\_\_\_

Fumes:  Yes  No (specify) \_\_\_\_\_

Perfume:  Yes  No (specify) \_\_\_\_\_

Do you have environmental allergies and how would you rate your reaction:

Dust:  No;  mild  moderate  severe

Grasses:  No;  mild  moderate  severe

Pollen:  No;  mild  moderate  severe

Pet dander:  No;  mild  moderate  severe

Mold:  No;  mild  moderate  severe

### Exposures

Please indicate any known chemical exposure to any of the following toxic substances? Indicate the duration and time of exposure.

Mercury \_\_\_\_\_ Lead \_\_\_\_\_ Arsenic \_\_\_\_\_

Herbicides/Pesticides \_\_\_\_\_ Formaldehyde \_\_\_\_\_ Organics \_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

### Sexual Health

*We realize that some of these questions are sensitive and personal. Please answer every question you can. Some questions may not apply to all patients; feel free to leave them blank. Please keep in mind we serve a wide variety of patients without prejudice or judgment. Our goal is to provide the best possible health care for each and every patient.*

Are you currently sexually active?  Yes  No With:  Men  Women

If not currently active, have you been in the past?  Yes  No With:  Men  Women

Current number of sexual partners (past 6 months): \_\_\_\_\_ Approximate total number of sexual partners: \_\_\_\_\_

Do you use "safer sex" practices?  Always  Usually  Occasionally  Rarely  Never  What's that?

What informs your decision to use "safer sex" practices? \_\_\_\_\_

Do you use any form of birth control?  Yes  No What type? \_\_\_\_\_

Are you happy with your current birth control?  Yes  No

Are you or your partner trying to get pregnant?  Yes  No Do you want to in the next year?  Yes  No

Have you ever had a sexually transmitted disease?  Yes  No

Gonorrhea  Chlamydia  Syphilis  Herpes  Genital warts  Hepatitis B  Hepatitis C  HIV

When was your last STD test? \_\_\_\_\_ HIV test? \_\_\_\_\_

Have you ever used IV drugs?  Yes  No

Have you ever had sex with someone you knew or suspected to have:

HIV?  Yes  No Hep C?  Yes  No IV drug user?  Yes  No

Did you use protection?  Yes  No Explain \_\_\_\_\_

### Surgical Alterations

Do you have any surgical alterations and/or piercings to breasts or genitals.

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### Additional Information

Feel free to confidentially disclose any additional information you think would be important for me to know in order to provide you with the best possible care.

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**Men's Health**

Do you ever have trouble with the following?

- Difficult starting urination                    No Rarely Occasionally Often Always
- Only when others are present/ pee shy    No Rarely Occasionally Often Always
- Difficult stopping urination /dribbling    No Rarely Occasionally Often Always
- Interruption of stream while urinating    No Rarely Occasionally Often Always
- Pain or burning with urination            No Rarely Occasionally Often Always
- Pain or burning with ejaculation          No Rarely Occasionally Often Always
- Pain with erection                          No Rarely Occasionally Often Always
- Testicular pain/swelling                  No Rarely Occasionally Often Always
- Prostate problems                          No Rarely Occasionally Often Always
- Impotence/sexual difficulties            No Rarely Occasionally Often Always
- Do you have morning erections            No Rarely Occasionally Often Always
- Do you have trouble ejaculating?        No Rarely Occasionally Often Always
- Are you happy with the quality of your erections                    No Rarely Occasionally Often Always
- Can you keep an erection through to ejaculation                    No Rarely Occasionally Often Always
- If lost, can you regain an erection before ejaculation?            No Rarely Occasionally Often Always
- Difficulty getting or maintaining an erection with a partner?    No Rarely Occasionally Often Always
- Difficulty getting or maintaining an erection by yourself?        No Rarely Occasionally Often Always
- Are you happy with the length of time until ejaculation?        No Rarely Occasionally Often Always Too slow Too fast

Do you have any other questions or concerns: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Women's Health**

**Obstetric history**

Are you currently pregnant  No  Yes # of months: \_\_\_\_\_  
Have you ever been pregnant  No  Yes Future OB plans  No  Yes  
Age at first pregnancy \_\_\_\_\_ Number of pregnancies \_\_\_\_\_  
Number of living children \_\_\_\_\_ Number of stillbirths \_\_\_\_\_  
Number of miscarriages \_\_\_\_\_ What week in pregnancy \_\_\_\_\_  
Number of tubal pregnancies \_\_\_\_\_  
Number of abortions \_\_\_\_\_ What week in pregnancy \_\_\_\_\_  
Number of Caesarean sections \_\_\_\_\_ Date of last pregnancy?  
Difficulty conceiving  No  Yes Difficulty with pregnancy  No  Yes  
Difficulty with labor or delivery  No  Yes Difficulty with breast feeding  No  Yes

