Advanced Medical Weight Loss Center

2308D Memorial Blvd
Springfield, TN 37172
(615) 382-8144 Phone

Personal Data

Name	Date	
Address	City State	Zip
Home phone	Work phone Cell phone	
Date of birth	Age	
Email		

Primary Care Physician

Name	Phone	
Address	City State	Zip

Present Symptoms

Please briefly describe your symptoms.

What do you feel is the most important factor to your present symptoms?

Past Medical History

Please list any medical problems or illnesses you have had or have. Include any hospitalizations and accidents with approximate dates.

Date	Medical diagnosis, illness, accident

Past Surgical History

Date	Surgery

Medications: Please list ALL prescription medications. Include ALL over the counter medications, **supplements, and vitamins.**

Name of Medication	Dosage	Dosing schedule

Gynecological History

Date of last PAP smear? _____ Physician who performed? _____

Physician's Phone Number _____

Date of last mammogram? _____ Facility where performed: _____

Facility Phone Number: _____

	YES	NO
Have you ever had an abnormal PAP smear? If yes, what was the abnormality and what follow up did you have _____		
Have you ever had an abnormal mammogram? If yes, what was the abnormality and what follow up did you have _____		
Have you ever had a breast biopsy?		
Have you ever had a cervical biopsy?		
Have you noticed breast skin or nipple changes?		
Have you noticed any lumps in your breasts?		
Are you using a birth control method? If yes, what kind? _____		
Are you still having menstrual periods? If yes, when was the first day of Your last period? _____		

Please describe any problems you have with your periods:

_____

Periods are (were): ☐ regular ☐ irregular ☐ painful ☐ crampy ☐ heavy ☐ light ☐ other

Age periods began: _____ # days of bleeding _____ cycle length (days) _____

If you are no longer having periods, at what age did your periods stop? _____

If your periods stopped less than one year ago, how many months ago was your last period? _____

Did your periods stop because you had a hysterectomy? ☐ Yes ☐ No

- If yes, what was the reason for the surgery? _____
- Were the ovaries removed at the same time? ☐ Yes ☐ No ☐ Not Sure

Do you have a history of any of the following cancers:

☐ Vulva
☐ Uterus
☐ Vagina
☐ Cervix
☐ Ovary
☐ Fallopian Tube
☐ Breast
☐ Colon
☐ Other: _____

_____

Allergies

Are you allergic to any MEDICATIONS (Prescription or OTC)

Family History

Please list ALL illness (heart disease, stroke, diabetes, hypertension, cancer (breast, cervical, skin, prostate, lung, blood), etc. If a member is deceased, please list age of death and cause if known.

Relationship	Age	Medical Problem(s)/ Cause of Death
Mother		
Father		
Brothers		
Sisters		
Children		
Spouse		

Social History

Please remember that this information is strictly confidential and will be used **only** to address your symptoms and/or complaints

Do you smoke cigarettes now or have you in the past? ☐ Yes ☐ No

- If yes, how many packs per day? _____
- How many total years have you smoked? _____

Do you drink alcohol? ☐ Yes ☐ No

- If yes, how many drinks and what type of alcohol (beer, wine, spirits etc.) do you have in an average week? _____

Do you now or have you in the past used any illicit drugs (marijuana, cocaine, amphetamines, opiates, narcotics, LSD (acid), etc.)? ☐ Yes ☐ No

- If yes, what substance(s) and how often? _____

Hormone Therapy History

Have you been treated with any hormone replacement therapy? If yes, please give approximate Periods of treatment:

Hormone	Dose	Reason	Start Date	Stop Date

Estrogens

Check which of these symptoms are troublesome and have persisted over time

Estrogen Deficiency

- ☐ Hot Flashes
- ☐ Night Sweats
- ☐ Vaginal Dryness
- ☐ Foggy Thinking
- ☐ Memory Lapses
- ☐ Urinary Incontinence
- ☐ Tearful
- ☐ Depressed
- ☐ Sleep Disturbances
- ☐ Heart Palpitations/Arrhythmia
- ☐ Bone Loss
- ☐ Headaches

Estrogen Excess / Progesterone Deficiency

- ☐ Mood Swings (PMS)
- ☐ Cystic Ovaries
- ☐ Tender Breasts
- ☐ Heavy Menses
- ☐ Water Retention
- ☐ Sugar Craving
- ☐ Nervousness
- ☐ Irritable
- ☐ Anxious
- ☐ Fibrocystic Breast
- ☐ Headaches
- ☐ Cold Body Temperature
- ☐ Uterine Fibroids
- ☐ Weight Gain – Hip Area
- ☐ Bleeding Changes
- ☐ Elevated Triglycerides
- ☐ Breast Cancer
- ☐ Low Libido

Androgens

Check which of these symptoms are troublesome and have persisted over time

Androgen Excess

- ☐ Increased Facial Hair
- ☐ Increased Body Hair
- ☐ Acne
- ☐ Oily Skin
- ☐ Nervous
- ☐ Irritable
- ☐ Anxious
- ☐ Breast Cancer
- ☐ Ovarian Cysts
- ☐ Elevated Triglycerides
- ☐ Sleep Disturbances
- ☐ Prostrate Problems

Androgen Deficiency

- ☐ Low Libido
- ☐ Vaginal Dryness
- ☐ Fatigue
- ☐ Aches/Pains
- ☐ Memory Lapses
- ☐ Foggy Thinking
- ☐ Urinary Incontinence
- ☐ Depressed
- ☐ Anxious
- ☐ Sleep Disturbances
- ☐ Apathy/Decreased Passion for Life
- ☐ Decreased Muscle Mass
- ☐ Heart Palpitations/Arrhythmia
- ☐ Headaches
- ☐ Fibromyalgia
- ☐ Irritable
- ☐ Thinning Skin
- ☐ Bone Loss

Adrenals

Check which of these symptoms are troublesome and have persisted over time

Cortisol Excess		Cortisol Deficiency
☐ Sleep Disturbances	☐ Heart Palpitation/Arrhythmia	☐ Exhaustion/Fatigue
☐ Bone Loss	☐ Headaches	☐ Sugar Craving
☐ Fatigue	☐ Stress	☐ Allergies
☐ Weight Gain – Waist	☐ Nervousness	☐ Chemical Sensitivity
☐ Loss of Muscle Mass	☐ Sugar Cravings	☐ Stress
☐ Thinning Skin	☐ Low Libido	☐ Apathy/Decreased Passion for Life
☐ Elevated Triglycerides	☐ Hair Loss	☐ Irritable
☐ Breast Cancer	☐ Increased Facial Hair	☐ Arthritis
☐ Irritable	☐ Increased Body Hair	☐ Heart Palpitations
☐ Anxious	☐ Acne	☐ Aches/Pains
☐ Memory Lapses		☐ Cold Body Temperature

Thyroid

Check which of these symptoms are troublesome and have persisted over time

Thyroid Excess	Thyroid Deficiency	
☐ Heat Intolerance	☐ Cold Intolerance	☐ Aches/Pains
☐ Irritable	☐ Constipation	☐ Hair Loss
☐ Heart Palpitations/Arrhythmia	☐ Fatigued/Weakness	☐ Muscle Weakness
☐ Weight Loss	☐ Unexplained Weight Gain	☐ Muscle Cramps
☐ Tremors/Shakiness	☐ Inability to Lose Weight	
☐ Diarrhea	☐ Stress	
☐ Nervousness/Anxious/Panic Attacks	☐ Cold Body Temperature	
☐ Insomnia	☐ Coarse Dry Skin	
☐ Difficulty Conceiving/Infertility	☐ Lack of Motivation	
	☐ Voice has become hoarse	

System Review – Check the appropriate box for each question.

Constitutional / ID / Oncology	Yes	No	Not Sure
Have you had unexplained weight loss?			
Do you have fever and chills?			
Do you have night sweats?			
Do you notice swollen lymph nodes?			
Have you ever been diagnosed with cancer?			
Have you ever tested positive for HIV?			
Have you ever had a sexually transmitted disease?			
Respiratory			
Do you have a persistent cough?			
Do you have recurrent sinus infections?			
Do you have excessive daytime sleepiness?			
Do you snore?			
Have you ever been diagnosed with asthma or emphysema?			

System Review – Check the appropriate box for each question.

Cardiovascular	Yes	No	Not Sure
Do you have chest pain?			
Do you have palpitations?			
Do you have shortness of breath?			
Do you have swelling in your legs?			
Do you have leg pain while walking?			
Vascular disease or artery blockages/aneurysms?			
Have you been diagnosed with any heart condition? Have you ever been diagnosed with a blood clot?			
Gastrointestinal			
Do you have problems swallowing food?			
Do you have nausea or vomiting?			
Do you have diarrhea?			
Do you have blood in your stool?			
Do you have abdominal pain or swelling?			
Have you ever been diagnosed with hepatitis or liver disease?			
Endocrine			
Do you urinate frequently or in larger amounts than usual?			
Do you have greater than normal urge to eat?			
Do you have elevated bood sugar? Diabetes?			
Are you excessively thirsty?			
Do you have facial hair?			
Do you have acne?			
Have you ever been diagnosed with a thyroid problem?			
Neurological			
Do you have muscle weakness?			
Have you ever had a seizure?			
Have you ever fainted?			
Have you experienced double vision or blind spots?			
Have you ever been diagnosed with a stroke?			
Urologic / Renal			
Do you have burning when you urinate?			
Do you have urgency when you urinate?			
Do you urinate more frequently than others?			
Do you leak urine when laughing or coughing?			
Have you ever had any kidney problems?			

Physician Notes:

Patient SOAP Notes Form

Patient Name	Date
Reason for Visit	**Type of Visit** ☐ Initial ☐ Follow-Up ☐ Final

Tests Ordered or Received

	Ordered	Received
CBC		
Skin Tests		
PFT		
Radiology		

Request Medical Records ☐ Yes

Review of Records:

Subjective Data (Symptoms/Content)

Objective Data (Observation/Labs)

Assessment/Diagnosis or Impression	Code

Plan / Medications

Follow-Up Days ☐ Weeks ☐ Months ☐ PRN ☐

Signature

Time In AM ☐ PM ☐ Time Out AM ☐ PM ☐

Total Time: _____

Disclosure / Liability Waiver
Robertson County Physical Medicine
Bio-Identical Hormone Replacement Program

Past Medical History	
Please list any medical problems or illnesses you have had or have. Include any hospitalizations and accidents with approximate dates.	
Date	Medical diagnosis, illness, accident

While numerous safety measures are taken by our physicians and staff, incidental hormones does provide true medical benefit, and is being used at our center to lessen/treat non-life threatening symptoms you have identified as bothersome, undesirable, and frankly unwanted. It is therefore expressly agreed that you are voluntarily participating in this program and all bio-identical hormonal replacement regimens, and the use of any medications and/or supplements is undertaken at your own risk. You are voluntarily participating in this program and assume all the risks of injury to yourself that might result. You hereby agree to waive any claims or rights you might otherwise have to pursue legal remedies from Robertson County Physical Medicine its staff, or treating providers for injury to you on account of involvement in the Bio-identical Hormone Replacement Program. You have carefully read this waiver and fully understand that it is a release of liability.

I accept all terms and conditions of this program.

_____ _____

Signature of Patient Date

Maintenance of Preventative Medicine and Cancer Surveillance

A requirement for acceptance and continuation in the bio-identical hormone replacement program is adherence to routine cancer/prostate screening. You must have routine physical examinations including a PAP, mammogram, prostate examination, and PSA testing. Your signature below indicates that you will comply by obtaining the cancer/prostate screening from your primary care physician within three months of beginning the Bio-Identical Hormone Replacement Therapy Program and then according to current screening guidelines, which can be obtained, and followed with, your primary care physician.

I accept all terms and conditions of this program.

_____ _____

Signature of Patient Date

_____ _____

Print Name Date