

## Symptom Survey Form - Fax version

Patient \_\_\_\_\_ Age \_\_\_\_\_

Date \_\_\_\_\_

Instructions: Circle the number that applies to you. **If a symptom does not apply, leave it blank.** Circle either : **(1)** for **MILD** symptoms (occur rarely), **(2)** for **MODERATE** symptoms (occurs several times a month), or **(3)** for **SEVERE** symptoms (occurs almost constantly).

GROUP ONE					
1	1 2 3	Acid foods upset	8	1 2 3	Gag easily
2	1 2 3	Get chilled, often	9	1 2 3	Unable to relax, startles easily
3	1 2 3	"Lump" in throat	10	1 2 3	Extremities cold, clammy
4	1 2 3	Dry mouth-eyes-nose	11	1 2 3	Strong light irritates
5	1 2 3	Pulse speeds after meal	12	1 2 3	Urine amount reduced
6	1 2 3	Keyed up - fail to calm	13	1 2 3	Heart pounds after retiring
7	1 2 3	Cuts heal slowly	14	1 2 3	"Nervous" stomach
GROUP TWO					
21	1 2 3	Joint stiffness after rising	29	1 2 3	Digestion rapid
22	1 2 3	Muscle-leg-toe cramps at night	30	1 2 3	Vomiting frequent
23	1 2 3	"Butterfly" stomach, cramps	31	1 2 3	Hoarseness frequent
24	1 2 3	Eyes or nose watery	32	1 2 3	Breathing irregular
25	1 2 3	Eyes blink often	33	1 2 3	Pulse slow; feels "irregular"
26	1 2 3	Eyelids swollen, puffy	34	1 2 3	Gagging reflex slow
27	1 2 3	Indigestion soon after meals	35	1 2 3	Difficulty swallowing
28	1 2 3	Always seem hungry; feels "lightheaded" often	36	1 2 3	Constipation, diarrhea alternating
GROUP THREE					
42	1 2 3	Eat when nervous	49	1 2 3	Heart palpitates if meals missed or delayed
43	1 2 3	Excessive appetite	50	1 2 3	Afternoon headaches
44	1 2 3	Hungry between meals	51	1 2 3	Overeating sweets upsets
45	1 2 3	Irritable before meals	52	1 2 3	Awaken after few hours sleep hard to get back to sleep
46	1 2 3	Get "shaky" if hungry	53	1 2 3	Crave candy or coffee in afternoons
47	1 2 3	Fatigue, eating relieves	54	1 2 3	Moods of depression- "blues" or melancholy
48	1 2 3	"Lightheaded" If meals delayed	55	1 2 3	Abnormal craving for sweets or snacks
GROUP FOUR					
56	1 2 3	Hands and feet go to sleep easily, numbness	63	1 2 3	Get "drowsy" often
57	1 2 3	Sigh frequently, "air hunger"	64	1 2 3	Swollen ankles worse at night
58	1 2 3	Aware of "breathing heavily"	65	1 2 3	Muscle cramps, worse during exercise; get "charley horses"
59	1 2 3	High altitude discomfort	66	1 2 3	Shortness of breath on exertion
60	1 2 3	Opens windows in closed room	67	1 2 3	Dull pain in chest or radiating into left arm, worse on exertion
61	1 2 3	Susceptible to colds and fevers	68	1 2 3	Bruise easily, "black and blue" spots
62	1 2 3	Afternoon "yawner"	69	1 2 3	Tendency to anemia
GROUP FIVE					
73	1 2 3	Dizziness	83	1 2 3	Feeling queasy; headache over eyes
74	1 2 3	Dry skin	84	1 2 3	Greasy foods upset
75	1 2 3	Burning feet	85	1 2 3	Stools light-colored
76	1 2 3	Blurred vision	86	1 2 3	Skin peels on foot soles
77	1 2 3	Itching skin and feet	87	1 2 3	Pain between shoulder blades
78	1 2 3	Excessive falling hair	88	1 2 3	Use laxatives
79	1 2 3	Frequent skin rashes	89	1 2 3	Stools alternate from soft to watery
80	1 2 3	Bitter, metallic taste in mouth in mornings	90	1 2 3	History of gallbladder attacks or gallstones
81	1 2 3	Bowel movements painful or difficult	91	1 2 3	Sneezing attacks
82	1 2 3	Worrier, feels insecure	92	1 2 3	Dreaming, nightmare type bad dreams
			93	1 2 3	Bad breath (halitosis)
			94	1 2 3	Mild products cause distress
			95	1 2 3	Sensitive to hot weather
			96	1 2 3	Burning or itching anus
			97	1 2 3	Crave sweets

