

REVIEW OF SYSTEMS FEMALE

If DOES NOT apply don't circle anything.

If MILDLY applies circle 1 (mild = occurs infrequently and/or experience is a very mild symptom)

If MODERATELY applies circle 2 (moderate = occurs quite often and/or experience is moderately intense)

If STRONGLY applies circle 3 (strong = occurs very frequently and/or the experience is very intense)

DIGESTION			
A: Hypoacidity	1	2	3
Nausea with Food/Drink	1	2	3
Burping	1	2	3
Fullness for extended time after meals	1	2	3
Bloating	1	2	3
Poor appetite	1	2	3
Stomach upset easily	1	2	3
Lack of daily bowel movements	1	2	3
Food allergies or sensitivities	1	2	3
Poor appetite	1	2	3
B: Small Intestines			
Abdominal Cramps	1	2	3
Indigestion 1-3 hours after eating	1	2	3
Fatigue after eating	1	2	3
Lower bowel gas	1	2	3
Alternating constipation/diarrhea	1	2	3
Diarrhea	1	2	3
Fiber/roughage constipates you	1	2	3
Mucous in stools	1	2	3
Poorly formed stool	1	2	3
Shiny stool or toilet water	1	2	3
3 or more bowel movements daily	1	2	3
Foul smelling stool	1	2	3
Dry, flaky skin and/or dry brittle hair	1	2	3
Pain left side under ribs	1	2	3
Acne	1	2	3
Food allergies/sensitivities	1	2	3
Lack of clean wipe after stool	1	2	3
Use lots of toilet paper to clean	1	2	3
C: Hyperacidity or gastritis			
Stomach pains	1	2	3
Dependency on antacids	1	2	3
Chronic abdominal pain/discomfort	1	2	3

Butterfly sensation in stomach	1	2	3
Difficulty burping/belching	1	2	3
Stress causes digestive upset	1	2	3
Digestive upset relieved by carbonated drink	1	2	3
Digestive upset eased by dairy	1	2	3
History of ulcer or gastritis	1	2	3
History of H. Pylori bacteria	1	2	3
Black stool	1	2	3
Use of iron supplements	1	2	3
D: Colon			
Diarrhea unrelated to food poisoning	1	2	3
Bladder/Kidney infections	1	2	3
Abdominal cramps	1	2	3
Alternating constipation/diarrhea	1	2	3
Meat eater	1	2	3
Haemorrhoids	1	2	3
E: Liver/Gallbladder			
Intolerance to greasy foods	1	2	3
Headaches after eating	1	2	3
Floating stool hard to flush	1	2	3
Light coloured stool	1	2	3
Foul smelling stool	1	2	3
Less than 1 bowel movement daily	1	2	3
Constipation	1	2	3
Hard stool	1	2	3
Sour taste in mouth	1	2	3
Yellow in whites of eyes	1	2	3
Bad breath	1	2	3
Body odour	1	2	3
Fatigue or sleepy after eating	1	2	3
Pain right side under ribs	1	2	3
Pain right shoulder or upper back	1	2	3
Straining on bowel movements	1	2	3
Dry skin/hair	1	2	3
History jaundice or hepatitis	1	2	3

Thyroid	1	2	3
Sensitive to cold	1	2	3
Cold hands/feet	1	2	3
Constipation	1	2	3
Chronic fatigue	1	2	3
Depressed/apathy for no reason	1	2	3
Thick skin and fingernails	1	2	3
Dry skin	1	2	3
Muscle pain or stiffness	1	2	3
PMS	1	2	3
Infertility	1	2	3
Thinning/loss ends of eyebrows	1	2	3
Gain weight easily	1	2	3
Loss or thinning of hair	1	2	3
Poor healing.	1	2	3
Adrenal			
Energy drop afternoon	1	2	3
Dizzy on standing	1	2	3
Low blood pressure	1	2	3
Can't tolerate exercise	1	2	3
Poor tolerance to stress	1	2	3
Dark circles under eyes	1	2	3
Eyes sensitive to bright light	1	2	3
Sensitive to perfumes, smoke, medications	1	2	3
Depression	1	2	3
Startle easily	1	2	3
Headaches	1	2	3
Catch colds easily with weather change	1	2	3
Irritable bowels	1	2	3
Thin and can't gain weight	1	2	3
Eyes sunken in	1	2	3
Cant get through day without coffee	1	2	3
Cold hands/feet	1	2	3
Hair thin and wispy. Dry.	1	2	3
Too hot or too cold. Can't adapt well.	1	2	3
Low blood sugar episodes	1	2	3
Nails thin and brittle	1	2	3
Oily skin	1	2	3
Constipation	1	2	3
Vitiligo	1	2	3

