

OPTIMAL HEALTH MEDICAL CLINIC

PATIENT INFORMATION SHEET

NAME:

GENDER:

DOB:

ALLERGIES:

List ALL MEDICATIONS you take, including over-the-counter (OTC) medications and vitamins. Include specific doses and when taken. If you don't know, please call your pharmacist to confirm.

PERSONAL MEDICAL HISTORY:

_____ Last Menstrual Period	Date: _____	Normal Abnormal
Colonoscopy Prostate exam	Yes/No Date: _____	Normal Abnormal
Mammogram	Yes/No Date: _____	Normal Abnormal
Dexa (Bone Density)	Yes/No Date: _____	Normal Abnormal

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Pap /mammogram	Yes/No Date: _____	Normal Abnormal

Other medical problems not listed above:

Social/Cultural History

Education Level: Elementary High School Vocational College Graduate / Professional Yes No
Are there any vision problems that affect your communication?
Are there any hearing problems that affect your communication?
Are there any limitations to understanding or following instructions (either written or verbal)? Yes
Current Living Situation (Check all that apply):

Single Family Multi-generational Homeless Household

Shelter

Skilled Nursing Facility

Smoking/ Tobacco Use: Current Past Never Type: _____

Amount/day: _____ Number of Years: _____ Alcohol: Current Past Never

Drinks/week: _____ Recreational Drug Use: Current Past Never

Type: _____

Are you sexually active? Yes No

FAMILY HISTORY:

FATHER:

MOTHER:

SIBLINGS:

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List other medical providers you see on a regular basis (i.e. Cardiologist, Mental Health Provider, Kidney Doctor, Dentist, etc.)

Patient signature _____

Date: _____