

## REVIEW OF SYSTEMS

Please circle if you are CURRENTLY (in the last 30 days) having issues with:

**CONSTITUTIONAL**

Binge eating

Chills

Compulsive eating

Dizziness

Faintness

Fatigue

Fever

Food cravings

Headaches

Insomnia/sleep problems

Overweight

Underweight

Water retention

Weight gain

Weight loss

**RESPIRATORY**

Asthma/bronchitis

Chest congestion

Coughing up blood

Difficulty breathing

Poor exercise tolerance

Shortness of breath

wheezing

**GASTROINTESTINAL**

Bloated feeling/gas

Blood in stool

Constipation/infrequent BM

Diarrhea, frequent stools

Indigestion/heartburn

**GENITOURINARY**

Genital or rectal itching

Heavy periods

Irregular periods

Painful periods/cramps

Sores on vulva

Vaginal bleeding

Blood in urine

Incomplete emptying bladder

Leakage of urine

Painful urination

Urinary urgency

Urinary frequency (day or night)

Cyst/lumps in breasts

Dimpling in breast(s)

Discharge or drainage from breasts

Vaginal bleeding

**ALLERGY/IMMUNOLOGY**

Food allergy/sensitivity(ies)

Hay fever

Hives

Multiple drug reactions

Seasonal allergies

**MUSCULOSKELETAL**

Arthritis

Back pain

Joint pain or stiffness

Muscle weakness/tiredness

Muscle pain

Neck pain

Stiffness/limitation of movement

**EYES**

Bags or dark circles

Blurred, double, tunnel vision

Eye pain

Swollen/red/sticky eyelids

Watery/itchy eyes

**EAR/NOSE/THROAT/MOUTH**

Canker sores

Chronic coughing

Earaches or ear infections

Ear drainage

Excess mucous production

Gagging or frequent need to clear throat

Hoarseness or loss of voice

Ringing in ears or hearing loss

Sinus problems

Sore throat

Sneezing attacks

Stuffy nose

Swollen or discolored tongue, gums or lips

**CARDIAC**

Ankle swelling

Chest pain or pressure

High blood pressure

Irregular or skipped heartbeat(s)

Rapid or pounding heart

Varicose veins

**NEUROLOGIC**

Numbness/tingling

Seizures

Tremors

Weakness

**SKIN**

Acne

Boils

Excessive sweating

Flushing/hot flashes

Hair loss

**HEME/LYMPH**

Blood clotting disorder

Swollen glands

**ENDOCRINE**

Excessive thirst

Tired/sluggish

Too hot/too cold