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Patient Name _____
Reason For Visit _____ Date: _____
How Healthy are You Unhealthy 1 2 3 4 5 6 7 Very Healthy _____
Any Hospitalizations? Why? _____
Any Surgery? List _____

Health Issues

Hormone Replacement Heart/Angina/Murmur Eye/Glaucoma Diabetes/Thyroid
Dx. Stroke Cancer High Cholesterol Blood Pressure Liver/Hepatitis Migraines
Asthma Neurological Issues Heartburn/Colitis/Ulcers Anemia/Blood Issues Sinus
Issues Depression/Anxiety Psychiatric Disorders Short of Breath Kidney/Bladder
Seizures Arthritis Low Blood Pressure Lung Disease/Asthma Seasonal Allergies

Any other medical treatment not listed above? _____

Allergies _____

Medications Taking _____

Supplements/Herbs _____

Do you Smoke or Use Tobacco? Never ___ Daily ___ On Occasion ___ Former
Smoker ___ How Many Packs/Day

Use alcohol? Never ___ Social ___ Daily ___ Very Rarely ___ How many drinks/wk ___

Family (Living Y/N Illnesses)

Mother _____ Father _____

Sisters _____ Brothers _____

Grandmother(s) _____ Grandfathers _____

Females

How many times have you been pregnant? _____ Date of Last PapSmear _____

Date of Last Mammogram _____

Male/Female: Ever treated for an STD? _____ Do you use seat belts Y/N

Female Hormone Symptoms

Estrogen Deficiency

- Hot flashes
- Night Sweats
- Apathy
- Foggy thinking
- Bone loss
- Depression
- Urinary incontinence
- Severe Mood Swings
- Dry Vagina
- Droopy Breasts
- Often Tired

- Mentally Fuzzy
- Less interested in Sex
- Losing Hair
- Wrinkles Around Lips

Estrogen Excess

- Decreased urine flow
- Increased urinary frequency
- Low libido
- Weight gain in hips/abdomen
- Nervous/Anxious
- Irritable/Mood Swings
- Headaches
- Elevated triglyceride
- Water retention
- Breast Swelling/Tender
- Craving for sweets
- Fibrocystic breasts
- Uterine fibroids
- Nervousness
- Weight gain
- Heavy, irregular menses
- Low thyroid symptoms
- Fatigue

Progesterone Deficiency

- Swollen breasts
- Headaches
- Anxiety
- Irregular menses
- Cramping
- Infertility
- Acne
- Joint pain
- Weight gain
- Low libido
- Mood swings

- Depression
- PMS
- Fuzzy Thinking
- Low libido

Progesterone Excess

- Somnolence
- Mild depression
- Candida exacerbations
- Gastrointestinal bloating
- Breast swelling
- Exacerbates S/S of estrogen deficiency

Cortisol Deficiency

- Fatigue
- Cravings for sweets
- Chemical sensitivities
- Symptoms of low progesterone
- Allergies
- Irritability
- Symptoms of hypothyroidism

Testosterone Deficiency

- Fatigue, prolonged
- Memory problems
- Decreased libido
- Muscle weakness
- Heart Palpitation
- Bone loss
- Incontinence
- Fibromyalgia
- Mental fuzziness
- Depression
- Blunted motivation
- Diminished feeling of well being
- Thinning skin
- Vaginal dryness
- General aches/pains

Testosterone Excess

- Acne
- Deepening of voice
- Irritability/moodiness
- Loss of scalp hair
- Male-pattern hair growth
- Clitoral enlargement
- Insomnia

Cortisol Excess

- Bone loss
- Sleep disturbances
- Low libido
- Anxiety
- Depression
- Hair loss
- Elevated triglycerides

Thyroid Deficiency

- ___ Weight gain
- ___ Fatigue
- ___ Lack of endurance
- ___ Dizziness
- ___ Joint stiffness
- ___ Depression
- ___ Anxiety
- ___ Decreased concentration
- ___ Muscle weakness
- ___ Headaches
- ___ Mood swings
- ___ Irritability
- ___ Word mix-ups
- ___ Joint pain/aches
- ___ Swollen fingers
- ___ Brain fog
- ___ Memory blanks
- ___ Low body temperature < 97.5
- ___ TSH > 3.0

Thyroid Excess

- ___ Weight loss/gain
- ___ Fatigue
- ___ Shakiness
- ___ Heat intolerant
- ___ Restlessness
- ___ Increased thirst
- ___ Hair loss
- ___ Anemia
- ___ Increased sweating
- ___ Hives/itching
- ___ Brittle nails
- ___ Rapid heartbeat
- ___ Chest pain
- ___ Shortness of breath
- ___ Weakness
- ___ Decreased muscle mass
- ___ Anxiety/panic attacks
- ___ Depression/irritability
- ___ Emotional swings/aggression