

Lyle R. Cadenhead, PhD, LSSP, LPC, MBA
Licensed Psychologist
1418 Marshall Street
Houston, TX 77006
anurturinghome@gmail.com
Phone: (713) 942-2330
Fax: (713) 942- 2386
www.anurturinghome.com

Brief Health Information Form

A. Identification

Client's name: _____ Date: _____

B. History

1. Starting with your childhood and proceeding up to the present, list all diseases, illnesses, important accidents and injuries, surgeries, hospitalizations, periods of loss of consciousness, convulsions/seizures, and any other medical conditions you have had. (Describe pregnancies in section E.)

Age	Illness/Diagnosis	Treatment received	Treated by	Result

2. Describe any allergies you have.

To what?	Reaction you have	Allergy medications you take

3. List all medications, drugs, or other substances you take or have taken in the last year – prescribed, over-the-counter vitamins, herbs, and others.

Medication/Drug	Dose	Taken for	Prescribed/supervised by:

4. Have you done any kinds of work where you were exposed to toxic chemicals?

Date	Kinds of chemicals	Kind of work	Effects

C. Medical Caregivers

1. Your current family or personal physician or medical agency:

Name	Specialty	Address	Phone #	Date of last visit

2. Other physicians treating you at present or in last 5 years:

Name	Specialty	Address	Phone #	Date of last visit

D. Health Habits

1. What kinds of physical exercise do you get?

2. How much coffee, cola, tea, or other sources of caffeine do you consume each day?

3. Do you try to restrict your eating in any way? How? Why?

4. Do you have any problems getting enough sleep?

E. For women only

1. At what age did you start to menstruate (get your period): _____

2. Menstrual period experiences:

- a. How regular are they? _____
- b. How long do they last? _____
- c. How much pain do you have? _____
- d. How heavy are your periods? _____
- e. Other experiences during period? _____

3. Please list all of your pregnancies:

Your Age	What happened with this pregnancy?			Problems
	Miscarriage	Abortion	Child Born	
1.				
2.				
3.				
4.				
5.				
6.				

4. Menopause:

- a. If your menopause has started, at what age did it start? _____
 - b. What signs or symptoms have you had? _____
-

F. Other

Have you ever injected drugs? Yes No

Ever shared needles? Yes No

Have you had HIV testing in the last 6 months? Yes No

If yes, what were the results of your testing:

Are there any other medical or physical problems you are concerned about? _____
