

229 Engle Street Englewood, NJ 07631 201.567.8999 • Fax: 201.567.5385

www.endocrinewellness.com

199 Engle Street Englewood, NJ 07631 201.567.8008 • Fax: 201.567.3003 www.endocrinewellness.com

Endocrinology Consultants is pleased to take part in your medical care. Listed below are some phone numbers and information.

<b>Appointment Date</b> :	Time:	

\*PLEASE BE HERE 15 MINUTES BEFORE YOUR APPOINTMENT TIME\*

#### **Directions to the office:**

From GEORGE WASHINGTON BRIDGE and NJ-4 WEST:

Merge on to NJ-4 WEST toward PARAMUS. Take GRAND AVENUE ramp toward ENGLEWOOD. Continue on GRAND AVENUE / CR-501 for 1.4 miles. GRAND AVENUE becomes ENGLE STREET. End at 199 ENGLE STREET/229 ENGLE STREET (199 ENGLE ST: Office building is located on the right side of the street. Small parking lot is located in back of the building. 229 ENGLE ST: Office building is located on the right side of the street. For parking turn right on Hamilton Ave).

#### From PATERSON area and NJ-4:

Merge onto NJ-4EAST. Take the ramp toward GRAND AVENUE/ENGLEWOOD (second Englewood exit). Turn RIGHT onto ROCKWOOD PLACE for 1 mile. Turn RIGHT onto GRAND AVENUE / CR-501. Continue to stay on GRAND AVENUE for 1.6 miles. GRAND AVENUE becomes ENGLE STREET. End at 199 ENGLE STREET/229 ENGLE STREET (199 ENGLE ST: Office building is located on the right side of the street. Small parking lot is located in the back of the building. 229 ENGLE ST: Office building is located on the right side of the street. For parking turn right on Hamilton Ave).

#### **Test Results:**

New patients please bring any blood work or scans that have been done in the last 6 months for your initial visit. The test results will be reviewed with you at your visit. If you have missed your appointment, please be sure to reschedule.

## **Prescription Refills:**

Call your pharmacy first. If you need a written prescription, contact our office at 201-567-8999.

## **Billing Questions:**

For billing questions about your doctor's bills, please call the billing department at 1-201-567-8008. Please make sure if you require a referral it is valid for the day of your visit.

Patient's Personal Information Marital Status: []	Single [ ] Married [ ] Divorced [ ] Widowed	Sex: []Male [] Female
Name:(Last Name)	(First Name)	(Middle Initial)
Home Address:		
City:	State : Zip Code:	
Home Phone: () C	Cell Phone: ()	
Email Address:	Date of Birth:	/
Social Security#:	_	
<b>Employer Information</b>		
Occupation:		
Employer Name:		
Address:		
City: Stat	te:Zi	p Code:
Work Phone: ( ) -		
		N. 11 . G. 0.1
Patient's / Responsible Party Information Rela	-	Child [] Other:
Name:(Last Name)	(1 1150 1 (41110)	(Middle Initial)
Date of Birth:/Social Home Address:		
City:		
Home Phone: () Work Phone	-	
Patient's Insurance Information * Please present		
Relationship to insured: [] Self [] Spouse [] Child [	-	
PRIMARY Insurance Name:		
Address:		
Name of insured:		
Policy #:		
Relationship to insured: [] Self [] Spouse [] Child [		
SECONDARY Insurance Name:		
Address:	City: State :	Zip Code:
Name of insured:	Date of Birth://	
Policy #:	Group #:	Co-pay : \$
Patient's Referral Information		
Referred by:	Phone: ()	

Patient's Primary Medical Doctor			
Name:	_ Phone: ()	<del>-</del>	
Patient's Other Medical Doctors			
Name:	_ Specialty:		
Pharmacy Information			
Name:			
Address:City:	State :	Zip Code: _	
Phone: ( Fax: (			
<b>Emergency Contacts</b>			
Name:	Relat	ionship	
Address: City:	State :	Zip Code: _	
Home Phone: ( Work Phone: ()	C	ell Phone ()	
Name:	Relat	ionship	
Address:City:	State :	Zip Code: _	
Home Phone: () Work Phone: ()	C	ell Phone ()	
I agree to have my blood tested for HIV, HBV, and HCV, follow-up procedure as required by OSHA regulations. The result purposes and will remain in confidential medical records.  Patient Signature		, , ,	•
Witness Signature	 Date		