IMMUNE SYSTEM			
Inflamed/bleeding gums	1	2	3
Running/dripping nose	1	2	3
Loss of smell	1	2	3
Boils or styes	1	2	3
Throat infections	1	2	3
Cold sores, fever blisters, herpes	1	2	3
Catch colds/flu easily	1	2	3
Slow to recover colds/flu	1	2	3
Poor wound healing	1	2	3
Frequent lymph node swelling	1	2	3
Ear infections	1	2	3
Bumpy skin back of arms	1	2	3
Hair falls out	1	2	3
Itching nose/eyes	1	2	3
Watery eyes	1	2	3
Discharge from eyes	1	2	3
Puffiness or dark circles under eyes	1	2	3
Itching mouth/throat/skin	1	2	3
Mucous in throat	1	2	3
Post nasal drip	1	2	3
Running nose	1	2	3
Nasal congestion	1	2	3
Sneezing	1	2	3
Mouth breathing	1	2	3
Asthma or bronchitis	1	2	3
Swollen tongue	1	2	3
Ear pressure, popping or feel full	1	2	3
Chronic full body aches	1	2	3
Swollen joints	1	2	3
Chronic pain	1	2	3
Food sensitivities/allergies	1	2	3
Eczema or psoriasis	1	2	3
Chronic skin rashes or hives	1	2	3
Migraine headaches	1	2	3
Autoimmune disease in your family?	1	2	3
CARDIOVASCULAR			
A: Heart			
Chest pain on movement/Angina	1	2	3
Heavy legs	1	2	3
Calf muscle cramping on walking	1	2	3
Heart pounds easily	1	2	3
Heart skips beat or extra beats	1	2	3

Rapid pulse	1	2	3
Feel jittery	1	2	3
Swelling of feet/ankles	1	2	3
Pain in left arm	1	2	3
Exhaust with minor exertion	1	2	3
Difficulty breathing on lying	1	2	3
Medical history of heart issues?	1	2	3
Last ECG was normal?	1	2	3
History of rheumatic fever?	1	2	3
B: Circulation			
Cold hands/feet	1	2	3
Calf muscle cramp on walking	1	2	3
Numbness of limbs easily	1	2	3
Tingling/burning hands/feet	1	2	3
Vertical wrinkle in lower ear lobe	1	2	3
Blue lips/nails	1	2	3
High blood pressure	1	2	3
ringing in ears	1	2	3
Ear canal hair	1	2	3
Spider veins	1	2	3
Heart attack?	1	2	3
Stroke?	1	2	3
SUGAR METABOLISM			
Hypoglycemia			
Dizziness on bending or getting up	1	2	3
Crave sweets	1	2	3
Headaches better with sugar/alcohol	1	2	3
Often feel shaky or jittery	1	2	3
Feel faint at times	1	2	3
Irritable if miss a meal or hungry	1	2	3
Feel tired 1-3 hours after eating	1	2	3
Wake up at night hungry	1	2	3
Heart palpitations after sweets	1	2	3
Impatient, moody, nervous	1	2	3
Poor memory, forgetful	1	2	3
Poor concentration	1	2	3
Dysglycemic			
Night sweats	1	2	3
Increased thirst or hunger	1	2	3
Lower resistance to infection	1	2	3
Poor healing of skin wounds	1	2	3

