

ACUPUNCTURE CENTER
for Family Health

254 US Highway Rt. 202/206 □ Pluckemin, NJ 07978 □ (908)719-1362 □ www.acfamilyhealth.net

Name _____
Address _____
City _____ State _____ Zip _____
Cell # _____ Home # _____ Work # _____
Birth date _____ Age _____ Height _____ Weight _____ Sex _____
Marital status _____ Number & ages of children _____
Occupation _____
Email _____ Would you like to receive our newsletter? Y N
Personal physician _____
Date of last physical examination _____
In emergency Contact _____ Relationship _____ Phone _____
Referred by _____
Have you ever had **acupuncture** before? Y N
How did you hear about our clinic? _____

MAJOR COMPLAINT (Reason for Visit)

How long have you had this complaint? _____

Have you ever received treatment for this condition? If yes, when? By whom?

What was the diagnosis? What were the results of the treatment?

Has the condition gotten: Better Worse About the same

What makes it better?

What makes it worse?

Describe what caused it or how it started:

FAMILY MEDICAL HISTORY:

Cancer Diabetes High or Low Blood Pressure Heart Trouble TB Allergies Kidney Disease
 Epilepsy Asthma Liver Disease Ulcers Sinus Problems Eye Disease Arthritis Alcoholism
 Spinal Problems Mental Disorders Drug Addiction Other

PERSONAL MEDICAL HISTORY

(Include date) Major Surgeries - Illnesses - Diseases - Accidents

CONTAGIOUS DISEASES

(Circle if you have or ever had one of the following):

HIV + AIDS Hepatitis STD Herpes Other _____

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ALLERGIES

(Drugs, chemicals, food, animals, seasonal, etc.)

MEDICATIONS PRESENTLY TAKING:

EXERCISE:

Never Little Moderate Heavy Type of exercise _____

NEUROPSYCHOLOGICAL:

Happy Easily irritable Difficulty expressing anger Angry Cry easily Poor memory Tics
Tremors Depression Easily effected by stress Restless Anxious Other _____

DIET (Typical Foods):

APPETITE:

Up and down Poor Good Hungry a lot Loss of taste Hunger with no desire to eat
Do you normally crave Sweets Sour food Salty food Bitter food Spicy food

WEIGHT:

Normal Underweight Overweight Recent gain Recent loss

ENERGY:

Up and down Low Normal Excess Low after eating Heavy feeling in 4 limbs
Tired in the afternoon Other _____

BODY TEMPERATURE:

Feel Warm/Hot often Flushed face Feel warmer late afternoon and night Sweat easily Night sweats
Feel cold often Warm palms Warm soles Alternate chills and fever Profuse perspiration Never
sweats Hate the cold Hate when it is windy Hate the heat Cold hands and feet Cold limbs Normal
Sweat on chest Other _____

DIGESTION:

Indigestion Bloating Heartburn Nausea Vomiting Full feeling or distention Belching/hiccuping
Abdominal pain or cramps Gas Difficulty digesting fatty or oily foods Bitter taste in mouth upon waking
Sticky/wet feeling in mouth Normal Other _____

BOWELS:

Loose stool Diarrhea- foul smelling Diarrhea- no smell Diarrhea upon waking Hemorrhoids Dry, hard
stool Constipation Undigested food in stool Pain or cramps Mucous in stool Blood in stool Use
laxatives Normal Other _____

URINATION (three to four times per day is normal):

Frequent Burning Bladder infections Urgency Nighttime Incontinence Cloudy Copious Scanty
Dark yellow color Dribbling Pale/clear color Kidney stones or infections Normal Other _____

THIRST:

Lack of thirst Crave cold drinks Thirsty but no desire to drink Prefer hot drinks Thirsty but likes to sip
fluid Excessive Normal Other _____

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SLEEP:

Difficulty falling asleep Lots of dreams Tired when get up in morning Nightmares Sleep too much
Waking during the night Restless Wake very early Normal Other _____