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#### Assignment of Benefits – Appointment as Authorized Representative

I hereby acknowledge and confirm that, by signing this Assignment of Benefits ("AOB"), I have requested medical treatment, diagnostics and/or other medical or healthcare services (the "Medical Services") from Endocrinology Consultants P.C. ("the Practice") on behalf of myself and/or my dependents. I hereby assign all applicable health insurance benefits and payment (each such payment or benefit, a "Benefit") and all rights and obligations that I and any of my dependents are entitled to (or have actually received), whether it be from a private insurance payor, government source (including, without limitation, Medicaid and/or Medicare) or any other third-party payor (any of the above payment and benefit sources, an "Insurance Payor"), in connection with the Medical Services to the Practice. This authorization fully applies to any and all fees regardless of whether the Practice is in-network or out-of-network with the Insurance Payor providing such Benefit. I hereby appoint the Practice as my authorized representative (my "Authorized Representative") with the power to:

- ✓ File and process medical claims with the Insurance Payor.
- ✓ File appeals and grievances with the Insurance Payor.
- ✓ Discuss or divulge any of my personal health information or that of my dependents with any third party, including the Insurance Payor.
- ✓ Institute and pursue on my behalf any claim, right or cause of action, including any necessary litigation and/or complaints against the Insurance Payor (even to name me as a plaintiff in such action).
- ✓ Act with respect to a benefit plan governed by the provisions of ERISA as provided in 29 C.F.R. §2560.5031(b)(4) with respect to any healthcare expense incurred as a result of the Medical Services I received from the Practice and, to the extent permissible under the law, to claim on my behalf, such benefits, claims, or reimbursement, and any other applicable remedy, including fines.

I am fully aware that having health insurance does not absolve me of my responsibility to ensure that my bills for professional services from the Practice are paid in full. I also understand that I am financially responsible for any and all fees and payments associated with any and all Medical services rendered to myself and/or to my dependents (the "Fees"), including without limitation, any co-pays, coinsurance and deductibles. I understand that no guarantees have been made by the Practice or any other party in respect of any Medical Services or whether the Fees associated with such Medical Services will be paid for by any Insurance Payor and that I have the right to receive care elsewhere. I understand that I am fully responsible for any Fees due to the Practice in connection with the Medical Services that have not been actually received by the Practice for any reason, including without limitation, due to a nonpayment or claim denial by any Insurance Payor. I agree to assist the practice in its efforts to obtain payment for any Medical Services from any Insurance Payor. However, I fully understand that it is ultimately my responsibility to pay any and all Fees and to obtain any and all required authorizations, referrals and/or precertification(s) for any and all Medical Services. If my insurance plan has a pre-existing conditions clause, or requires an authorization or referral and I do not obtain one for the Medical Services I receive, I understand that I am responsible for all Fees, even if the provisions of my plan stipulate I otherwise wouldn't be. I understand that this AOB incorporates and supersedes any prior and contemporaneous understandings or agreements between the parties with respect to the subject matter of this AOB.

#### Authorization

I authorize the use of my signature on all insurance submissions. I authorize a copy of this document to be used in place of the original. I have read and agreed to the above and certify that the information that I have provided is correct. This Assignment of Benefits shall remain in full force and effect until there are no Fees owed to the Practice in connection with the Medical Services. I authorize the Practice to obtain the following governing plan documents for the purposes of applicability of compliance with PPACA: (1) Summary Plan Description (SPD); (2) 5500 Form (Plan Annual report); (3) Certified Copy of Certificate for PPACA Grandfathered Plan.