**Menstrual history**

Age at first period: \_\_\_\_\_ Date last menstrual period began: \_\_\_\_\_  
Periods regular  No  Yes Days between periods: \_\_\_\_\_  
Length of flow \_\_\_\_\_ How many pads or tampons at max flow \_\_\_\_\_  
Color of flow \_\_\_\_\_ Clots?  No  Yes Clot size:  Small  Medium  Large  
Pain with ovulation  No  Yes Pain with menses  No  Yes  
Menopause  No  Yes When was your last period \_\_\_\_\_

**PMS symptoms**

None  Bloating/swelling  Breast tenderness  Acne  Digestive changes  
 Fatigue  Mood swings  Headache  Other: \_\_\_\_\_

**Vaginitis symptoms**

Discharge	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current	Irritation	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current
Itching	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current	Odor	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current
Pain with sex	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current	Trichomoniasis	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current
Bacteria (BV)	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current	Yeast	<input type="radio"/> Never <input type="radio"/> Past <input type="radio"/> Current

**Risk Factors**

History of abnormal paps  No  Yes Did your mother take DES  No  Yes  
Did your mother ever miscarry  No  Yes Do you do self breast exams  No  Yes

Long term hormone replacement  No  Yes

Do you have any other questions or concerns: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FAMILY HISTORY**

Mother:  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Father  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Brother  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Brother  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Brother  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Sister  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Sister  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Sister  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Child  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Child  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_  
Child  Living Age: \_\_\_\_\_  Deceased Cause: \_\_\_\_\_

**Has any family member had: Use the following abbreviations (M)other, (F)ather, (B)rother, (S)ister, (MGM) maternal grandmother, (MGF) maternal grandfather, (PGM) paternal grandmother, (PGF) paternal grandfather, (U)ncle, (A)unt**

<input type="radio"/> Diabetes	Relation: _____	Age of onset: _____
<input type="radio"/> Arthritis	Relation: _____	Age of onset: _____
<input type="radio"/> Asthma	Relation: _____	Age of onset: _____
<input type="radio"/> Severe allergies	Relation: _____	Age of onset: _____
<input type="radio"/> Stroke	Relation: _____	Age of onset: _____
<input type="radio"/> Heart disease	Relation: _____	Age of onset: _____
<input type="radio"/> Heart attack	Relation: _____	Age of onset: _____
<input type="radio"/> High blood pressure	Relation: _____	Age of onset: _____
<input type="radio"/> High cholesterol	Relation: _____	Age of onset: _____
<input type="radio"/> Kidney disease	Relation: _____	Age of onset: _____
<input type="radio"/> Osteoporosis	Relation: _____	Age of onset: _____
<input type="radio"/> Hepatitis	Relation: _____	Age of onset: _____
<input type="radio"/> Thyroid problems	Relation: _____	Age of onset: _____
<input type="radio"/> Colitis/Crohn's disease	Relation: _____	Age of onset: _____
<input type="radio"/> HIV/AIDS	Relation: _____	Age of onset: _____
<input type="radio"/> Tuberculosis	Relation: _____	Age of onset: _____
<input type="radio"/> Birth defects	Relation: _____	Age of onset: _____
<input type="radio"/> Alzheimer's	Relation: _____	Age of onset: _____
Drinking/drug problems	Relation: _____	Age of onset: _____
<input type="radio"/> Breast cancer	Relation: _____	Age of onset: _____
<input type="radio"/> Colon cancer	Relation: _____	Age of onset: _____
<input type="radio"/> Ovarian cancer	Relation: _____	Age of onset: _____
<input type="radio"/> Uterine cancer	Relation: _____	Age of onset: _____
<input type="radio"/> Blood clots in lungs or legs	Relation: _____	Age of onset: _____
<input type="radio"/> Other cancer: _____	Relation: _____	Age of onset: _____
<input type="radio"/> Other: _____	Relation: _____	Age of onset: _____
<input type="radio"/> Other: _____	Relation: _____	Age of onset: _____

I certify that the information provided in this form is correct to the best of my knowledge. I will not hold Dr. Powell or Chaparral Naturopathic Medicine responsible for any error or omission I may have made in the completion of this form.

Patient's signature \_\_\_\_\_ Date \_\_\_\_\_