women to women
Healthcare Center

Helping
women heal
themselves

3 MARINA ROAD YARMOUTH, ME 04096
PH: (207) 846-6163 FX: (207) 846-6167

Annual History

Date: _____
Name: _____ DOB/Age:_____/_____
Reason for today's visit: _____
_____

Last menstrual period began: _____Prior period began: _____
Any changes in period? _____

Currently sexually active? _____ Birth control method: _____
Any sexual or relationship problems? _____
_____

Have you had any recent, or current problems with:

___Insomnia	___Depression	___Mood swings	___Urinary incontinence
___Hot flashes	___Low sex drive	___Weight gain	___Pain with intercourse
___Night sweats	___Breast tenderness	___Joint tenderness	___Abdominal bloating
___Palpitations	___Vaginal dryness	___Memory loss	

___Head	___Eyes	___Ears	___Sinuses	___Throat	___Chest
___Lungs	___Heart	___Stomach	___Abdomen	___Bowels	___Urine
___Back	___Joints	___Skin	___Hair	___Weight	

___Other: _____
Please explain: _____
_____
_____

Operations since last visit: _____
Illnesses since last visit: _____
Any NEW allergies: _____
Any NEW family history: _____

Current medications/supplements: _____
_____
_____
Last cholesterol:_____ Last mammogram:_____
Last Bone Density: _____Last colonoscopy: _____
Dietary Preferences/Restrictions: _____
Sample of Daily Menu:
Breakfast: _____
Lunch: _____
Dinner: _____
Routine Exercise: Type: _____ Duration: _____ How often? _____

Tobacco? ❒ No; ❒ Yes-- Type: _____ How much? _____ How long?_____

Alcohol use? ❒ No; ❒ Yes-- How much? _____ How often? _____

Caffeine use? ❒ No; ❒ Yes-- How much? _____ How often? _____

Other mood altering substance use (i.e. marijuana, cocaine—past and present): _____
_____

Any special concerns today: _____

Annual Exam

Date: _____

Name: _____ DOB/Age: _____/_____

G:_____ P_____

LMP:_____ HT_____

WT_____BP_____

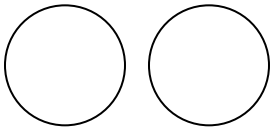
P_____UA_____

HGB_____

Other Lab_____

	Use WNL or
Skin	
Heent	
Neck	
Breasts	Taught SBE ☐
Lungs	
Heart	
Abdomen	
Extremities	✓
Neurologic	
Ext. Genitalia	
Vagina	
Cervix	
Fundus	RV☐ AV☐ Mid☐
Adnexa	
R-V	

A:



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