



Arizona Natural Medicine, L.L.C.

Kiera Lane, N.M.D., L.Ac.

Sarv Varta K. Khalsa, N.M.D.

2480 W. Ray Road, Suite 1 ~ Chandler, AZ 85224 ~ P (480) 722-2811 ~ F (480) 722-2817

info@ArizonaNaturalMedicine.com

<http://www.ArizonaNaturalMedicine.com>

WOMEN'S HEALTH HISTORY

What was your age at the start of menstruation? _____

When was your last period? _____ How long did it last? _____

How many days between periods? _____ Is your cycle irregular? _____

Do you use pads or tampons? _____ How many on heaviest day? _____

Do you get menstrual cramps or other problems? _____

Premenstrual warning symptoms before your period: (Grade intensity – 1=mild, 2=moderate, 3=severe)

___ Breast Tenderness ___ Bloating ___ Skin ___ Mood Changes _____

___ Headache ___ Cramping ___ Diarrhea ___ Appetite Changes _____

___ Low Back Pain ___ Constipation ___ Other _____

Do the above premenstrual symptoms get better with your period flow? _____

Do you have any vaginal discharge or irritation? _____

Do you have recurring vaginal or bladder infections? _____

Have you ever had gynecological or breast surgery? _____

Do you have a problem or past history of herpes, venereal warts or venereal disease? _____

When was your last pap? _____ Do you have hot flashes? _____

Breast Problems: Discharge Tenderness Swelling

Did you breast-feed your babies? _____ How long? _____

Current Method of Birth Control

Not applicable Partner has had vasectomy or is otherwise sterile

None Tubal Ligation Hysterectomy Other _____

IUD Diaphragm Condoms Foam

Pill (Name: _____ # of years taken _____)

Previous Method of Birth Control

Not applicable Partner has had vasectomy or is otherwise sterile

None Tubal Ligation Hysterectomy Other _____

IUD Diaphragm Condoms Foam

Pill (Name: _____ # of years taken _____)

Any questions or problems concerning sex? No Yes. Any pain or discomfort with sexual intercourse? No Yes.

Times pregnant _____ Living Children _____ Miscarriages _____ Abortions _____ Premature Births _____

Please complete information below concerning your pregnancies

No	Born Month/Year	Weight @ Birth	Sex	Length of Pregnancy	Delivery Type	Complications – Describe if any
1						
2						
3						
4						
5						

