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Name _____ Date _____

Date of Birth _____ Age _____ Height _____ Weight _____

Please complete this form to the best of your ability.

Please mark areas of pain

Chief complaint _____

Other Health Concerns _____

Medical History: Cancer _____ Seizures _____ Heart Disease _____
Other _____

Previous Treatment _____

Current Medications _____

Allergies _____

Shortness of Breath _____ Palpatations _____ Dizziness _____ Sensory Changes _____

Diet: Breakfast _____
Lunch _____
Dinner _____
Cravings _____ Avoidance _____

Amount of: Water _____ Alcohol _____ Caffeine _____ Cigs _____

Exercise _____

Digestion: Gas _____ Bloating _____ Heartburn _____ Nausea _____ Pain _____

Urination: Times/day _____ Color _____ Difficulty _____ Pain _____

Bowels: Movements how often _____ Form _____ Color _____ Pain _____
Tendency to Diarrhea _____ or Constipation _____

Sleep: Hours/day _____ Difficulty getting to _____ Difficulty staying _____
Difficulty rising _____ Dream quality/themes _____

	Pain	Congestion	Dryness	Discharge	Itching	
Ear	_____	_____	_____	_____	_____	ringing
Eye	_____	_____	_____	_____	_____	floaters
Nose	_____	_____	_____	_____	_____	snoring
Throat	_____	_____	_____	_____	_____	

Skin: Dryness _____ Itching _____ Acne _____ Moles _____ Rashes _____

Temperature: Chill easily _____ Cold hands & feet _____ Overheat easily _____
Night Sweats _____ Hot Flashes _____ Sweat Easily _____

Menses: Age began _____ Cycle Length _____ Flow Length _____ Clots _____

PMS _____ If yes list symptoms _____

Pregnancies _____ Births _____ Birth Control _____ What type _____

Perimenopause or Menopause _____ Symptoms _____

