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### PERSONAL INFORMATION

NAME \_\_\_\_\_ DATE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ e-Mail Addr: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 MARITAL STATUS \_\_\_\_\_ AGE \_\_\_\_\_ NUMBER OF CHILDREN \_\_\_\_\_  
 OCCUPATION \_\_\_\_\_ EMPLOYER \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY/ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
 NAME OF SPOUSE \_\_\_\_\_ SPOUSE'S OCCUPATION \_\_\_\_\_  
 EMPLOYER \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY/ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_

### EMERGENCY NOTIFICATION

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY/ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
 REFERRED BY \_\_\_\_\_

### FEMALE HEALTH HISTORY QUESTIONNAIRE

Weight: \_\_\_\_\_ Height: \_\_\_\_\_ Occupation: \_\_\_\_\_

What is the reason for this visit?  
 \_\_\_\_\_  
 \_\_\_\_\_

Do you have any pain at this time?  
 \_\_\_\_\_

List medications you are currently taking:  
 \_\_\_\_\_  
 \_\_\_\_\_

Any known drug allergies?  
 \_\_\_\_\_

List natural supplements, herbs, remedies, including athletic performance supplements you are currently taking:  
 \_\_\_\_\_  
 \_\_\_\_\_

List your history of surgeries/hospitalizations (e.g., knee replacement, hysterectomy)  
 \_\_\_\_\_  
 \_\_\_\_\_

List health issues (e.g., diabetes):  
 \_\_\_\_\_  
 \_\_\_\_\_

Date of last pelvic/gynecological exam: \_\_\_\_\_ Last Pap Test: \_\_\_\_\_ Last mammogram: \_\_\_\_\_

Last thermography? \_\_\_\_\_ Unusual results? \_\_\_\_\_

Are you currently under another physician's care? \_\_\_\_\_

Do you eat sugar/refined carbs? Yes No How much/how often? \_\_\_\_\_

Do you drink alcohol? Yes No How much/how often? \_\_\_\_\_

Do you smoke? Yes No How much/how often? \_\_\_\_\_

How often do you exercise? never rarely sometimes regularly competitively.

SIGNS & SYMPTOMS	ONGOING	JUST W/ PERIOD	MILD	MODERATE	SEVERE	MORE INFORMATION
Mood swings						
Anxiety/Nervousness						
Overly Reactive/Short fuse						
Irritability						
Depression						
Lowered self-esteem/self-image						
Caretake others before yourself						
Sadness/Crying						
Foggy thinking						
Memory difficulties						
Fatigue						
Constant hunger						
Sweet cravings (carbs/chocolate)						
Hypoglycemia						
Hyperglycemia (diabetes)						
Weight gain						
Weight loss						
Water Retention						
Bloating						
Irritable Bowel						
Constipation						
Light colored stool						
Loose stool/Diarrhea						
Nausea/vomiting						
Headaches/Migraines						
Body/Joint Aches						
Back Ache						
Acne						
Excessive facial hair						
Body/Head hair loss						
Dry skin/Brown spots						
Lowered Libido						
Heightened Libido						
Hot flashes						
Night sweats						
Breast tenderness/swelling						
Nipple discharge						
Vaginal infections						
Urinary frequency						
Incontinence						
Vaginal dryness						
Painful intercourse						
Any other symptoms?						

**REPRODUCTIVE HEALTH HISTORY** (please fill in or circle the appropriate answer)

Age at onset of menarche (first period): \_\_\_\_\_ Approximate date of onset: \_\_\_\_\_

Are you currently using a method of birth control? Yes No

If yes, what method? \_\_\_\_\_

Are you, or have you used (please circle) oral, injected, patch, or ring hormone contraceptives? Yes No

When and for how long? \_\_\_\_\_

Have you ever used Emergency Contraception (aka "the day after pill")? Yes No Year: \_\_\_\_\_

Any unusual reactions? \_\_\_\_\_

Are you, or have you used an IUD? Yes No If yes, when and for how long? \_\_\_\_\_

What type of IUD did you use? copper hormone other \_\_\_\_\_

Please describe problems that you may have experienced associated with the use of any and all birth control methods (such as yeast, heavy/light bleeding, mood, weight gain, acne, sweet cravings, fatigue depression, palpitations, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you used, or are you currently using fertility or treatment? Yes No

If yes, please explain. \_\_\_\_\_

Have you used, or are you currently using, bioidentical hormones (such as DHEA, pregnenolone, progesterone, estrogen, testosterone, etc.)? Yes No If yes, please explain: \_\_\_\_\_

\_\_\_\_\_

Have you been pregnant before? Yes No Age(s) of children: \_\_\_\_\_

Number of pregnancies? \_\_\_\_\_ Details/ Complications: \_\_\_\_\_

Number of live births: \_\_\_\_\_

Miscarriages: \_\_\_\_\_

Premature births: \_\_\_\_\_

Cesarean births: \_\_\_\_\_

Stillbirths: \_\_\_\_\_

Abortions: \_\_\_\_\_

Ectopic pregnancies \_\_\_\_\_

If you have had a miscarriage, how many weeks pregnant were you? \_\_\_\_\_

\_\_\_\_\_

Did you breastfeed? Yes No How long? \_\_\_\_\_

Have you had an abnormal Pap Test? Yes No Diagnosis/Reason: \_\_\_\_\_

Treatment and/or Medication: \_\_\_\_\_

Have you had a vaginal infection? Yes No If yes, what? \_\_\_\_\_

Treatment and/or Medication: \_\_\_\_\_

Any history of... Ovarian cysts? Yes No Uterine fibroids? Yes No

Fibrocystic Breasts? Yes No Endometriosis? Yes No

Polycystic Ovarian Syndrome (PCOS)? Yes No

**FOR CYCLING-AGE WOMEN** (please fill in or circle the appropriate answer)

First day of last menstrual period (LMP): \_\_\_\_\_ Have you had a tubal ligation? Yes No When? \_\_\_\_\_