HEADACHES - DIZZINESS:

Headaches Migraines Vertigo Dizziness Motion sickness Poor balance Faint easily Muzzy head
Poor memory Where are the headaches located? _____
Does it happen at a particular time (before period, when stressed etc) _____

SKIN:

Dry Hives Itching Oily Cystic Acne Red acne Bruise easily Rashes Damp Greasy
Edema/swelling Areas of numbness Cuts heal slowly Normal Other _____

HAIR:

Dry Oily Dandruff Falling out Early grey Normal Other _____

NAILS:

Soft Spots Grow slowly Ridges and lines Purple Normal
Weak/Break easily Pale Other _____

EYES:

Blurry Eyelids swollen Red Dry Itch Poor night vision Twitch Pain Color blindness
Tear easily Floaters Dark circles under Normal Other _____

EARS:

Poor hearing Ringing (high pitch) Ringing (low pitch) Discharges Ear aches Normal
Other _____

NOSE:

Stuffy nose Hay Fever Sneeze a lot Environmental sensitivity Clear runny mucous Yellow mucous
Bleeding Loss of smell Blow nose a lot Sinusitis Rhinitis Normal Other _____

MOUTH & THROAT:

Dry Gum problems Frequent colds Difficulty swallowing TMJ Feel lump in throat Chapped lips
Mouth/tongue sores Normal Other _____

RESPIRATORY:

Shortness of breath Difficulty inhaling Difficulty exhaling Sighing Chest pain Dry cough
Asthma Difficulty breathing Cough with phlegm Weak Voice Sneezing Cough with blood
Tightness in chest Wheezing Normal Other _____

CARDIOVASCULAR - CIRCULATION

Diagnosed heart problems Palpitations Low blood pressure High blood pressure Bleed easily Facial swelling
High cholesterol Varicose veins Ankle/leg swelling Chest pain Bruise easily Hand swelling
Irregular heart beat Numbness in extremities Normal Other _____

PAIN:

Low back Shoulder Muscle weakness Sciatica Hands or wrists Muscle cramps Rib pain
Upper back Hips Muscle twitching or spasm Mid back Knees Worse with Damp weather
Neck Foot or ankle Nerve Spine Arthritis Flank area Other _____

ANY OTHER PROBLEMS YOU WOULD LIKE TO DISCUSS?

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***** FOR WOMEN ONLY *****

Are you or might you be pregnant? YES NO MAYBE

Are you experiencing low sex drive? YES NO

Do you have regular pap tests? YES NO

Do you have facial hair or excess body hair? YES NO

Do you have vaginal dryness? YES NO

Do you have any nipple discharge? YES NO

MENSTRUAL CYCLE:

(Please check all that apply and explain as applicable)

Age started _____ Days of flow _____

Cycle Details:

Always early (21 days or less) Always late (more than 35 days) Irregular Normal (approx. 28 days)

Spotting between periods Spotting before period Bleeding stops and starts

Menstrual blood color:

Dark color Light red/pink Purple Bright red Brown/black

Pelvic pain/cramps:

None During menses Before menses After menses At ovulation During intercourse

With bowel movements With urination Felt in external genital area

Pelvic pain/cramps are:

Mild Moderate **Severe** Stabbing Dull/achy Feel better with heat Improve with rest

Improve with exercise Better after passing clot Relieved by pressure Worsened by pressure

Genital/uterine pain that is worse with cold or better with heat.

Blood flow is:

Heavy flow Scanty flow Thick blood Thin watery blood Large clots (quarter size)

Small clots (pea size) Dark colored clots Bright red clots

Premenstrual symptoms - mark with B (before), D (during) or A (after) period:

___ Water retention ___ Abdominal bloating ___ **Painful or tender breasts** ___ **Breast lumps** ___ Nausea

___ Emotional changes ___ Lump in throat feeling ___ Constipation ___ Diarrhea ___ Insomnia

___ Tightness in chest ___ Backache Other _____

VAGINAL DISCHARGES:

Yellow Thick Bad odor White Greenish Clear

Other _____

FERTILE CERVICAL MUCUS

Lasts 1-3 days Scanty Absent

MENOPAUSE PROBLEMS?

