

## History Taking: Past Health and Family History

### Transcript

The next section we are going to look at is the past health and the family history. This is critical for you to know because it gives you a sense of what their weaknesses are genetically and environmentally. You get a sense of how their past health and their families' health can be contributing to their current state of poor health or whatever problem it is they are seeing for.

Before we begin let's make sure that you are aware that any of the information I'm presenting here is not intended to replace a one-on-one relationship with a qualified healthcare professional. It's also not medical advice and when you are presenting to your clients you need to be really careful and make sure that they are aware that what you are presenting, and what I'm presenting here today, is intended as a sharing of my knowledge, information, clinical research and clinical experience over many years.

I encourage you, and you should encourage your clients, to make their own healthcare decisions based upon your research and in partnership with a qualified healthcare professional. This is especially true for people who are on any medications. I just want to make sure that the things that we talk about in terms of nutrition are not going to interfere with the protocols.

You definitely want to look at past illnesses, the injuries, surgeries, any hospitalizations. You want to look at their child health history and their diet as a child because this shapes who they are and their health as an adult. Even looking at prenatal care. Prenatal care is really important to look at because if mom was smoking and drinking and totally stressed out, or on drugs, this person is going to have some inherent weaknesses that they are going to be struggling to overcome. They are going to need to be much more diligent and you need to look really deep. Any traumas that they have had, whether those traumas were emotional or physical, are really important to be looking at.

Then their family history, past and present. Are their parents alive? Do they have a family history of heart disease or do people die young with that? Do they have a family history of diabetes? All that is really important. Let's go ahead and look at the form.



Let's start looking at the outline version.

We always get their name and email address. Let's look at the child health history. I ask about prenatal care including the mom's health. Stress and exposure during the pregnancy. I ask whatever they can remember during infancy, birth to one year. Breast versus bottle; any illnesses, injuries, surgeries, hospitalizations, health issues, or family stresses that could have affected you. Good questions to ask another family member if somebody is old enough and still alive to be able to ask that. What about the toddler to preschool years?

They may or may not remember things but if there were any major events they will remember. I have very vivid memories of having to go to the hospital to get stitches on the top of my head when I fell and hit my head against the wall when I was about two years old. I have a vivid memory of being in the hospital getting my tonsils out when I was four. These things I definitely remember and your patients may remember those as well. So the toddler years.

The school years, aged five through 12. Again, illnesses, injuries, surgeries, health issues, family stresses that may have affected you. Then adolescence. Let's look at the next page.

Let's take a look at their past health history. As an adult up until now what has been happening? Serious illness, so I asked him to really write and fill in anything you have had as an adult in these categories and if they are not sure write unsure and if there were none write none. Serious illness, surgeries, hospitalizations, serious injuries, I don't care about little injuries like they scraped their arm on something or had a little bruise or something. I am talking serious injuries like broken bones or contusions or sprains or strains and things like that. Emotional trauma, this is huge, being in an abusive relationship, losing loved ones to an accident, these are all emotional traumas that play a big role on your patient's current state of health.

Any other health conditions not mentioned above I ask them to add in and then anything else they want to add. Then they submit the form. So we get a basic understanding of what has been going on in the current and past for them.

Let's take a look at the word version. Their past medical history. In this case if you like to have the list, if you feel like you want to give somebody a list of the different diseases, you can give that to them and ask them for the dates that they had them. If they had them multiple times then they should indicate the multiple times. It is just another way to do it.



Any diagnostic studies, great things to know. Surgeries, we list them but there may be others.

Hospitalizations, birth histories, what was the birth like? Were you breast-fed? Was it premature? Did not have an epidural? Were you pulled up by forceps? How was her habits during her pregnancy? Did she smoke or drink or take estrogen? DES, is this person a DES child? I run into a lot of people like that who are really a mess because their mom took the drug called DES when she was pregnant with them. In terms of childhood some of it they are not going to know. You can give them the option of yes, no, and don't know. You ask them about some of their habits. Did they eat a lot of candy or soda, white bread, cookies, ice cream. What kind of diet did they have?

Age of onset of various illnesses. If they had any of these illnesses, indicate when. We give them space to write more about it. If they have been immunized we give them a space to check off immunizations. In terms of female medical history, so sorry guys, there are just a few things that females have that you do not that plays into it in terms of pregnancies, miscarriages, postpartum depression, large birthweight baby, which could indicate a tendency towards gestational diabetes. Have they had abortions? That could be affecting them physically, physiologically, but also emotionally. Also more questions about their menses. How old were they when they started? Had they been through menopause? When did their period stop? What were their periods like? Any history of contraceptives, mammograms? All of these things are important to find out.

You can, again, fill out this questionnaire, you can use some of the other questionnaires that we give you, or you can just ask them. Some of these things are very detailed and people don't want to be spending four hours filling out 75 pages worth of stuff so we give them the short version of what drugs do you take and what childhood illnesses did you get, but quite frankly this is a little bit more effective because they get to see it and it can trigger it in their mind. You can choose how you prefer to do this.

Let's look at the family history next. Online version. We want to use the health of your family as clues. This first page is asking for the basic information. Here is the list. Here are the conditions of family history. Identify any of the following conditions you or your family member has ever had. If a listed condition does not apply to you nor any of your family members, or you do not know, just check NA for not applicable. Otherwise check which relative that condition applies for. If you've got family members, siblings, and parents who are alcoholics, you have them check both of these boxes. You have these alphabetically listed. I don't know if I have missed any.



If I missed any please do send me a note to let me know that I have missed some. It is a very comprehensive list. I have it as A through G and then H through Z. You want to get a sense of this. Any other conditions that we have not mentioned, and then hit enter. It is a very simple questionnaire, very simple. It is just a chart, just a simple chart to find out what is going on in that history.

That is it for our family history. The next thing we are going to do on the next video, we are going to look at our scorecards and these are the specific evaluations for organ and gland assessments. We are getting there. This has taken us many, many hours to present. The idea is to give you lots of good information and background information so that you can pick and choose. You are obviously not going to be able to do every single one of these forms with everybody but you've got to get the gist of it, the gist of what is important for you to get and I think you are getting that. We are all different and we all have different ways of doing it but for now if you want to use the forms I have given you, feel free to do that, except for the online ones because they will fill them in and the results will come to me, but the paper and pen ones that I have given you.