

# Franco Longo, R.Ac, R.TCMP

Acupuncturist & Traditional Chinese Medicine Practitioner  
344 Main St W, 2nd Floor, Hamilton, ON L8P 1J9 • (289) 659-7980  
[contact@francolongotcm.com](mailto:contact@francolongotcm.com) • [www.francolongotcm.com](http://www.francolongotcm.com)

## Patient Health History Form (Confidential)

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(first) (middle) (last) mm dd yyyy

Address: \_\_\_\_\_ City \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M/F  
mm dd yyyy

*Successful health care and preventative medicine are only possible when the practitioner has a complete understanding of the patient physically, mentally and emotionally. Please complete this questionnaire as thoroughly as possible. Print all information and indicate areas of confusion with a question mark. Thank you.*

1. When and where did you last receive health care? \_\_\_\_\_

For what reason? \_\_\_\_\_

2. Has your case been referred to an attorney?      Y      N

3. Please identify the health concerns that have brought you to Healing Channels in order of importance below:

**Condition**

**Past Treatment**

a. \_\_\_\_\_

How does this condition affect you? \_\_\_\_\_

b. \_\_\_\_\_

How does this condition affect you? \_\_\_\_\_

c. \_\_\_\_\_

How does this condition affect you? \_\_\_\_\_

4. If applicable, please list any foods, drugs, or medications you are hypersensitive or allergic to (please include reaction):

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

5. Please list any medications (prescribed and over-the-counter), vitamins, and supplements you are currently taking:

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

6. Do you have any reason to believe you may be pregnant?                    Y                    N

If so, how far along are you? \_\_\_\_\_

7. Do you have any infectious diseases?     Y                    N                    If yes, please identify: \_\_\_\_\_

8. <b>Family History:</b>	<u>Father</u>	<u>Mother</u>	<u>Brother/Sister</u>	<u>Brother/Sister</u>	<u>Brother/Sister</u>
Check those applicable:					
Age (if living)	_____	_____	_____	_____	_____
Health: (Excellent/Good/Fair/Poor)	_____	_____	_____	_____	_____
Cancer	_____	_____	_____	_____	_____
Diabetes	_____	_____	_____	_____	_____
Heart Disease	_____	_____	_____	_____	_____
High Blood Pressure	_____	_____	_____	_____	_____
Stroke	_____	_____	_____	_____	_____
Mental Illness	_____	_____	_____	_____	_____
Asthma/Hay fever/Hives	_____	_____	_____	_____	_____
Kidney Disease	_____	_____	_____	_____	_____
Age at death (if applicable)	_____	_____	_____	_____	_____
Cause of Death (if applicable)	_____	_____	_____	_____	_____

9. **Height:** \_\_\_\_\_     **Weight:** Currently: \_\_\_\_\_     Past Maximum: \_\_\_\_\_     When? \_\_\_\_\_

10. **Blood Pressure:** What is your most recent blood pressure reading? \_\_\_\_\_ / \_\_\_\_\_     When was this reading taken? \_\_\_\_\_

11. **Childhood Illness** (please circle any that you have had):

Scarlet Fever     Diphtheria     Rheumatic Fever     Mumps     Measles     German Measles     Chicken Pox

12. **Immunizations** (please circle any that you have had):

Polio     Tetanus     Rubella/Mumps/Rubella     Pertussis     Diphtheria     Hib     Hepatitis B

Others: \_\_\_\_\_

13. **Hospitalizations and Surgeries:**

<u>Reason</u>	<u>When</u>	<u>Reason</u>	<u>When</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

14. **X-Rays/CAT Scans/MRI's/NMR's/Special Studies:**

<u>Reason</u>	<u>When</u>	<u>Reason</u>	<u>When</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**For #15-28, please circle current conditions, and/or write “P” for past conditions:**

**15. Emotional**

Mood Swings                      Nervousness                      Mental Tension

**16. Energy and Immunity**

Fatigue                      Slow Wound Healing                      Chronic Infections                      Chronic Fatigue Syndrome