Patient Name (print):	Signature of Patient (or Parent/Guardian):			
Name of Parent/Guardian (if applicable)):	Relationship to Patient:	Date:		



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I agree that my PHI may be shared with my spouse (if applicable)

I agree that my PHI may be shared with the following other people:

PHI and non-PHI.

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## ACKNOWLEDGMENT OF RECEIPT OF NOTICE OF PRIVACY PRACTICES

Endocrinology Consultants, P.C. (the "**Practice**"), and its staff and providers, may use and disclose my Protected health Information ("**PHI**") to carry out treatment, payment and healthcare operations ("**TPO**"). I understand and acknowledge that the Practice's Notice of Privacy Practices (the "**Notice**") has a more complete description of such uses and disclosures.

I permit the Practice to leave e-mail, telephone and text messages regarding my appointments, prescription renewals, lab results, and all other PHI on voicemail systems, or to provide such information to the person(s) who answer the phone, using the contact information provided.

Relationship to Patient:

I understand that I can change or revoke any of the foregoing agreements, at any time, by giving written notice to the Practice to the attention of the Privacy Officer. I understand and acknowledge that the Practice may decline to provide me with any services should I decline to sign this agreement, or should I later revoke this agreement.

I agree that my PHI may be shared with my credit card vendor(s) if I contest any credit card charges, so that the practice can submit records to support its charges.

I agree that the Practice may contact me at any phone numbers or email addresses provided by me regarding both

My signature below acknowledges that I agree with the above statements and have received the Practice's Notice and/or have been provided with an opportunity to review it.

Signature of Patient	Date
	SPOUSE/HEALTH CARE POA/LEGAL GUARDIAN
Print Name	(Please circle one if signing on behalf of the patient



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#### **FINANCIAL POLICIES**

Registration: Upon scheduling and registration with Endocrinology Consultants, P.C. (the "Practice"), we require you to provide your medical insurance card (if you are utilizing its coverage, it must be brought to every visit), all third-party payor coverage information, photo identification, address, date of birth and phone number. If you receive health benefits through a spouse, partner or parent, we require you to also provide that person's full address, date of birth, and phone number. For collection purposes, we also require social security numbers. Should you be unable to produce this documentation, you may pay in full at the time of service and submit the claim to your insurance plan for reimbursement. Please notify us of changes to your insurance coverage or contact information, otherwise you may be responsible for charges we were unable to recover.

Medicare: If you have coverage with Medicare (including both original Medicare and commercial Medicare Advantage plans), it is your responsibility to understand the provisions of your health insurance plan and coverage. Every original Medicare beneficiary is responsible for an annual deductible and coinsurance. Medicare Advantage beneficiaries may be responsible for an annual deductible, coinsurance and/or a copayment. Any portion of copayment, coinsurance and deductible which is not covered by a supplemental carrier will be your financial responsibility to pay. You are wholly responsible for your coverage limitation, regardless of whether you are aware of the details. If you have both Medicare coverage and also commercial insurance, you are responsible for providing the correct primary insurance at your visit. If you have supplemental insurance that does not cross over automatically, you will be billed for the deductible and coinsurance, and you may be given a receipt to submit yourself. By signing below, you specifically agree to these terms, and exempt yourself from any protections your insurance plan may offer you regarding these provisions.

Commercial Health Insurance Plans: Although we will advise you whether we believe we participate with your insurance plan, we are not responsible for any verbal assurances made to you regarding whether particular services rendered in this Practice are covered by your plan. You and you alone are responsible to understand the provisions of your insurance plan and coverage. We recommend contacting your plan prior to receiving services in order to verify your financial responsibilities. If your insurance plan, including Medicare, issues payment to you instead of to us, you are responsible to turn the entire payment over to us immediately upon receipt together with the complete explanation of benefits form. You may be responsible for an additional balance, depending on how your insurance plan adjudicates such a claim.