Age menarche started _____

Explain symptoms: _____

PREGNANCIES:

Total number _____ Number of miscarriages _____ Number of children _____ Number of abortions _____

PREGNANCY OR CHILDBIRTH COMPLICATIONS:

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GYNECOLOGICAL HISTORY AND OPERATIONS

WHAT METHOD OF BIRTH CONTROL DO YOU NOW USE?

WHAT METHOD OF BIRTH CONTROL HAVE YOU USED IN THE PAST?

***** **FOR MEN ONLY** *****

URO-GENITAL:

(Please check and explain as applicable)

- Low sperm count Nocturnal emissions Premature ejaculation Prostate problems Sperm motility problems
Low sex drive Unusually high sex drive Erectile dysfunction

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**Consent for Purposes of Treatment, Payment
and Health Care Operation**

I consent to the use or disclosure of my identifiable health information by Acupuncture Center for Family Health (hereafter noted as ACFH) for the purposes of diagnosis or providing treatment to, obtaining payment for my health care bills or to conduct health care operations. I understand that diagnosis or treatment of me at ACFH may be conditioned upon my consent as evidenced by my signature on this document.

I understand I have the right to request a restriction as to how my identifiable health information is used or disclosed to carry out treatment, payment or health care operations of the practice. ACFH is not required to agree to the restrictions that I may request. However, if ACFH agrees to a restriction that I request, the restriction is binding upon ACFH.

I have the right to revoke this consent, in writing, at any time except to the extent that ACFH has taken action in reliance on this consent.

My *identifiable health information* means health information, including my demographic information, collected from me and created or received by my practitioner, another health care provider, a health plan, my employer or a health care clearinghouse. This identifiable health information relates to my past, present or future physical or mental health or condition and identifies me, or there is a reasonable basis to believe the information may identify me.

I understand I have the right to review ACFH's Notice of Privacy Practices prior to signing this document. The Notice of Privacy Practices describes the types of uses and disclosures of my identifiable health information that will occur in my treatment, payment of my bills or in the performance of health care operations of ACFH. The Notice of Privacy Practices is also provided at the front desk. This Notice of Privacy Practices also describes my rights and the duties of my practitioners and ACFH with respect to my identifiable health information.

ACFH reserves the right to change information contained in the Notice of Privacy Practices at any time. I may obtain a revised Notice of Privacy Practices by accessing the website or requesting the most current notice during any office visit.

Signature of Patient or Authorized Representative

Date

Printed Name and Relationship

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Acupuncture Center for Family Health
Consent to Treatment Form

By signing below, I do hereby voluntarily consent to be treated with acupuncture and/or substances from the Oriental Materia Medica by a certified acupuncturist at the Acupuncture Center for Family Health (ACFH). I understand that acupuncturists practicing in the state of New Jersey are not primary care providers and that regular primary care by a licensed physician is an important choice that is strongly recommended by this clinic's practitioner. All patients should have a physician's diagnosis prior to treatment.

I understand that acupuncture is performed by the insertion of needles through the skin or by the application of heat to the skin (or both) at certain points on or near the surface of the body in an attempt to treat bodily dysfunction or diseases, to modify or prevent pain perception, and to normalize the body's physiological functions. I am aware that certain adverse side effects may result. I understand that acupuncture, moxibustion, electrical stimulation, cupping and pricking are all safe methods of treatment. Potential risks include temporary bruising, swelling, bleeding, numbness and tingling, and soreness at the needling site that may last a few days. Unusual risks of acupuncture include dizziness, fainting or nerve damage. Infection is possible, although the clinic uses alcohol and sterile disposable needles and maintains a safe and clean environment. Potential risks of moxibustion health therapy and heat lamp are burns, blistering, or scarring. Temporary bruising or redness lasting a few days is a common side effect of cupping and gua sha, or spooning. I fully understand that there is no implied or stated guarantee of success or effectiveness of a specific treatment or series of treatments.

