

Dr. Kevin Light

PATIENT INTAKE FORM

Name _____ Age _____ Date of birth _____

Address _____

City _____ State _____ Zip _____ Cell _____ Phone 2 _____

Email _____

What are your Age Management Issues and Goals:

- | | |
|--|---|
| <input type="checkbox"/> Hormone Balance and Replacement | <input type="checkbox"/> Concentration/Memory |
| <input type="checkbox"/> Fatigue/Energy | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Sex Drive | <input type="checkbox"/> Mood/Attitude/Anxiety/Depression |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Chronic Disease Prevention |
| <input type="checkbox"/> Weight Loss | <input type="checkbox"/> Chronic Disease Management |
| <input type="checkbox"/> Improve Muscle Mass/Strength | |

Details: _____

Description of body type at age 25:

- Thin
- Muscular and lean
- Muscular and some fat
- Muscular with extra fat
- Less muscular and overweight

Current Height: _____

Current Weight: _____

Medical History (i.e. high blood pressure, heart disease, vascular disease, diabetes, cancer, etc.):

Surgical History (list all surgeries):

Please list the **MEDICATIONS** you are currently taking (name and dosage):

SUPPLEMENTS you are currently taking:

Drug Allergies: _____

Other known Allergies: _____

FAMILY HISTORY

For the conditions listed, check Yes or No if anyone in your family has been affected, then write the relationship of the relative with the condition/disease on the adjacent line.

Condition	No	Yes	Relationship
Heart Disease			
High Blood Pressure			
Diabetes			
Arthritis			
Skin Disorders			
Breast Cancer			
Uterine/Ovarian Cancer			
Prostate Cancer			
Colon Cancer			
Other Cancer			

List any other disease/condition in your family and the relationship: _____

Family History of auto-immune disease? _____

Family History of Irritable Bowel or Inflammatory Bowel Disease? _____

SOCIAL HISTORY/PERSONAL HEALTH HABITS

Check all that apply:

- My health is: excellent good fair poor
 My nutrition intake is: excellent good fair poor
 My physical fitness is: excellent good fair poor
 My stress level is: a lot of stress often fatigued sad/blue trouble dealing with stress
 Do you practice meditation/stress reducing techniques? No Yes

Dietary Habits:

- No special diet habits Avoid red meats Minimize fat Minimize Carbs
 Vegetarian Emphasize fruit/veges Try to eat healthy Avoid dairy/cheese
 I commonly eat at fast food restaurants I commonly eat pre-packaged foods
 I commonly consume: Coffee Soft Drinks Diet Drinks Candy/chocolate Chips/crackers

Exercise Habits:

- No special exercise habits I routinely exercise _____ hr (s) _____ times per week.
 Aerobic exercise Strength exercise/weights Swim/dance Flexibility (yoga/ti chi)

Other: _____

Tobacco History:

- I have never smoked cigarettes or chewed tobacco.
 I now smoke _____ packs of cigarettes per day. I have smoked for _____ years.
 I quit smoking in _____ (mo/yr). I smoked _____ packs/day for _____ years.
 I smoke cigars/pipe.

Alcohol History:

- I never drink alcohol.
 I drink occasionally or socially.
 I regularly drink _____ alcoholic drinks/day.
 I have a family history of alcoholism.

HEALTH SCREENINGS

<i>Test</i>	<i>Yearly</i>	<i>Past 1 -2 years</i>	<i>Past 5 years</i>	<i>Never</i>	<i>Result OK ✓</i>	<i>If not okay - Comment</i>
Mammogram						
Pelvic Exam/Pap						
Breast exam						
Prostate exam						
Colonoscopy						
EKG						
Chest x-ray						

Do you have any of the following symptoms? Circle all that apply.

Head: dry eye, double vision, blurred vision, floaters, cataracts, blindness, sinus problems, nose bleeds, snoring problem, itchy scalp, dental problems, cold sores, TMJ, ringing ears, hair loss

Chest: chest pain, palpitations, shortness of breath, productive cough (sputum or blood)

Kidneys and Bladder: painful urination, frequent urination, blood, leaking

Intestines: diarrhea, constipation, blood, bloating, belly pain, cramps

Gynecology: vaginal bleeding, painful intercourse, uterine fibroids, endometriosis, ovarian cysts, nipple discharge, breast masses/cysts

Musculoskeletal: muscle pain, joint pain, arthritis, numbness, cramps, bad fingernails

Skin: rashes, acne, hives, lesions or growths, psoriasis,

Neurology: headaches, weakness, numbness, dizziness, loss of consciousness, memory problems

Psychology: depression, anxiety, confusion, anger, irritability

Blood: bleeding anywhere, anemia, clotting problems

HORMONE SYMPTOM SURVEY:

CHECK ALL THE APPROPRIATE SYMPTOMS THAT APPLY & THEIR SEVERITY

- This questionnaire contains multiple sections.
- Respond "No" or "Yes" to each symptom. If "Yes", you must rate its severity.
- Similar questions may appear in multiple sections.
- All questions must be answered to achieve proper assessment.

Low Cortisol/Adrenal Stress

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Lack of stamina or slow recovery after exertion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Constant fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Poor mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Intolerance to loud noises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Low blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Poor abdominal muscle support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Poor sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of pubic hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased immunity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Decreased sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of muscle tone or muscle mass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Indecisiveness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of sense of security	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased exercise tolerance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased armpit, pubic or body hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Lack of energy and stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased memory or foggy brain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Slowed metabolism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Low Thyroid

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Weight gain (evenly over body)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of outer half of eyebrows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Body temperature below 98.6°F	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cold hands and feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Scalp hair loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Intolerance to cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Dry skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Weak or ridged nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased memory and concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Puffy eyes and swollen eyelids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Low blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Depressed mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Muscle weakness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Headache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fluid retention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

High Thyroid

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Tachycardia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Heart palpitations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Nervousness and/or anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Weight Loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Anxiety, irritability and nervousness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Fibrocystic breasts (breasts with lumps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Water retention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LOW TESTOSTERONE

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Flabbiness or loss of muscle mass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of muscular strength and endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Lack of energy and stamina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of motivation and drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased armpit, pubic and body hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> <u>Gynecomastia</u> (man breasts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Erectile dysfunction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Moody or depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cholesterol elevation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Impaired memory and concentration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Indecisiveness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Increased body fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of coordination and balance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Loss of sense of security or self confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sleep disturbances or insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Bone density decline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Poor body image	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGH TESTOSTERONE

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> Emotionally over aggressive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Inappropriately easy to anger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Sexually over aggressive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Oily skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGH ESTROGEN MALES

Yes	1 - Mild	2	3	4	5 - Severe
<input type="checkbox"/> <u>Gynecomastia</u> (man breasts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Decreased sex drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cry more easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> More nurturing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Increased body fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>