



## HEALTH HISTORY FOR MEN

Please mark an X on the scales and check any boxes of symptoms you have had in the past month

### TEMPERATURE

How warm / cold you feel (not in degrees); relative to other people do you wear more or less layers, etc.

COLD

HOT

- Cold hands or feet
- Chills
- Cold "in the bones"
- Areas of numbness

- Thirst for cold / hot drinks
- Thirst, no desire to drink
- Absence of thirst
- Excessive thirst

- Night sweats
- Unusual sweats
- When \_\_\_\_\_ am / pm
- Where on body \_\_\_\_\_

- Hot hands, feet, chest
- Hot flashes
- Hot in afternoon
- Hot at night

### MOISTURE

Your overall body moisture (hair, skin, mouth, bowels, etc.)

DRY

OILY

- Dry skin
- Dry hair
- Dry eyes
- Dry brittle nails

- Dry mouth
- Dry lips
- Dry throat
- Dry nose / Nosebleeds

- Where on your body?:
- Edema / Swelling \_\_\_\_\_
  - Rashes \_\_\_\_\_
  - Itching \_\_\_\_\_
  - Dandruff \_\_\_\_\_

- Oily skin
- Oily hair
- Pimples
- Weight gain / loss

### DIGESTION

DIARRHEA

CONSTIPATION

- BM: How often? \_\_\_\_\_ x / every \_\_\_\_\_ days
- Stools keep shape?  Y  N
- Alternating diarrhea & constipation (IBS)
  - Indigestion

- Gas
- Bloating
- Belching
- Poor appetite
- Nausea / Vomiting
- Bad breath
- Heartburn
- Excessive hunger

- Dry Stools
- Difficult to pass
- Tired after BM
- Foul smelling stools

### ENERGY

LOW

HIGH

- Sudden energy drop
- Time of day: \_\_\_\_\_ am / pm
- Energy drop after eating
- Fatigue

- Dependence on caffeine / stimulants
- Wired / ungrounded feeling
- Body / Limbs feel heavy
- Body / Limbs feel weak

- Shortness of breath
- Heart Palpitations
- Blood pressure High / Low
- Bleed / Bruise easy

- Hard to concentrate
- Poor memory
- Dizziness / lightheaded
- Headaches \_\_\_\_\_ x / week

### SLEEP

- # hours per night \_\_\_\_\_
- Difficulty falling asleep
  - Wake \_\_\_x/ night @ \_\_\_\_\_ am / pm
  - Wake to urinate How often? \_\_\_\_\_
  - Disturbing dreams
  - Restless sleep
  - Not rested upon waking

### EMOTIONS

What emotion(s) dominate your experience?

- Anger
- Irritability
- Anxiety
- Worry
- Obsessive thinking
- Sadness
- Grief
- Depression
- Joy
- Fear
- Timid / shy
- Indecision

### EYES, EARS NOSE THROAT

- Poor vision
- Night blindness
- Red eyes
- Itchy eyes
- Spots in front of eyes
- Sinus congestion
- Phlegm (color \_\_\_\_\_)
- Poor hearing
- Ringing in ears
- Excess earwax
- Sore throat
- Dental problems
- Mouth sores
- Cough

### URINARY

- Fluid in = fluid out?  Y  N
- Decrease in flow
  - Dribbling
  - Difficulty starting / stopping
  - Incontinence
  - Kidney stones
  - Urgency to urinate
  - Frequent urination
  - Pain on urination
  - Burning sensation
  - Cloudy urine
  - Blood in urine

### REPRODUCTIVE

- Are you sexually active?  Y  N
- Change of sexual drive:  $\uparrow$   $\downarrow$
- Erectile dysfunction
  - Premature ejaculation
  - Sores on genitals
  - Discharge
  - Prostate disease
  - Genital Pain
  - Jock Itch
  - Vasectomy
  - Hernia
  - Hemorrhoids