Has there been any recent change in your cycle or symptoms associated with your cycle? Yes No

If yes, please give details. \_\_\_\_\_

How many days is your current cycle? (Counted from the first day of your period to the first day of your next period)

<20 \_\_\_\_\_ 20-30 \_\_\_\_\_ 30-40 \_\_\_\_\_ 40-50 \_\_\_\_\_ >50 \_\_\_\_\_

How many days does menstruation typically last? \_\_\_\_\_

Is your cycle regular? Yes No Not Always Details: \_\_\_\_\_

Typical menstrual flow: Light Medium Heavy Details: \_\_\_\_\_

How many *pads* and/or *tampons* (circle) are used on heavy days? \_\_\_\_\_

Do you pass clots? Yes No How often? \_\_\_\_\_

Do you spot? Yes No At what point in your cycle? \_\_\_\_\_

Do you experience cramping? None Mild Moderate Severe

At what point in your cycle? \_\_\_\_\_

Do you experience abnormal vaginal discharge? Yes No If yes, when? \_\_\_\_\_

Do you experience vaginal itching and/or odor? Yes No If yes, when? \_\_\_\_\_

Do you experience breast tenderness? None Mild Moderate Severe

At what point in your cycle? \_\_\_\_\_ Change in breast size? Yes No

Do you experience nipple discharge? Yes No If yes, when? \_\_\_\_\_

What color? \_\_\_\_\_

**FOR MENOPAUSAL WOMEN** (please fill in or circle the appropriate answer)

Your age at the onset of menopause: \_\_\_\_\_ Year of onset: \_\_\_\_\_

Have you had a hysterectomy? complete (*ovaries AND uterus*) partial (*uterus only*)

Date of hysterectomy: \_\_\_\_\_ Reason for hysterectomy: \_\_\_\_\_

Describe your experience transitioning into menopause (*symptoms, strong emotions, thoughts, unusual stressors, etc.*)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MENOPAUSAL WOMEN, CONT'D**

Have you used, or are you currently using, conventional hormone replacement therapy (HRT)? Yes No

If yes, what were you prescribed? \_\_\_\_\_

What dosage? \_\_\_\_\_ For how long? \_\_\_\_\_

Have you used, or are you currently using, bioidentical hormone creams/gels/sublingual, troche, oral, other? Yes No

If yes, what? \_\_\_\_\_

What dosage? \_\_\_\_\_ For how long? \_\_\_\_\_

Have you utilized any alternative, complementary, or natural remedies in your management of menopause? Yes No

If yes, what? \_\_\_\_\_

What dosage? \_\_\_\_\_ For how long? \_\_\_\_\_

Have you had, or do you have any vaginal spotting or bleeding since menopause? Yes No

If yes, when? \_\_\_\_\_ Were you evaluate and/or treated by a GYN? Yes No

Treatment: \_\_\_\_\_

***PLEASE DESCRIBE YOUR CYCLE HISTORY.***

How would you have described your menstruation?

Easy Uncomfortable Difficult Debilitating

What was your typical menstrual flow? Light Medium Heavy

When you were cycling would you consider your cycle regular? Yes No

If no, explain. \_\_\_\_\_

Please describe any 'treatment' you ever received for cycle issues. \_\_\_\_\_

\_\_\_\_\_

**SLEEP HABITS**

How do you sleep? Well Trouble falling asleep Trouble staying asleep Insomnia

How long has this been happening? \_\_\_\_\_

How many hours do you sleep a night on average? \_\_\_\_\_

Do night sweats wake you up? Yes No How often? \_\_\_\_\_

Do you wake up tired? Yes No How long has this been happening? \_\_\_\_\_

Is your room completely dark when you sleep at night? (*no night light, street lamp, TV, etc.*) Yes No

Do you get at least 30 minutes of outside daylight time, several days each week? Yes No

**Please circle symptoms that apply:**

<b>Chest:</b>	Pain	Tightness	Palpitations	Reflux		
<b>Headaches:</b>	Sharp	Dull	Migraines	Nausea	Vomiting	
<b>Ears:</b>	Ringing	Drainage	Itch	Dizzy	Ache	
<b>Eyes:</b>	Blurry	Floaters	Dry	Puffy	Twitch	Circles
<b>Sinus:</b>	Post-Nasal-Drip	Sneezing	Sore Throat	Asthma	Cough (dry / mucus)	
<b>Allergies:</b>	Foods	Environmental				
<b>Fever:</b>	Day	Late afternoon	Night	Low-grade	Are you always: Hot or Cold	

**For Practitioner's Use Only**

Blood Pressure: \_\_\_\_\_ / \_\_\_\_\_

Pulse: \_\_\_\_\_

Tongue: \_\_\_\_\_

Diet:

Breakfast \_\_\_\_\_

Lunch \_\_\_\_\_

Dinner \_\_\_\_\_