**GROUP SIX**

<b>98</b> 1 2 3	Loss of taste for meat	<b>101</b> 1 2 3	Coated Tongue	<b>104</b> 1 2 3	mucous colitis or irritable bowel"
<b>99</b> 1 2 3	Lower bowel gas several hours after eating	<b>102</b> 1 2 3	Pass large amounts of foul-smelling gas	<b>105</b> 1 2 3	Gas shortly after eating
<b>100</b> 1 2 3	Burning stomach sensations, eating relieves	<b>103</b> 1 2 3	Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hours	<b>106</b> 1 2 3	Stomach "bloating" after eating

**GROUP SEVEN**

(A)		(C)		(E)	
<b>107</b> 1 2 3	Insomnia	<b>137</b> 1 2 3	Failing memory	<b>150</b> 1 2 3	Dizziness
<b>108</b> 1 2 3	Nervousness	<b>138</b> 1 2 3	Low blood pressure	<b>151</b> 1 2 3	Headaches
<b>109</b> 1 2 3	Can't gain weight	<b>139</b> 1 2 3	Increased sex drive	<b>152</b> 1 2 3	Hot flashes
<b>110</b> 1 2 3	Intolerance to heat	<b>140</b> 1 2 3	Headaches, "splitting or rendering" type	<b>153</b> 1 2 3	Increased blood pressure
<b>111</b> 1 2 3	Highly emotional	<b>141</b> 1 2 3	Decreased sugar tolerance	<b>154</b> 1 2 3	Hair growth on face or body of female
<b>112</b> 1 2 3	Flush easily			<b>155</b> 1 2 3	Sugar in urine (not diabetes)
<b>113</b> 1 2 3	Night sweats	(D)		<b>156</b> 1 2 3	Masculine tendencies (female)
<b>114</b> 1 2 3	Thin, moist skin	<b>142</b> 1 2 3	Abnormal thirst	(F)	
<b>115</b> 1 2 3	Inward trembling	<b>143</b> 1 2 3	Bloating of abdomen	<b>157</b> 1 2 3	Weakness, dizziness
<b>116</b> 1 2 3	Heart palpitates	<b>144</b> 1 2 3	Weight gain around hips or waist	<b>158</b> 1 2 3	Chronic fatigue
<b>117</b> 1 2 3	Increased appetite without weight gain	<b>145</b> 1 2 3	Sex drive reduced or lacking	<b>159</b> 1 2 3	Low blood pressure
<b>118</b> 1 2 3	Pulse fast at rest	<b>146</b> 1 2 3	Tendency to ulcers, colitis	<b>160</b> 1 2 3	Nails weak, ridged
<b>119</b> 1 2 3	Eyelids and face twitch	<b>147</b> 1 2 3	Increased sugar tolerance	<b>161</b> 1 2 3	Tendency to hives
<b>120</b> 1 2 3	Irritable and restless	<b>148</b> 1 2 3	Women: menstrual disorders	<b>162</b> 1 2 3	Arthritic tendencies
<b>121</b> 1 2 3	Can't work under pressure	<b>149</b> 1 2 3	Young girls: lack of menstrual function	<b>163</b> 1 2 3	Perspiration increase
(B)				<b>164</b> 1 2 3	Bowel disorders
<b>122</b> 1 2 3	Increase in weight			<b>165</b> 1 2 3	Poor circulation
<b>123</b> 1 2 3	Decrease in appetite			<b>166</b> 1 2 3	Swollen ankles
<b>124</b> 1 2 3	Fatigue easily			<b>167</b> 1 2 3	Crave salt
<b>125</b> 1 2 3	Ringling in ears			<b>168</b> 1 2 3	Brown spots or bronzing of skin
<b>126</b> 1 2 3	Sleepy during day			<b>169</b> 1 2 3	Allergies - tendency to asthma
<b>127</b> 1 2 3	Sensitive to cold			<b>170</b> 1 2 3	Weakness after colds, influenza
<b>128</b> 1 2 3	Dry or scaly skin			<b>171</b> 1 2 3	Exhaustion - muscular and nervous
<b>129</b> 1 2 3	Constipation			<b>172</b> 1 2 3	Respiratory disorders
<b>130</b> 1 2 3	Mental sluggishness				
<b>131</b> 1 2 3	Coarse hair, falls out				
<b>132</b> 1 2 3	Headaches upon arising wear off during the day				
<b>133</b> 1 2 3	Slow pulse, below 65				
<b>134</b> 1 2 3	Frequency of urination				
<b>135</b> 1 2 3	Impaired hearing				
<b>136</b> 1 2 3	Reduced initiative				