Referrals: You are responsible to obtain all necessary referrals prior to your appointment, if required by your health plan and assure it is presented at the time of your visit. If your plan requires a referral, precertification or authorization that you do not obtain, your appointment may have to be rescheduled. Otherwise, if as a result your health plan refuses to pay for any claim, you explicitly agree to be responsible for our charges for any affected visits, even if the provisions of your plan stipulate you otherwise wouldn't be (you are waiving that defense). Further, it is also your responsibility to keep track of the number of visits you have used on your referral and the expiration date of your referrals and obtain new ones as needed. We will do our best to ensure you have one if you need one, but the ultimate responsibility is yours.

<u>Cancellation/No Show Policy</u>: If a new patient consultation has to be cancelled or rescheduled, please call the Practice forty-eight hours in advance or there will be a \$75 charge. If you miss two appointments there will be a \$25 charge.

Copayments, Coinsurance and Deductible: If your plan has a copayment, co-insurance or deductible, it is your responsibility to pay it at the time of service, even if the amount is not printed on your insurance card. Please have your payment ready upon check-in. We are out-of network healthcare providers with some health plans, meaning we have no contract with some health plans to participate in their network of participating providers and in many instances, they do not pay our charges for medical services in full. As a result, we have an obligation to bill our out-of-network patients their ordinary co-insurance, deductibles and cost share amounts as per your insurance agreement. If you fail to pay your coinsurance, deductibles or cost share amounts upon receipt of our invoice, you may be subject to collection activity and may be further responsible for the interest on the balance owed the Practice. However, we recognize that not all of our patients will be able to afford their patient cost share amounts. As a result, we have created a financial hardship policy which legally permits us to reduce, and in some cases, waive your patient cost share responsibility, if you qualify for the waiver. If you believe you might qualify, you may ask our staff for a copy of our financial hardship policy. Accordingly, you agree by signing this document to be responsible for your patient cost share amount, unless you qualify for financial assistance under the Practice's financial hardship policy.

<u>Non-Payment</u>: Any fees that are due and payable for over thirty (30) days may accrue interest at the monthly rate of thirty percent (30%). I understand that if a balance is unpaid, my account may be referred to an external collection action.

I have read, fully understand and agree with all the above policies. I fully understand and accept my financial responsibility for the charges I, or my dependents, may incur at this office.

Patient Name (print):	Signature of Patient (or Parent/Guardian):	
Name of Parent/Guardian (if applicable):	Relationship to Patient:	_ Date:

# COMPREHENSIVE HISTORY AND PHYSICAL ENDOCRINOLOGY EVALUATION (FEMALE) \_DATE BORN\_\_\_\_/\_\_\_/\_\_\_Age\_\_\_\_\_ NAME (Last) (First) (Initial) On the two lines below, please describe the problem for which you are seeing the doctor: History of the present illness (HPI) (PLEASE DO NOT WRITE IN THIS BOX) Prescription medications, antacids, aspirin, supplements, vitamins, health products, or laxatives you are now taking: When To treat what Doco Vear

Name of Medicine	bose strength	taken	To treat what	year begun	Prescribed by

#### **FAMILY HEALTH HISTORY:**

(Such as heart disease, high blood pressure, stroke, cancer, diabetes, thyroid disease, mental illness)

Relationship to you	AGE IF STILL LIVING	IF NOT ALIVE, AGE PERSON DIED	DISEASES PERSON HAS OR HAD AND CAUSE OF DEATH IF DECEASED
Mother			
Father			
Brother			
Sister			

#### PERSONAL AND SOCIAL HISTORY:

Where were you born?	n?With whom do you live now?				
Children (give sex and age in years)					
Circle one: Married Divorced	Widowed Remarried Never Married				
Present weight:pounds The m	nost you ever weighed (not pregnant):pounds				
Has your weight changed in the past year?	? Gainedpounds Lostpounds				
Reason for weight gain or loss:					
Your height:inches If you have lost	height, how much?inches				
Average number of hours you sleep each of	dayhours				
If you have trouble sleeping, what is the pro-	roblem?				
How many hours of exercise or heavy work	k do you do each <u>week</u> ?hours				
Amount and type of alcohol used each wee	ek:				
Have you used "recreational" drugs (marihi	uana, heroin, crack ). What?				
If you have problems with your sexual func	ction, what is the problem?				
If you have used tobacco, what?	How much?				
For how long? years If you have	e quit, what year did you quit?				
Highest education level you completed (circ	rcle one) GED High school College Graduate school				
If you are on a restricted diet, what do you	restrict?				
If you drink caffeine beverages (coffee, cold	la, tea), how many <u>ounces</u> a day?ounces				
What are your hobbies, recreational activiti	ies?				
What is your current job?	Your past jobs				
	ranchand years				
Religion (Catholic Protestant Jewish )	Religious?				

