

# ***Welcome to Nurture Acupuncture***

***1520 The Alameda #130***

***San Jose, CA 95126***

***408.287.1390/ 925.395.7823***

Please take a moment to provide us with some information about yourself and your health conditions so that we may do our best to treat you. Nurture Acupuncture considers this information privileged physician/patient communication and will hold it in confidence.

## **Patient Information**

NAME (LAST, FIRST, MIDDLE)			DATE		
AGE	DATE OF BIRTH	SEX _ Male _ Female	MARITAL STATUS _ Single _ Married _ Separated _ Divorced _ Widowed		
HOME ADDRESS		CITY	STATE	ZIP	
PHONE – HOME		CELL	EMAIL ADDRESS		
EMPLOYED BY					
EMPLOYERS ADDRESS		CITY	STATE		
OCCUPATION		WORK PHONE			
SPOUSE'S NAME					
CONTACT IN CASE OF AN EMERGENCY		RELATIONSHIP	PHONE		
MEDICAL INSURANCE CARRIER		POLICY NUMBER	SOCIAL SECURITY NO.		
HOW DID YOU HEAR ABOUT OUR CLINIC?					
NAME OF YOUR OB-GYN DOCTOR		NAME OF YOUR FERTILITY OR REPRODUCTIVE CLINIC			

NAME (LAST, FIRST, MIDDLE)	DATE
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# Medical History

MAJOR COMPLAINT/HEALTH PROBLEM YOU WOULD LIKE US TO TREAT:

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HOW DID THIS CONDITION DEVELOP?

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SIGNIFICANT TRAUMA (AUTO ACCIDENTS, FALLS, ETC.)

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HOW LONG HAS THIS CONDITION PERSISTED?

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IS THERE ANYTHING THAT MAKES IT BETTER OR WORSE?

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IF YOU HAVE PAIN—IS IT SHARP OR SHOOTING, PINS AND NEEDLES, OR DULL? CHRONIC OR ACUTE?

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**CONFIDENTIAL**

NAME (LAST, FIRST, MIDDLE)	DATE
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LIST ANY SUBSTANCES THAT YOU ARE ALLERGIC TO:

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LIST ANY MEDICATIONS/HERBS/DRUGS THAT YOU ARE CURRENTLY TAKING:

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LIST ANY MAJOR SURGERIES YOU HAVE HAD:

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Do you have a history of any of the following conditions?

AIDS	Yes	No	High Blood Pressure	Yes	No
Anxiety Attacks	Yes	No	Intestinal Bleeding	Yes	No
Asthma	Yes	No	Kidney Infection	Yes	No
Autoimmune Disease	Yes	No	Kidney Stones	Yes	No
Birth Defects	Yes	No	Lupus Erythematosus	Yes	No
Bladder Infections	Yes	No	Migraine	Yes	No
Blood Disorders	Yes	No	Neurologic Disorders	Yes	No
Breast Tumors or Cancer	Yes	No	Other Forms of Arthritis	Yes	No
Bronchitis	Yes	No	Other Heart Conditions	Yes	No
Cancer	Yes	No	Other Kidney Problems	Yes	No
Cirrhosis	Yes	No	Other Lung Problems	Yes	No
Connective Tissue Disorders	Yes	No	Panic Attacks	Yes	No
Diabetes	Yes	No	Paralysis	Yes	No
Epilepsy	Yes	No	Pneumonia	Yes	No
Gallstones	Yes	No	Prolonged Dizziness	Yes	No
Gastric/Duodenal Ulcers	Yes	No	Rheumatic Fever	Yes	No
German Measles (Rubella)	Yes	No	Rheumatoid Arthritis	Yes	No
Glasses/Contact lenses	Yes	No	Seizures	Yes	No
Heart Attack	Yes	No	Thyroid Problems	Yes	No
Heart Disease	Yes	No	Tuberculosis	Yes	No
Heart Murmur	Yes	No	Varicose Veins	Yes	No
Hepatitis	Yes	No			

NAME (LAST, FIRST, MIDDLE)	DATE
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## Health History

Please check any symptoms you currently have or have had in the past 6 months:

### General

- Chills
- Low energy
- Dizziness
- Allergies
- Fatigue
- Fevers
- Excess thirst
- Insomnia
- Nervousness
- Numbness
- Sweat spontaneously
- Night sweating
- Lack of sweating
- Weight loss
- Weight gain
- Aversion to heat
- Aversion to cold

