Review of Systems

Check the appropriate box: C for current conditions, P for Past conditions

General symptoms

Dizziness	C ▫ P ▫
Fainting	C ▫ P ▫
Sweats	C ▫ P ▫
Cold hands / feet	C ▫ P ▫
Insomnia	C ▫ P ▫
Weight loss	C ▫ P ▫
Weight gain	C ▫ P ▫
Fatigue	C ▫ P ▫
Alcoholism	C ▫ P ▫
Anemia	C ▫ P ▫
Nutrient deficiency	C ▫ P ▫
Weak/brittle nails	C ▫ P ▫

Head & Neck

Headaches	C ▫ P ▫
Head injury	C ▫ P ▫
TMJ pain	C ▫ P ▫
Poor vision	C ▫ P ▫
Itchy/red eyes	C ▫ P ▫
Circles under eyes	C ▫ P ▫
Earaches/ infection	C ▫ P ▫
Hearing loss	C ▫ P ▫
Ringing in ears	C ▫ P ▫
Sinus problems	C ▫ P ▫
Loss of smell	C ▫ P ▫

Cardiovascular

High blood pressure	C ▫ P ▫
Low blood pressure	C ▫ P ▫
Bleeding disorders	C ▫ P ▫
Anemia	C ▫ P ▫
Chest pain	C ▫ P ▫
Angina	C ▫ P ▫
Murmurs	C ▫ P ▫
Palpitations	C ▫ P ▫
Heart disease	C ▫ P ▫
Stroke	C ▫ P ▫
Artery hardening	C ▫ P ▫
Varicose veins	C ▫ P ▫
Ankle swelling	C ▫ P ▫
Poor circulation	C ▫ P ▫

Gastrointestional

Trouble swallowing	C ▫ P ▫
Poor digestion	C ▫ P ▫
Heartburn	C ▫ P ▫
Change in thirst	C ▫ P ▫
Change in appetite	C ▫ P ▫
Change in weight	C ▫ P ▫
Belching or gas	C ▫ P ▫
Nausea / Vomiting	C ▫ P ▫
Abdominal pain	C ▫ P ▫

Skin

Itching	C ▫ P ▫
Rashes, Eczema	C ▫ P ▫
Psoriasis	C ▫ P ▫
Acne	C ▫ P ▫
Dry skin	C ▫ P ▫
Changes in mole	C ▫ P ▫
Easy bruising	C ▫ P ▫
Hives	C ▫ P ▫
Warts	C ▫ P ▫

Muscles and Joints

Stiff neck	C ▫ P ▫
Backache/tension	C ▫ P ▫
Swollen joints	C ▫ P ▫
Joint pain	C ▫ P ▫
Arthritis	C ▫ P ▫
Weakness	C ▫ P ▫
Muscle spasms	C ▫ P ▫
Broken bones	C ▫ P ▫
Gout	C ▫ P ▫

Neurological

Numbness, tingling	C ▫ P ▫
Changes in sensation	C ▫ P ▫
Poor memory	C ▫ P ▫
Change in taste	C ▫ P ▫
Gum disease	C ▫ P ▫
Cavities	C ▫ P ▫
Hoarseness	C ▫ P ▫
Difficulty swallowing	C ▫ P ▫
Sore throat	C ▫ P ▫
Strep throat	C ▫ P ▫
Swollen glands	C ▫ P ▫
Thyroid imbalance	C ▫ P ▫
Loss of hair	C ▫ P ▫
Dry/oily hair	C ▫ P ▫
Premature grey hair	C ▫ P ▫
Thinning eyebrows	C ▫ P ▫
Excess hair growth	C ▫ P ▫

Respiratory

Cough	C ▫ P ▫
Shortness of breath	C ▫ P ▫
Wheezing	C ▫ P ▫
Asthma	C ▫ P ▫
Difficulty breathing	C ▫ P ▫
Sputum	C ▫ P ▫
Allergies	C ▫ P ▫
Pneumonia	C ▫ P ▫

Infections / Illnesses

Frequent colds, flus	C ▫ P ▫
Cold sores	C ▫ P ▫
Mono	C ▫ P ▫
Genital herpes	C ▫ P ▫
Hepatitis	C ▫ P ▫
Shingles	C ▫ P ▫
Tuberculosis	C ▫ P ▫
STI	C ▫ P ▫
HIV / AIDS	C ▫ P ▫

Laura Duggan, BSc, ND - Aruna Natural Health Clinic - laura@arunahealth.ca - 647-478-4296

Cancer	C ▫ P ▫
Constipation	C ▫ P ▫
Diarrhea	C ▫ P ▫
Blood in stool	C ▫ P ▫
Black, tarry stool	C ▫ P ▫
Hemorrhoids	C ▫ P ▫
Parasites / yeast	C ▫ P ▫
Liver concerns	C ▫ P ▫
Jaundice	C ▫ P ▫
Gall bladder trouble	C ▫ P ▫
Ulcer	C ▫ P ▫
Hernias	C ▫ P ▫
Diabetes	C ▫ P ▫
Food sensitivities	C ▫ P ▫
Food cravings	C ▫ P ▫

Genitorurinary

Pain on urination	C ▫ P ▫
Blood in the urine	C ▫ P ▫
Kidney stones	C ▫ P ▫
Urgency	C ▫ P ▫
Increased frequency	C ▫ P ▫
Hesitancy	C ▫ P ▫
Bladder infections	C ▫ P ▫

Mental/emotional

Severe stress	C ▫ P ▫
Anxiety	C ▫ P ▫
Depression	C ▫ P ▫
Mood changes	C ▫ P ▫
Mental illness	C ▫ P ▫
Child abuse	C ▫ P ▫
Physical abuse	C ▫ P ▫
Emotional abuse	C ▫ P ▫
Sexual abuse	C ▫ P ▫
Seizures	C ▫ P ▫
Paralysis	C ▫ P ▫
Loss of balance	C ▫ P ▫
Speech problems	C ▫ P ▫

Men's Health

Testicular masses	C ▫ P ▫
Testicular pain	C ▫ P ▫
Prostate trouble	C ▫ P ▫
Discharge or sores	C ▫ P ▫
Sexual difficulties	C ▫ P ▫

Women's Health

Painful menses	C ▫ P ▫
Painful intercourse	C ▫ P ▫
Heavy menses	C ▫ P ▫
Irregular cycle	C ▫ P ▫
Hot flashes	C ▫ P ▫
Cramps or backache	C ▫ P ▫
Vaginal discharge	C ▫ P ▫
Vaginal itch	C ▫ P ▫
Ovary/ uterine pain	C ▫ P ▫
Endometriosis	C ▫ P ▫
Fibroids	C ▫ P ▫
Breast tenderness	C ▫ P ▫
Lumps in the breast	C ▫ P ▫
Nipple discharge	C ▫ P ▫
Post-partum depression	C ▫ P ▫

Do you do self breast exams?

☒ Yes ☒ No

Age of menarche	_____
Age at menopause	_____
# of pregnancies	_____
# of live births	_____
# of miscarriages	_____
# of abortions	_____
# of vaginal	_____
# of C-sections	_____