	HISTORY:				
How healthy are	you now (circle one):	OOD	F	FAIR	POOR
List drugs you ar	e allergic to:				
Year of last: Tet	anus booster Pneumocoo	ccal \	Vaccine	_ Flu Vac	cineHep B Vaccine
Check if you had	rheumatic fever Malaria_		Other seriou	s infectio	ns
	TAL ADMISSIONS & S	UR	1		I ~
ear admitted	Cause of illness		Year adn	nitted	Cause of illness
			I		
REVIEW OF THI	SYSTEMS:				
EYES, EARS	E SYSTEMS: S, NOSE, THROAT (C	HE	СК ТНО	SE YOU	J HAVE)
EYES, EARS	S, NOSE, THROAT (C	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain	S, NOSE, THROAT (C	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance	S, NOSE, THROAT (C	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain	S, NOSE, THROAT (C —— age or vertigo	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance of Lightheadedness Hoarseness	S, NOSE, THROAT (C age or vertigo s	:HE(	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of	S, NOSE, THROAT (C age or vertigo s smell	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble	S, NOSE, THROAT (C age or vertigo s smell	:HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequency	S, NOSE, THROAT (C age or vertigo s smell uent nasal stuffiness	НЕ	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble	S, NOSE, THROAT (C  age  or vertigo  s  smell  uent nasal stuffiness taste food	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequences of ability to Repeated nose be	S, NOSE, THROAT (C  age  or vertigo  s  smell  uent nasal stuffiness taste food	:HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequences of ability to Repeated nose be	S, NOSE, THROAT (C  age  or vertigo  smell  uent nasal stuffiness taste food oleeding of the mouth	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequences of ability to Repeated nose to Chronic dryness Wear glasses or	S, NOSE, THROAT (C  age  or vertigo  smell  uent nasal stuffiness taste food oleeding of the mouth	:HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequences of ability to Repeated nose to Chronic dryness Wear glasses or	S, NOSE, THROAT (C  age or vertigo smell uent nasal stuffiness taste food oleeding of the mouth contacts d glasses don't help	HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequences of ability to Repeated nose be Chronic dryness Wear glasses or Blurred vision and	S, NOSE, THROAT (C  age or vertigo smell uent nasal stuffiness taste food oleeding of the mouth contacts d glasses don't help	:HE	CK THOS	SE YOU	J HAVE)
EYES, EARS Loss of hearing _ Earache or drain Loss of balance of Lightheadedness Hoarseness Loss of sense of Sinus trouble Constant or frequences of ability to Repeated nose be Chronic dryness Wear glasses or Blurred vision an Double vision Glaucoma	S, NOSE, THROAT (C  age or vertigo smell uent nasal stuffiness taste food oleeding of the mouth contacts d glasses don't help		CK THOS	SE YOU	J HAVE)