**17. Head, Eye, Ear, Nose, and Throat**

Impaired Vision                      Eye Pain/Strain                      Glaucoma                      Glasses/Contacts                      Tearing/Dryness  
Impaired Hearing                      Ear Ringing                      Earaches                      Headaches                      Sinus Problems  
Nose Bleeds                      Frequent Sore Throats                      Teeth Grinding                      TMJ/Jaw Problems                      Hay Fever

**18. Respiratory**

Pneumonia                      Frequent Common Colds                      Difficulty Breathing                      Emphysema  
Persistent Cough                      Pleurisy                      Asthma                      Tuberculosis  
Shortness of Breath                      Other Respiratory Problems: \_\_\_\_\_

**19. Cardiovascular**

Heart Disease                      Chest Pain                      Swelling of Ankles                      High Blood Pressure  
Palpitations/Fluttering                      Stroke                      Heart Murmurs                      Rheumatic Fever                      Varicose Veins

**20. Gastrointestinal**

Ulcers                      Changes in Appetite                      Nausea/Vomiting                      Epigastric Pain                      Passing Gas                      Heartburn  
Belching                      Gall Bladder Disease                      Liver Disease                      Hepatitis B or C                      Hemorrhoids                      Abdominal Pain

**21. Genito-Urinary Tract**

Kidney Disease                      Painful Urination                      Frequent UTI                      Frequent Urination                      Heavy Flow  
Kidney Stones                      Impaired Urination                      Blood in Urine                      Frequent Urination at Night

**22. Female Reproductive/Breasts**

Irregular Cycles                      Breast Lumps/Tenderness                      Nipple Discharge                      Heavy Flow  
Vaginal Discharge                      Premenstrual Problems                      Clotting                      Bleeding Between Cycles  
Menopausal Symptoms                      Difficulty Conceiving                      Painful Periods

**23. Menstrual/Birthing History:**

- |                               |                              |                            |
|-------------------------------|------------------------------|----------------------------|
| 1. Age of First Menses: _____ | 4. Birth Control Type: _____ | 7. # of Abortions: _____   |
| 2. # of Days of Menses: _____ | 5. # of Pregnancies: _____   | 8. # of Live Births: _____ |
| 3. Length of Cycle: _____     | 6. # of Miscarriages: _____  |                            |

**24. Male Reproductive**

Sexual Difficulties      Prostrate Problems      Testicular Pain/Swelling      Penile Discharge

**25. Musculoskeletal**

Neck/Shoulder Pain      Muscle Spasms/Cramps      Arm Pain      Upper Back Pain      Mid Back Pain  
Low Back Pain      Leg Pain      Joint Pain (if so, where?): \_\_\_\_\_

**26. Neurologic**

Vertigo/Dizziness/Paralysis      Numbness/Tingling      Loss of Balance      Seizures/Epilepsy

**27. Endocrine**

Hypothyroid      Hypoglycemia      Hyperthyroid      Diabetes Mellitus      Night Sweats      Feeling Hot or Cold

**28. Other**

Anemia      Cancer      Rashes      Eczema/Hives      Cold Hands/Feet

Is there anything else we should know? \_\_\_\_\_  
\_\_\_\_\_

**29. Lifestyle:**

a. Do you typically eat at least three meals per day?      Y      N      If no, how many? \_\_\_\_\_

b. Exercise routine: \_\_\_\_\_

c. Spiritual practice: \_\_\_\_\_

d. How many hours per night do you sleep? \_\_\_\_\_      Do you wake rested?      Y      N

e. Level of education completed:      High School      Bachelors      Masters      Doctorate      Other

f. Occupation: \_\_\_\_\_      Employer: \_\_\_\_\_      Hours/Week: \_\_\_\_\_

Do you enjoy work?      Y/N      Why/Why not? \_\_\_\_\_

g. Nicotine/Alcohol/Caffeine Use:  
\_\_\_\_\_

h. Have you experienced any major traumas?      Y      N      Explain: \_\_\_\_\_  
\_\_\_\_\_

i. How many glasses of non-caffeinated, non-carbonated beverages do you drink per day? \_\_\_\_\_

j. Television habits: \_\_\_\_\_      Reading habits: \_\_\_\_\_

k. Interests and hobbies: \_\_\_\_\_

How did you hear about me? \_\_\_\_\_

Would you like to join my emailing list? (I will not share your email address) \_\_\_\_\_