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During your first visit, I hope to come to understand your health concerns, answer questions you may have and give you an examination/treatment using the Oriental medical approach. After your examination, we will review the results together and look at options available for treatment of your condition. If you elect to undertake treatment, we will begin as soon as possible. Treatment often begins at one's first visit.

It is important that you are on time for all appointments. A certain amount of time is allotted for each patient visit. If you are late, your remaining time may not be sufficient for your full treatment. The office visit fee will still apply. Should you need to reschedule or cancel your appointment, please contact the office a minimum of 24 hours in advance to avoid the \$20.00 cancellation fee.

This practice is built on referrals. If you know someone who may benefit from acupuncture and/or Chinese herbal medicine, please take a business card or educational pamphlet for them. For each referral, you will receive 50% off your next visit.

Some of the questions below may seem unrelated to your condition. They do however play a major role in diagnosis and successful treatment, as this is a holistic medical realm.

PLEASE NOTE: ALL INFORMATION IS CONFIDENTIAL.

Name _____		Date ____/____/____	
Address _____			
City _____	State ____	Zip _____	Phone (home) _____ (cell) _____ May I leave a message? Y/N
Age _____	Sex: M/F	Height ____'____''	Weight _____
Date of Birth ____/____/____		Occupation _____	
Physician's name _____		Phone _____	May I contact? Y/N
Emergency Contact _____		Phone _____	
How Did You Hear About This Office? (Including Referrals) _____			
Who is responsible for payment? Health Insurance/HMO/PPO _____		Auto Insurance _____	
Workman's comp _____		Personal Injury _____	Self Pay _____

Main Health Concerns/ Primary Reason for this Visit:

How & When (please give exact date if injury/accident) Did This Condition Begin?

How Does This Condition Impair Your Daily Activities?

Please list the three main health complaints (include physical and emotional) that you wish to be free of.

- 1.
 - 2.
 - 3.
-

Personal Medical History- please circle and comment in space provided if you wish to give more information.

Diabetes	Bleeding Tendency/Bruising
Glaucoma	Tuberculosis
Heart Condition	Mumps
High Blood Pressure	Pneumonia
Arthritis- Osteo or Rheumatoid	Allergies/Type
High Fevers	Multiple Sclerosis
Vein Problems	Hepatitis/Type
Cancer	Kidney Disease
Asthma	Eating Disorder
Jaundice	Chronic Fatigue Syndrome
STD	Fibromyalgia
HIV	Lupus
Antibiotic Use (frequent)	Other Autoimmune Disorder
Mental Illness	Miscarriage
Irritable Bowel Syndrome	

Date/ Results of Exams

Physical _____ Cholesterol _____ HIV _____
 Prostate _____ Pap smear _____ Mammogram _____
 Hepatitis _____ Blood tests (which) _____
 Other/Comments _____

List all prescription medications /herbal supplements you are currently taking- include what they are for.

List major injuries /surgeries /hospitalizations (include dates).

Are you pregnant? Yes No If yes, how many weeks? _____

Please circle any symptoms you have had in the last 3 months.

shortness of breath
 cough
 dry, sore throat
 weak voice
 wheezing
 difficulty taking a full breath
 frequent colds/flu
 allergies
 runny nose
 sinus problems
 grief, sadness

anxiety
 panic attacks
 palpitations
 chest oppression
 chest pain
 irregular heart beat
 mouth ulcers/cold sores
 vivid dreams
 nightmares
 restless sleep
 insomnia

pain (see below)
 sharp, stabbing
 dull, aching
 throbbing
 fixed location
 moving pain
 affected by weather changes

poor appetite
 gas/ bloating
 loose stools
 abdominal pain
 fatigue after eating
 craving sweets
 bruise easily
 weight gain
 heavy sensation
 foggy thinking
 lethargy
 over thinking, worry
 hemorrhoids

constant hunger
 belching
 acid reflux
 stomach ache
 bad breath
 toothache (without cavities)
 bleeding gums
 mouth sores
 ulcer

tendency to feel warm
 flushed face/ chest
 tendency to feel cold
 cold hands/ feet only
 night sweats
 spontaneous sweats (without exertion)

anger
 depression
 irritability
 PMS
 painful periods
 irregular cycle
 red eyes
 headache/migraine
 stress
 bitter taste in mouth
 pain below ribs
 constipation

frequent urination
 night urination
 sore low back
 weak knees
 tooth sensitivity
 ringing in ears
 fearfulness
 hot flashes
 menopause
 impotence
 low sex drive

dizziness
 visual floaters
 numbness/ tingling
 brittle nails
 decreased night vision

Circle areas of pain
 Squiggle a line over any numb areas

Is the pain
 better with pressure?
 worse with pressure?