### Head & Neck

- Blurred vision
- Heaviness in the head
- Headache
- Phlegm in throat
- Cataract
- Double vision
- Earache
- Ear discharge
- Eye pain/strain
- Corrected vision
- Nasal obstruction
- Nasal discharge
- Loss of sense of smell
- Hearing loss
- Hoarseness
- Nosebleeds
- Recurrent sore throat
- Red/inflamed eye
- Ringing in ears
- Sinus problems
- Sores on lips
- Sores on tongue
- Taste change
- Teeth problems
- Vision – see halos

### Respiratory

- Asthma
- Hay fever
- Persistent cough
- Coughing blood
- Shortness of breath
- Recurrent bronchitis
- Phlegm production

- Difficulty inhaling
- Difficulty exhaling

### Cardiovascular

- Chest pain
- High blood pressure
- Low blood pressure
- Irregular heart beat
- Poor circulation
- Swelling of ankles
- Varicose veins
- Hypochondriac pain
- Distention in chest or hypochondrium

### Gastrointestinal

- Abdominal pain
- Bloating
- Belching
- Gas
- Constipation
- Diarrhea/loose stools
- Bloody stools
- Black stools
- Difficulty swallowing
- Poor appetite
- Heartburn/reflux
- Hemorrhoids
- Indigestion
- Poor appetite
- Stomachache
- Nausea
- Vomiting
- Vomiting blood

### Diet/Lifestyle

- Vegetarian
- Healthy diet
- Eat much fried foods
- Eat much meat
- Smoke cigarettes
- Drink alcohol
- Drink coffee
- Use drugs
- Eat a lot of sweets
- Take melatonin
- Take steroids
- Exercise regularly
- Exercise excessively

### Weight

- Underweight
- Normal for height
- Overweight

- Very overweight

### Genitourinary

- Dilute urine
- Dark urine
- Blood in urine
- Cloudy urine
- Burning urination
- Scanty urine
- Profuse urine
- Frequent urination
- Poor bladder control
- Urgency to urinate

### Musculoskeletal

- Pain, weakness, numbness:
- Arms
- Feet
- Hands
- Joints
- Legs
- Hips
- Neck
- Shoulders
- Pain all over
- Cold limbs
- Knee problems
- Low back pain
- All over weakness
- Lack of strength
- Broken bones

### Skin

- Thick skin
- Thin skin
- Broken blood vessels
- Blood not clotting
- Bruise easily
- Discoloration
- Dark circles around eyes
- Bags under eyes
- Lumps in groin
- Lumps underarm
- Dry skin
- Acne
- Brittle nails
- Premature gray hair
- Dry, brittle hair
- Hair falling out

### Neurologic

- Fainting

- Convulsions
- Handwriting change
- Paralysis
- Stroke
- Seizures
- Tremor
- Recent clumsiness
- Drowsiness
- Vertigo

### Emotional

- Insomnia
- Irritability
- Often feel angry
- Troubling dreams
- Cry uncontrollably
- Feel sad a lot
- Forgetful
- Mind not clear
- Anxiety
- Much fear
- Unrestrained joy
- Terrors
- Difficulty expressing emotions

### Men Only

- Genital pain
- Impotence
- Genital sores
- Lump in testicles
- Penis discharge
- Nocturnal emission
- Low sexual energy

### Women Only

- Abnormal pap smear
- Bleed between periods
- Irregular periods
- Heavy periods
- <25 day cycle
- >35 day cycle
- Endometriosis
- Painful periods
- Premenstrual tension
- Breast lumps
- Contraceptives
- Sores on genitalia
- Low sexual energy
- Vaginal discharges
- Menopausal
- Uterine prolapse
- Facial hair
- Loss of head hair
- May be pregnant

**CONFIDENTIAL**

NAME (LAST, FIRST, MIDDLE)	DATE
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Age at which menses began \_\_\_\_\_

Date of last menstrual period \_\_\_\_\_

Are your periods painful?  Yes  No  Somewhat      How many days does the pain last?  
\_\_\_\_\_

Are your menstrual cycles spaced irregularly?  Yes  No

How many days are there from one period to the next? \_\_\_\_\_

How many days do you normally bleed? \_\_\_\_\_

How heavy is the bleeding?  Light  Normal  Heavy

What color is the blood?  Light red  Red  Dark red  Purple  Brown  Black

Is there clotting?  Yes  No      Size \_\_\_\_\_      Color \_\_\_\_\_

Do you bleed or spot between periods?  Yes  No

Do your bowel movements become loose at the beginning of you period or just prior to?  Yes  No