I will notify the acupuncturist should I become pregnant or if I am in the process of trying to get pregnant so that my practitioner can avoid points and herbs that could induce miscarriage. Otherwise, Chinese medicine treatment can be very beneficial in the pregnancy and birthing process.

I understand that substances from the Oriental Materia Medica may be recommended to me to treat bodily dysfunction or diseases, to modify or prevent pain perception, and to normalize the body's physiological functions. I understand that I am not required to take these substances but must follow the directions for administration and dosage if I do decide to take them. I am aware that certain adverse side effect may result from taking these substances. These could include, but are not limited to: changes in bowel movement, abdominal pain or discomfort, vomiting, headache, diarrhea, rashes, hives, tingling of the tongue and the possible aggravation of symptoms existing prior to herbal treatment. Large doses of herbs taken without my practitioner's recommendation may be toxic, and some herbs are inappropriate during pregnancy. *Should I experience any problems, which I associate with these substances, I should suspend taking them and call the ACFH as soon as possible.*

I understand that I may be asked to have electro-acupuncture administered with the acupuncture. I am aware that certain adverse side effects may result. These may include, but are not limited to: electrical shock, pain or discomfort, and the possible aggravation of symptoms existing prior to treatment. I understand that I may refuse this treatment.

I understand that there may be other treatment alternatives, including treatment offered by a licensed physician.

I understand that I can discuss risks and benefits further with my practitioner before signing if I so choose. However, I do not expect my practitioner to be able to anticipate and explain all possible risks and complications of treatment. I rely on the practitioner to exercise his or her judgment in my best interest during the course of treatment, based upon the facts then known.

I recognize that scheduling an appointment involves the reservation of time specifically for me, and that consequently, a minimum of 24 hours notice is required to reschedule or cancel an appointment. Unless otherwise agreed to in advance, the full fee will be charged for sessions missed without such advance notification. I understand that most insurance companies do not reimburse for missed sessions.

I have carefully read and understand all of the above information and am fully aware of what I am signing. I understand that I may ask my practitioner for a more detailed explanation. I give my permission and consent to treatment.

Signature: _____

Date: _____

Printed Name: _____

Date of Birth: _____

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Our Clinic Protects Your Health Information and Privacy

Dear Valued Patient,

This notice describes our office's policy for how medical information about you may be used and disclosed, how you can get access to this information, and how your privacy is being protected.

In order to maintain the level of service that you expect from our office, we may need to share limited personal medical and financial information with your insurance company, with Worker's Compensation (and your employer as well in this instance), or with other medical practitioners that you authorize.

Safeguards in place at our office include:

- Limited access to facilities where information is stored.
- Policies and procedures for handling information.
- Requirements for third parties to contractually comply with privacy laws.
- All medical files and records (including email, regular mail, telephone, and faxes sent) are kept on permanent file.

Types of information that we gather and use:

In administering your health care, we gather and maintain information that may include non-public personal information:

- About your financial transactions with us (billing transactions).
- From your medical history, treatment notes, all test results, and any letters, faxes, emails or telephone conversations to or from other health care practitioners.
- From health care providers, insurance companies, workman's comp and your employer, and other third part administrators (*e.g.* requests for medical records, claim payment information).

In certain states, you may be able to access and correct personal information we have collected about you, (information that can identify you - *e.g.* your name, address, Social Security number, etc.).

We value our relationship, and respect your right to privacy. If you have questions about our privacy guidelines, please call us during regular business hours at 908-719-1362.

Yours truly,

Candace Jania, L.Ac., C.H., FABORM
908-719-1362