Year last saw eye doctor: \_\_\_\_\_ Name of eye doctor: Dr. \_\_\_\_\_

## LUNGS and HEART (CHECK THOSE YOU HAVE)

Short of breath even with little effort	
Heart murmur	
Wake up at night very short of breath	
Exposed to tuberculosis Year Treatment given?	
Positive skin test for tuberculosis	
Pain, discomfort, or tightness in chest	
High blood pressure	
Pain or lumps in breasts	
Breast biopsies	
Persistent cough	
Cough up blood	
Cough up phlegm or sputum	
Asthma	
Palpitations or racing of the pulse	
Repeated episodes of bronchitis	
Drenching night sweats	
Swelling of the legs or ankles	
Severe pain in the calves while walking or running	
Had an electrocardiogram (EKG) Year of last one	
Had a chest x-ray Year of last one	
Had a mammogram Year of last one	
Had an exercise or stress test Year done	
STOMACH, INTESTINES & LIVER (CHECK THOSE YOU HAN Severe problem with stomach gas, bloating, or passing gas	/E)
Heartburn	
Use antacids regularly	
Frequent nausea	
Have frequent or unexplained vomiting	
Vomit blood	
Stomach or abdominal pain	
Bloody bowel movements	
Loose bowels most of the time	
Constipation most of the time	
Hemorrhoids	
Rectal pain or bleeding	
Colon polyps	
Ulcers	
Had hepatitis or yellow jaundice	
Had an Xray of the stomach	
Had an endoscopy (a lighted tube exam) of stomach	
Had a CAT scan or MRI of the abdomen	
Had an X-ray or ultrasound of gallbladder	
Had a lighted tube exam of the colon ( sigmoidoscopy or colonoscopy )	
Had a barium enema Xray of the colon	

## **KIDNEYS & BLADDER (CHECK THOSE YOU HAVE)** Had a kidney ultrasound or IVP \_\_\_\_\_ Get up at night just to urinate\_\_\_\_ How many times a night? \_\_\_\_ Unable to control bladder and have accidents Weaker and slower urine stream \_\_\_\_\_ Blood in urine Kidney stone \_\_\_ Urinary, kidney or bladder infections Venereal disease Burning or pain during urination Protein in urine Constant feeling of a need to urinate Trouble or hesitancy in getting urine flow going **SEXUAL ORGANS (FEMALE)** (CHECK IF THESE APPLY AND FILL IN THE BLANKS) Number of times you have been pregnant Number of miscarriages or abortions you have had \_\_\_\_\_ Number of children you delivered Number of living children you have \_\_\_\_\_ Complications of pregnancy \_\_\_\_ What? \_\_\_ Age periods began: years Had tubes tied Had a hysterectomy Had ovaries removed \_\_\_ Date last period began \_\_\_\_/\_\_\_/ Periods are about every \_\_\_\_ weeks and last about\_\_\_\_ days Periods are abnormally heavy \_\_\_\_ Bleeding between periods \_\_\_\_\_ Had the menopause but am bleeding now Severe cramps with period and use medication for these \_\_\_\_\_Medication used\_\_\_\_ Repeated episodes of vaginitis \_\_\_\_\_ Pain with intercourse Contraceptive use \_\_\_\_ If so, what do you use\_\_\_\_\_ Year of last PAP smear \_\_\_\_\_ Done by \_\_\_\_\_ MUSCLES, JOINTS & SKELETON (CHECK THOSE YOU HAVE) Had fractures of bones\_ Severe or unusual muscle cramps \_\_\_\_\_ Stiff joints Painful muscles \_\_\_\_\_ Swollen joints Pain or stiffness in spine

NERVOUS AND PSYCHIATRIC (CHECK THOSE YOU HAVE)  Nervous breakdown
Psychiatric treatment Treated by
Unusual weakness of muscles
Sick headaches
Numbness of part of body Which part?
Paralysis in or loss of use of part of body Which part?
Stroke
Pass out, fainting or loss of consciousness
Seizures or convulsions
Unusual shaking or trembling
Depressed
Easily annoyed or irritable
Disturbed greatly by family By work By other things
Considering suicide By what means?
Attempted suicideBy what means?
Memory failing
ENDOCRINE (CHECK THOSE YOU HAVE)
Big problem with heat or hot weather
Big problem with cold or cold weather
Excessive perspiration
Trouble swallowing
Goiter or enlarged thyroid gland
Nodule on thyroid gland
Tender thyroid or pain in the front of your neck
Excessive appetite
Poor appetite
Exhaustion or fatigue most of the time
Reduced libido or a poor sex drive
Breast discharge
Change in voice
Excessive body or facial hair
Problem with acne
OTHER PROBLEMS (CHECK THOSE YOU HAVE)
Pain in feet
Phlebitis
Pulmonary embolus
Bleeder
Rash now or often
Chronic itching
Growth in the skin
Had or now have cancerType?
Radiation therapyFor?
Anemic
Swollen lymph glands



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## Osteoporosis: Can It Happen to You?