**GROUP EIGHT**

<b>173</b> 1 2 3	Apprehension	<b>183</b> 1 2 3	Noise sensitivity	<b>192</b> 1 2 3	Headaches
<b>174</b> 1 2 3	Irritability	<b>184</b> 1 2 3	Acoustic hallucinations	<b>193</b> 1 2 3	Insomnia
<b>175</b> 1 2 3	Morbid tears	<b>185</b> 1 2 3	Tendency to cry without reason	<b>194</b> 1 2 3	Anxiety
<b>176</b> 1 2 3	Needs to get well	<b>186</b> 1 2 3	Hair is coarse and/or thinning	<b>195</b> 1 2 3	Anorexia
<b>177</b> 1 2 3	Forgetfulness	<b>187</b> 1 2 3	Weakness	<b>196</b> 1 2 3	Inability to concentrate; Confusion
<b>178</b> 1 2 3	Indigestion	<b>188</b> 1 2 3	Fatigue	<b>197</b> 1 2 3	Frequent stuffy nose; sinus infections
<b>179</b> 1 2 3	Poor appetite	<b>189</b> 1 2 3	Skin sensitive to touch	<b>198</b> 1 2 3	Allergy to some foods
<b>180</b> 1 2 3	Craving for sweets	<b>190</b> 1 2 3	Tendency toward hives	<b>199</b> 1 2 3	Loose joints
<b>181</b> 1 2 3	Muscular soreness	<b>191</b> 1 2 3	Nervousness		
<b>182</b> 1 2 3	Depression; feelings of dread				

**FEMALE ONLY**

<b>200</b> 1 2 3	Very easily fatigued	<b>204</b> 1 2 3	Menstruation excessive and prolonged	<b>208</b> 1 2 3	Hysterectomy/ovaries removed
<b>201</b> 1 2 3	Premenstrual tension	<b>205</b> 1 2 3	Painful breasts	<b>209</b> 1 2 3	Menopausal hot flashes
<b>202</b> 1 2 3	Painful menses	<b>206</b> 1 2 3	Menstruate too frequently	<b>210</b> 1 2 3	Menses scanty or missed
<b>203</b> 1 2 3	Depressed feelings before menstruation	<b>207</b> 1 2 3	Vaginal discharge	<b>211</b> 1 2 3	Acne, worse at menses
				<b>212</b> 1 2 3	Depression of long standing

**MALE ONLY**

<b>213</b> 1 2 3	Prostate trouble	<b>218</b> 1 2 3	Feeling of incomplete bowel evacuation	<b>222</b> 1 2 3	Avoids activity
<b>214</b> 1 2 3	Urination difficult or dribbling	<b>219</b> 1 2 3	lack of energy	<b>223</b> 1 2 3	Leg nervousness at night
<b>215</b> 1 2 3	Night urination frequent	<b>220</b> 1 2 3	Migrating aches and pains	<b>224</b> 1 2 3	Diminished sex drive
<b>216</b> 1 2 3	Depression	<b>221</b> 1 2 3	Tire too easily		
<b>217</b> 1 2 3	Pain on inside of legs or heels				

**Five Major complaints**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_