Do you have premenstrual tension?  Yes  No

Do your breasts become tender premenstrually?  Yes  No

Do you get premenstrual low back pain?  Yes  No

Does your face break out before or during your period?  Yes  No

Number      Years

How many pregnancies have you had?      \_\_\_\_\_

How many children do you have?      \_\_\_\_\_

How many abortions have you had?      \_\_\_\_\_

How many miscarriages have you had?      \_\_\_\_\_

How many times has a D&C been performed?      \_\_\_\_\_

Date of last Pap smear \_\_\_\_\_

Have you ever had an abnormal pap smear?  Yes  No

Have you ever had a cervical biopsy, operation, cauterization or conization?  Yes  No

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Have you ever had a venereal disease? (Chlamydia, gonorrhea, syphilis, herpes, other)\_\_\_ Yes \_\_\_ No

Have you ever had pelvic inflammatory disease? \_\_\_ Yes \_\_\_ No

Were you treated for it? \_\_\_ Yes \_\_\_ No

How \_\_\_\_\_

Do you get yeast infections regularly? \_\_\_ Yes \_\_\_ No

How do you treat them?

\_\_\_\_\_

Do you have chronic vaginal discharge? \_\_\_ Yes \_\_\_ No

Do you have any sores on your genitalia? \_\_\_ Yes \_\_\_ No

Have you ever been diagnosed with uterine fibroids or polyps? \_\_\_ Yes \_\_\_ No

Have you ever been diagnosed with endometriosis? \_\_\_ Yes \_\_\_ No

Have you ever been diagnosed with pelvic adhesions? \_\_\_ Yes \_\_\_ No

Have you been diagnosed with any pelvic abnormalities? \_\_\_ Yes \_\_\_ No

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Have you taken any medications for gynecological conditions other than contraceptives? \_\_\_ Yes \_\_\_ No

Medication	Reason	How long
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Have your cycles changed since they began? \_\_\_ Yes \_\_\_ No

How? \_\_\_\_\_

Do you ovulate on your own? \_\_\_ Yes \_\_\_ No

On what day of your cycle? \_\_\_\_\_

Have you taken medication to help you ovulate? \_\_\_ Yes \_\_\_ No

When \_\_\_\_\_ How long? \_\_\_\_\_

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Do you get stretchy cervical mucus around ovulation?  Yes  No

Do your breasts get tender at/during ovulation?  Yes  No

Do you use a BBT graph to chart your temperature rise and ovulation?  Yes  No

Have you had fertility treatments?  Yes  No

If yes, when and where? \_\_\_\_\_

By whom? \_\_\_\_\_

What types? \_\_\_\_\_

Do you know what your FSH level is on Day 3?  Yes  No

Have your fallopian tubes been evaluated medically?  Yes  No

What were the results? \_\_\_\_\_

Have you had any tubal operations?  Yes  No

Have you had any hormone laboratory tests performed?  Yes  No

What were the results? \_\_\_\_\_

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Has your partner or spouse had a fertility workup?  Yes  No

What were the results? \_\_\_\_\_

Is your partner supportive of your wish to conceive?  Yes  No

How is your sexual energy?  Low  Normal  High

Do you douche regularly?  Yes  No

With what? \_\_\_\_\_

Do you use vaginal lubricants?  Yes  No

Are you more than 20% over your ideal body weight?  Yes  No

Are you more than 20% below your ideal body weight?  Yes  No

Do you have a stressful occupation?  Yes  No

Do you exercise regularly?  Yes  No

Do you have excessive facial hair?  Yes  No

Do you have excessively oily skin?  Yes  No

Have you experienced excessive loss of head hair?  Yes  No

Have you noticed discharge from your nipples?  Yes  No

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Was your mother exposed to diethylstilbestrol (DES) when she was pregnant with you?  Yes  No

Have you been exposed to any known environmental toxins or hormones?  Yes  No

Are you presently taking steroids?  Yes  No

Any irregular lab results for the thyroid?  Yes  No

Do you have natural killer cells?  Yes  No

Have you done LIT or IVIG?  Yes  No      When? \_\_\_\_\_

Have you taken oral contraceptives?  Yes  No  
When \_\_\_\_\_ How long? \_\_\_\_\_

Have you ever had an IUD?  Yes  No  
When \_\_\_\_\_ How long? \_\_\_\_\_

Have you ever taken Depo Provera?  Yes  No  
When \_\_\_\_\_ How long? \_\_\_\_\_

How long have you been trying to conceive? \_\_\_\_\_

Have you had a diagnosis relating to infertility?  Yes  No  
What was it? \_\_\_\_\_

Are you planning to do?