Osteoporosis is a major public health threat for 44 million Americans. Ten million individuals already have osteoporosis and 34 million more have low bone mass placing them at increased risk for developing osteoporosis and the fractures it causes. Eighty percent of those affected by osteoporosis are women. Known as "the silent thief," osteoporosis progresses without symptoms or pain until bones start to break, generally in the hip, spine, or wrist.

QUESTIONS	YES	NO
1. Do you have a small, thin frame and/or are you Caucasian or Asian?		
2. Have you or a member of your immediate family broken a bone as an adult?		
3. Are you a postmenopausal woman?		
4. Have you had an early or surgically-induced menopause?		
5. Have you taken high doses of thyroid medication or used glucocorticoids <a>5</a> mg		
a day (for example, prednisone) for 3 or more months?		
6. Have you taken, or are you taking, immunosuppressive medication or		
chemotherapy to treat cancer?		
7. Is your diet low in dairy products and other sources of calcium?		
8. Are you physically inactive?		
9. Do you smoke cigarettes or drink alcohol in excess?		

The more times you answer "yes," the greater your risk for developing osteoporosis.

**Osteoporosis is a complex disease** and not all of its causes are known. However, when certain risk factors are present, your likelihood of developing osteoporosis is increased. Therefore, it is important for you to determine your risk of developing osteoporosis and take action to prevent it now.

**Osteoporosis is preventable** if bone loss is detected early. If the questions suggest that you are at risk for developing osteoporosis, see your healthcare provider. Your healthcare provider may recommend that you have a bone mass measurement test. This test will safely and accurately measure your bone density and reliably predict your risk of future fracture.

If you already have osteoporosis, you can live actively and comfortably by seeking proper medical care and making some adjustments to your lifestyle, your healthcare provider may prescribe a diet rich in calcium and vitamin D, a regular program of weight-bearing exercise and medical treatment.

**The national osteoporosis foundation (NOF)** is the nation's leading authority for patient and healthcare providers seeking up-to-date, medically sound information and educational materials of the causes, prevention, detection and treatment of osteoporosis.



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## Neuropathy

Please indicate which of the following symptoms you experience:		** J <b>C</b> 4	h a h a d-	
Symptom		Side of the body (Please check off box)		
Back and Leg Pain	Right	Left	Both	None
Pain in your lower back		[]	[]	[]
Pain in you buttocks	l ii	Π	ΪÌ	ij
Pain or burning in your leg	l ii	ΞĬ	ĬĬ	ij
Numbness or tingling in your legs		ΪĬ	Π	Ü
Weakness in your legs		ΙΪ	ΪĬ	ĺĺ
Loss of strength in you legs		<u> </u>	Ü	ĺĺ
Foot Pain	Right	Left	Both	None
Pain or burning in your feet	[]	[]	[]	[]
Numbness or tingling in your feet		[]	[]	[]
Feels like pins and needles in your feet		ĪĪ	[]	[]
Increased sensitivity to touch on your feet (for example, it hurts when bed covers touch them)		[]	[]	[]
Trouble feeling hot or cols in your feet		[]	[]	[]
Trouble feeling your feet when you walk		[]	[]	[]
Discomfort or pain at night in your feet	[]	[]	[]	[]
Hand, Finger or Wrist Pain	Right	Left	Both	None
Pain or burning in your fingers	[]	[]	[]	[]
Numbness or tingling in your fingers		[]		[]
Difficulty gripping things with your hands				
Difficulty forming a fist with your hands				
Discomfort in hands wakes you at night	[]	[]	[]	[]
Diabetes Mellitus				
Do you have diabetes? [] Type 1 [] Type 2 [] No				
How long have you had diabetes?				

Patient Signature: