



# BRIDGER NATURAL MEDICINE CLINIC, LLC

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NATUROPATHIC DOCTOR / NAMS CERTIFIED MENOPAUSE PRACTITIONER

**Welcome. As a new patient, please fill out the information found below to the best of your ability. All information given remains confidential.**

Purpose of Appointment: \_\_\_\_\_

To what extent does this interfere with your daily activities? (e.g.- work, sleep, etc): \_\_\_\_\_

What other care have you sought for relief? (circle)

naturopathy      chiropractic      acupuncture      conventional      other \_\_\_\_\_

Other health concerns: \_\_\_\_\_

## HISTORY OF PRESENT ILLNESS

Location: \_\_\_\_\_ Quality: \_\_\_\_\_  
(Where is the pain/problem?) (Ex: normal versus abnormal color, sensation: dull, throb, etc.)

Severity: \_\_\_\_\_ Duration: \_\_\_\_\_  
(How severe on a scale of 1-5, 5 being worst) (How long have you had this pain/problem? When did it start?)

Timing: \_\_\_\_\_ Context: \_\_\_\_\_  
(Does the pain/problem occur at a specific time?) (Where were you at the onset of the pain/problem?)

Associated Signs/Symptoms: \_\_\_\_\_  
(What other associated problems are being experienced?)

Modifying Factors: \_\_\_\_\_  
(What makes the pain/problem better or worse? Or, Have you had previous episodes?)

## PAST MEDICAL HISTORY

Have you ever experienced the following: (Circle "no" or "yes", leave blank if uncertain)

Measles.....no yes	Anemia.....no yes	Back Trouble.....no yes	Hepatitis.....no yes
Mumps.....no yes	Bladder Infxns...no yes	High Blood Pressure...no yes	Ulcer.....no yes
Whooping Cough...no yes	Migraines.....no yes	Hemorrhoids.....no yes	Thyroid Dz.....no yes
Scarlet Fever.....no yes	Tuberculosis.....no yes	Date of last chest Xray_____	Bleeding Dz.....no yes
Diphtheria.....no yes	Diabetes.....no yes	Asthma.....no yes	Any other Dz.....no yes
Smallpox.....no yes	Cancer.....no yes	Hives or Eczema.....no yes	(please list)
Pneumonia.....no yes	Polio.....no yes	AIDS, HIV, or HEP C....no yes	_____
Rheumatic Fever...no yes	Glaucoma...no yes	Infectious Mono.....no yes	_____
Heart Disease.....no yes	Hernia.....no yes	Bronchitis.....no yes	_____
Arthritis.....no yes	Blood or Plasma	Mitral Valve Prolapse...no yes	_____
Venereal Dz.....no yes	transfusion.....no yes	Stroke.....no yes	_____

## SOCIAL HISTORY (circle)

Marital Status:      Single                  Married                  Separated                  Divorced                  Widowed

Use of Alcohol:      Never                  Rarely                  Moderate                  Daily

Use of Tobacco:      Never                  Previously, but quit                  Current packs/day\_\_\_\_\_

Use of Drugs:      Never                  Sometimes                  Frequently                  Type/Frequency

Excessive exposure at home or work to:

Fumes      Dust      Solvents      Air-Borne Particles      Noise

**CONSTITUTIONAL SYMPTOMS**

Good general health lately no yes  
 Recent weight change no yes  
 Fever no yes  
 Fatigue no yes  
 Headaches no yes

**EYES**

Eye disease or injury no yes  
 Wear glasses/contact lenses no yes

**EARS/NOSE/MOUTH/THROAT**

Hearing loss or ringing no yes  
 Earaches or drainage no yes  
 Chronic sinus/rhinitis problem no yes  
 Nose bleeds no yes  
 Mouth sores no yes  
 Bleeding gums no yes  
 Bad breath or bad taste no yes  
 Sore throat or voice change no yes  
 Swollen glands in neck no yes

**CARDIOVASCULAR**

Heart trouble no yes  
 Chest pain/angina pectoris no yes  
 Palpitations no yes  
 Shortness of breath w/walking no yes  
 or lying flat no yes  
 Swelling of feet/ankles no yes

**RESPIRATORY**

Chronic or frequent coughs no yes  
 Spitting up blood no yes  
 Shortness of breath no yes  
 Wheezing no yes

**GASTROINTESTINAL**

Loss of appetite no yes  
 Change in bowel movement no yes  
 Nausea or vomiting no yes  
 Painful bowel movement no yes  
 Constipation no yes  
 Rectal bleeding/blood in stool no yes  
 Abdominal pain no yes  
 Indigestion no yes

**GENITOURINARY**

frequent urination no yes  
 Burning or painful urination no yes  
 Blood in urine no yes  
 Change in force of strain no yes  
 when urinating no yes  
 Incontinence or dribbling no yes  
 Kidney stones no yes  
 Sexual difficulty no yes  
 Female- pain with cycle no yes  
 Female- irregular cycle no yes  
 Female- vaginal discharge no yes  
 Female- # of pregnancies \_\_\_\_\_  
 Female- # of miscarriages \_\_\_\_\_  
 Female- date of last PAP \_\_\_\_\_

**MUSCULOSKELETAL**

Joint Pain no yes  
 Joint stiffness or swelling no yes  
 Weakness in muscles/joints no yes  
 Muscle pain or cramps no yes  
 Back pain no yes  
 Cold extremities no yes  
 Difficulty in walking no yes

**INTEGUMENTARY (skin/breast)**

Rash or itching no yes  
 Change in skin color no yes  
 Change in hair or nails no yes  
 Varicose veins no yes  
 Breast pain no yes  
 Breast lump no yes  
 Breast discharge no yes

**NEUROLOGICAL**

Frequent/recurring H/A's no yes  
 Light headed or dizzy no yes  
 Convulsions or seizures no yes  
 Tremors no yes  
 Paralysis no yes  
 Head injury no yes

**PSYCHIATRIC**

Memory loss or confusion no yes  
 Nervousness no yes  
 Depression/Anxiety no yes  
 Insomnia no yes

**ENDOCRINE**

glandular/hormonal problem no yes  
 Excessive thirst or urination no yes  
 Skin becoming dryer no yes  
 Change in hat or glove size no yes

**HEMATOLOGIC/LYMPHATIC**

Slow to heal after cuts no yes  
 Bleeding/bruising tendency no yes  
 Anemia no yes  
 Phlebitis no yes  
 Past transfusion no yes  
 Enlarged glands no yes

**ALLERGIC/IMMUNOLOGICAL**

History of skin reaction or other adverse reaction to:  
 Penicillin or other antibiotic no yes  
 Morphine, Demerol, or other narcotics no yes  
 Novocaine/other anesthetic no yes  
 Aspirin/pain remedies no yes  
 Tetanus antitoxin or other serums/immunizations no yes  
 Iodine, Merthiolate or other antiseptic no yes  
 Drugs/medications: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Known food allergies: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Known environmental allergies: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PREVIOUS HOSPITALIZATIONS/SURGERIES/SERIOUS ILLNESSES?      WHEN?      HOSPITAL/CITY/STATE?**

_____	_____	_____
_____	_____	_____
_____	_____	_____

**PLEASE LIST (IN CHRONOLOGICAL ORDER):**

Where you have lived: \_\_\_\_\_  
 \_\_\_\_\_

Your work history (type of job): \_\_\_\_\_  
 \_\_\_\_\_

The progression of your illness (symptom history): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FINAL QUESTIONS:**

When did you last feel well? \_\_\_\_\_

- |  |     |    |
|--|-----|----|
| Are you sensitive to taking medications?   | yes | no |
| Are you sensitive to perfumes, gasoline odors, detergents, soaps, etc...?                          | yes | no |
| Any exposure to environmental or second hand tobacco smoke (even as a child)?                      | yes | no |
| Do you live in a new house or a house under 10 years old?  | yes | no |
| Do you have any body parts that are not your own (ex: rods, Teflon, titanium, or breast implants)? | yes | no |

If yes, please list: \_\_\_\_\_

Number of mercury amalgam fillings? \_\_\_\_\_

- |  |     |    |
|--|-----|----|
| Any occupational exposure to chemicals, solvents, pesticides, heavy metals prior to illness?   | yes | no |
| Any residential exposures to chemicals, solvents, pesticides, heavy metals prior to illness?   | yes | no |
| Any hobby related exposures to chemicals, solvents, pesticides, heavy metals prior to illness? | yes | no |

If answer "yes" to the above 3 questions, please list: \_\_\_\_\_  
 \_\_\_\_\_

**MEDICATIONS** (include ALL prescription/non-prescription/supplements/vitamins and dosage) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**To the best of my knowledge, the questions on this form have been accurately answered. I understand that providing incorrect information can be detrimental to my health. It is my responsibility to inform the doctor's office of any changes in my medical status. I also authorize the healthcare staff to perform the necessary services I may need. I further understand that all information provided will be kept confidential.**

\_\_\_\_\_  
 Signature of Person Responsible

\_\_\_\_\_  
 Date