

Patient's Name: _____

Date: _____

PATIENT MEDICAL HISTORY

The following list of symptoms you may or may not currently have.

- Individually rate each symptom's severity by marking 1-5 (5 being the worst).
- Leave blank if N/A.
- ✓ any symptoms you have had in the past.

Cardiovascular

- ___ Heart palpitations (動機)
- ___ Chest pain or pressure (胸痛・圧迫感)
- ___ Dizziness (目まい)
- ___ Irregular heart beat (不整脈)
- ___ Shortness of breath (息切れ)
- ___ High blood pressure (高血圧)
- ___ Leg cramps (こむら返り)
- ___ Lack of joy in life (楽しみがない)
- ___ Craving/ aversion to bitter food (苦いものが食べたくなる)

Respiratory

- ___ Dry cough (空咳)
- ___ Cough with sputum (痰を伴う咳)
- ___ Cough with blood (血を伴う咳)
- ___ Sore throat (のどの痛み)
- ___ Nasal problems (鼻疾患)
- ___ Nasal discharge (鼻水)
- ___ Poor sense of smell (嗅覚が鈍い)
- ___ Nose bleeds (鼻血)
- ___ Asthma or wheezing (ぜんそく)
- ___ Pneumonia (肺炎)
- ___ Hay-fever (花粉症)
- ___ Bronchitis (気管支炎)
- ___ Allergies (アレルギー)
- ___ Low resistance to colds or flu (免疫低下に伴い風邪を引き易い)
- ___ Low physical stamina (体力低下)
- ___ Itchy skin (敏感肌)
- ___ Grief/Sadness (悲しい)
- ___ Craving/ Aversion to spicy foods (辛いものが食べたくなる)

Gastrointestinal

- ___ Indigestion (消化不良)
- ___ Bloating (腫脹)
- ___ Gas / belching (おなら、げっぷ)
- ___ Abdominal pain or cramp (腹痛)
- ___ Gall stones (胆石)
- ___ Constipation (便秘)
- ___ Diarrhea (下痢)
- ___ Black stool (黒色便)
- ___ Hemorrhoids (痔)
- ___ Excessive appetite (食欲増進)
- ___ Decreased appetite (食欲減退)
- ___ Anorexia (拒食症)
- ___ Nausea and vomiting (吐き気)
- ___ Colitis or Diverticulitis (腸炎)
- ___ Heartburn (胸焼け)
- ___ Acid reflux (胃酸の逆流)
- ___ Fatigue (倦怠感)

- ___ Cold hands and feet (手足の冷え)
- ___ Heaviness any where in the morning (朝起きた時体がだるい)
- ___ Hard to wake up in the morning (朝なかなか起きれない)
- ___ Edema / swelling (浮腫)
- ___ Bad breath (口臭)
- ___ Tendency towards hypoglycemia (血糖値の低下傾向)
- ___ Muscle fatigue (筋肉疲労)
- ___ Difficulty digesting oily food (油物の消化不良)
- ___ Tendency to become obsessive (肥満)
- ___ Craving / aversion to sweets (甘いものが食べたくなる)

Genitourinary

- ___ Frequent urination (頻尿)
- ___ Painful urination (排尿時の痛み)
- ___ Bloody discharge from anis (肛門からの出血)
- ___ Incontinence (失禁)
- ___ Pain in the genital area (生殖器痛)
- ___ Decreased / excessive sex drive (過剰な性欲・又は性欲の低下)
- ___ Kidney stone (腎臓結石)
- ___ Kidney failure (肝臓の不具合)
- ___ Neuritis (神経炎)
- ___ Weakness / low back pain (腰痛)
- ___ Achy bones (骨がうずく)
- ___ Poor memory (記憶力の低下)
- ___ Hair loss (脱毛)
- ___ Hearing problems (聴覚異常)
- ___ Ringing in ears (耳鳴り)
- ___ Craving / aversion to salty foods (塩分を取りたくなる)

Oriental Medicine: Liver / Gallbladder

- ___ Jaundice (黄疸)
- ___ Hepatitis A (A型肝炎)
- ___ Hepatitis B (B型肝炎)
- ___ Hepatitis C (C型肝炎)
- ___ Cirrhosis (肝硬変)
- ___ Irritability (過敏性)
- ___ Depression (うつ病)
- ___ Headache / migraine (頭痛・偏頭痛)
- ___ Visual problems (視覚異常)
- ___ Red eyes (目の充血)
- ___ Itchy eyes (目のかゆみ)
- ___ Clenching of teeth at night (歯ぎしり)
- ___ Muscle twitching (筋肉の軽い痙攣)
- ___ Joint tightness / stiffness (関節がこわばる)
- ___ Soft / brittle nails (爪がもろい)
- ___ Craving / aversion to sour food (酸味を欲しくなる)

Muscular-Skeletal

- ___ Back pain (腰痛)
- ___ Neck pain (首が痛い)
- ___ Arthritis (関節炎)
- ___ Muscle pain or cramps (筋肉痛)
- ___ Painful joints (関節痛)
- ___ Disc problem (椎間板の問題)
- ___ Epilepsy (てんかん)
- ___ Scoliosis (脊柱の左右のずれ)

Males Only

- ___ Prostate problems (前立腺異常)
- ___ Pain in testicles (睾丸痛)
- ___ Low sperm count (薄い精液)

Females Only

- ___ Menstrual pain (月経痛)
- ___ Irregular menstrual cycle (不定期月経)
- ___ Lower back / sacrum ache (腰痛・仙骨痛)
- ___ Swelling or pain in the breasts (胸の張りや痛み)
- ___ Heavy bleeding (大量出血)
- ___ Vaginal discharge (多いおり物)
- ___ Vaginal yeast infection (膣内イースト菌感染症)
- ___ Vaginal dryness (膣内の乾燥)
- ___ Endometriosis (子宮内膜症)
- ___ Polycystic ovary syndrome (多嚢胞性卵巣症候群)
- ___ Uterine Myoma (子宮筋腫)
- ___ HPV+ (乳頭腫ウイルス)
- ___ Breast cancer (乳がん)
- ___ Ovarian cancer (子宮がん)
- ___ Osteoporosis (骨粗しょう症)
- ___ Night sweats / hot flashes (寝汗)
- ___ Menopause / perimenopause (月経停止期)

Miscellaneous

- ___ Psoriasis (乾癬)
- ___ Eczema (アトピー性皮膚炎)
- ___ Skin rash (皮膚発疹)
- ___ Rheumatoid arthritis (リウマチ)
- ___ Parkinson's syndrome (パーキンソン症候群)
- ___ Reynard's syndrome (レイノー症候群)
- ___ Diabetes (糖尿病)
- ___ Multiple sclerosis (多発性硬化)
- ___ Varicose veins (静脈瘤)
- ___ Blood clotting (血液凝固)
- ___ Cancer (がん)
- ___ Genital herpes (陰部ヘルペス)
- ___ HIV+ (エイズ)