Overweight	1	2	3
Crave sweets	1	2	3
History high blood sugar	1	2	3
LUNGS			
Chest pain	1	2	3
Chronic cough	1	2	3
Difficulty breathing	1	2	3
Coughing up blood	1	2	3
Coughing up phlegm	1	2	3
Pain around ribs	1	2	3
Shortness of breath	1	2	3
Wheezing/asthma	1	2	3
Sensitive to smog, smoke	1	2	3
Infections often go into the chest	1	2	3
Smoked now or in past	1	2	3
History of Bronchitis	1	2	3
Lived around smokers	1	2	3
KIDNEYS/BLADDER			
Difficulty passing urine	1	2	3
General water retention	1	2	3
Frequent urination	1	2	3
Pain/burning on urination	1	2	3
Urinate when cough or sneeze	1	2	3
Dripping after urination	1	2	3
Can't hold urine	1	2	3
History of bladder/kidney infection	1	2	3
If yes how many?	1	2	3
Chronic lower back pain	1	2	3
Use of antibiotics for bladder infection	1	2	3
HORMONES GENERAL			
Fibrocystic Breasts	1	2	3
Pain in pelvic area	1	2	3
Breasts painful or lumpy	1	2	3
PMS breast pain or discomfort	1	2	3
General water retention/swelling	1	2	3
Abnormal PAP before	1	2	3
Ovary cysts	1	2	3
Uterine cysts	1	2	3
Breast lumps	1	2	3
Family history breast cancer	1	2	3
Ever used Birth control pills?	1	2	3

Mother used hormones while pregnant	1	2	3
Unusual vaginal discharge	1	2	3
Vaginal itching	1	2	3
Unusual vaginal odour	1	2	3
Missed periods now or past	1	2	3
Inability to get pregnant	1	2	3
Miscarriages	1	2	3
Abortions	1	2	3
Menstruation - Answer only if occurs AROUND bleeding			
Menstrual pain	1	2	3
Lower abdominal pain	1	2	3
Dull ache radiating to lower back/legs	1	2	3
Use of pain killers for crams	1	2	3
Abnormally light menstrual flow	1	2	3
Abnormally heavy menstrual flow	1	2	3
Diarrhea or constipation (circle which)	1	2	3
Abdominal bloating	1	2	3
Nausea/vomiting	1	2	3
Headaches	1	2	3
Cravings for sweets	1	2	3
Loose stools	1	2	3
Spotting before true blood flow	1	2	3
Clots when bleeding	1	2	3
Monthly weight gain, water retention	1	2	3
Bloating and swelling	1	2	3
Tender breasts	1	2	3
Depression	1	2	3
Moodiness/irritable	1	2	3
Anxiety or anger	1	2	3
Menopause			
Hot flashes	1	2	3
Night sweats	1	2	3
Insomnia/can't fall asleep	1	2	3
Waking at night/Can't get back to sleep	1	2	3
Vaginal dryness/pain/itching	1	2	3
Dry skin	1	2	3
Memory loss	1	2	3
Osteoporosis/osteopenia	1	2	3
History of hysterectomy	1	2	3
Date of last period:			

MUSCULOSKELETAL			
Bones			
Drink carbonated beverages	1	2	3
Use antacid	1	2	3
Bone/joint pain	1	2	3
Arthritis	1	2	3
Calcium deposits	1	2	3
Kidney stones	1	2	3
Cavities/Fillings	1	2	3
Dentures	1	2	3
Gum disease	1	2	3
Bone loss (jaw, spine, hip)	1	2	3
Bone fracture	1	2	3
Hysterectomy	1	2	3
Muscles			
Muscle cramps, spasms or twitches	1	2	3
Tight neck or shoulders	1	2	3
Poor posture	1	2	3
General muscle pain	1	2	3
General stiffness	1	2	3
Leg cramps at night	1	2	3
Connective tissue			
Over-flexible joints (double jointed)	1	2	3
History of injury to joints or ligaments	1	2	3
Injure easily	1	2	3
Swollen knees/elbows/joints	1	2	3
Bursitis	1	2	3
Tendonitis	1	2	3
Chronic joint pain	1	2	3
Slipped disc	1	2	3
Herniated disc	1	2	3
Loss of height	1	2	3
NEUROLOGICAL			
Head feels heavy	1	2	3
Light headed/fainting	1	2	3
Dizziness	1	2	3
Ringin/buzzing in ears	1	2	3
Trembling hands	1	2	3
Loss of feeling hands or feet	1	2	3
Limbs feel heavy	1	2	3
Loss of grip strength	1	2	3