IUI \_\_\_\_\_ IVF \_\_\_\_\_ OTHER \_\_\_\_\_

Estimated date of procedure \_\_\_\_\_

What drugs/medications will you be taking in preparation for this procedure and when do you start?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Male Fertility History**

Have you ever been diagnosed with a varicocele? ..... Yes No

Have you had any urologic surgeries? ..... Yes No

Have you experienced difficulty maintaining an erection?..... Yes No

Have you experienced difficulty ejaculating?..... Yes No

Have you had exposure to any known environmental toxins or hormones? ..... Yes No

Have you experienced any penile discharge? ..... Yes No

Do you regularly experience nocturnal emission?..... Yes No

Have you had a fertility workup?..... Yes No

If yes, what was your sperm count? \_\_ Below normal \_\_ Normal    Number \_\_\_\_\_

What was the sperm motility? \_\_ Below normal \_\_ Normal    Number \_\_\_\_\_

What was the sperm morphology? \_\_ Abnormal \_\_ Normal    Number \_\_\_\_\_

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San Jose, CA 95126  
408.287.1390

### CONSENT FOR ACUPUNCTURE TREATMENT

I hereby request and consent to acupuncture treatments and other procedures within the scope of the practice of acupuncture on me by the acupuncturist named below.

I understand that methods of treatment may include, but are not limited to, acupuncture, acupressure, moxa, massage, cupping, electrical stimulation, Chinese herbal medicine, and nutritional counseling. I understand that the herbs may need to be prepared and the teas consumed according to the instructions provided orally and in writing. I will immediately notify my acupuncturist of any unanticipated or unpleasant effects associated with the consumption of the herbs.

I have been informed that acupuncture is a generally safe method of treatment, but that it may have some side effects including bruising and/or numbness or tingling near the needling sites that may last a few days.

There have been rare instances reported in which a patient fainted, developed a scar or infections, experienced a spontaneous abortion, or sustained a pneumothorax (air in the chest cavity that could cause a collapsed lung). The herbs and nutritional supplements that have been recommended are considered safe in the practice of Chinese medicine. Some herbs may have undesirable effects in larger doses than we recommend. Some possible side effects of taking herbs are nausea, gas, stomachache, diarrhea or rashes. I will notify my acupuncturist if I am pregnant since some herbs can be harmful.

I do not expect my acupuncturist to be able to anticipate and explain all possible risks and complications of treatments, and I wish to rely on my acupuncturist to exercise good judgment during the course of treatment. I understand that results are not guaranteed.

By voluntarily signing below, I show that I have read, or have had read to me, the above consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition (s) for which I seek treatment.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Acupuncturist Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Nurture Acupuncture financial policy

I understand that health insurance policies are an arrangement between an insurance carrier and myself. I assume full responsibility for verification of benefits including which services are covered under my policy, portion of fees covered, and annual maximum of coverage. Furthermore, I understand that Nurture Acupuncture will prepare any necessary reports and claim forms to assist me in collecting reimbursement from my insurance company and that I will collect the amount covered directly from my insurance company. Any amount paid to the provider will be reimbursed to the patient by check upon receipt. I clearly understand that all services rendered are charged directly to me and that I am personally responsible for payment in full at the time of service.

Your appointment time is reserved specifically for you. Therefore, Nurture Acupuncture requests at least 24 hours notice for any cancellation or rescheduling of appointment times. Repeat missed appointments or short notice cancellations may result in a missed appointment fee of \$45.00. Exceptions to this policy include cancellations due to illness, family or personal emergency, and last minute changes in scheduling of procedures with your medical doctor. Please notify Nurture Acupuncture as soon as possible if you are unable to keep your appointment for any of these reasons.

### Nurture Acupuncture fee schedule:

Initial Visit with treatment \$140.00

Acupuncture \$85.00

Reproductive Organ Massage 50 minutes \$85.00

Reproductive Organ Massage 30 minutes \$50.00

Cash Price per visit \$75.00

Cash Prepay package-11 treatments \$750.00 Each treatment \$68.00 (buy 10, get 1 free)

Visa Prepay package-11 treatments \$850.00 Each treatment \$78.00 (buy 10, get 1 free)

Prepay packages are non-refundable and may be transferred to another patient.

Herb and supplement prices are variable according to amount and type of medication prescribed

Please sign and date below stating that you have received and understand the above policies

\_\_\_\_\_ Date: \_\_\_\_\_