

# History intake form

COMPLETE

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## CREATED



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### \* Name

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### \* Accidents / Trauma / Surgery / Illness/Injuries AND muscular / Skeletal/ TMJ problems/ Dental

Accidents - nothing serious

Trauma - personally I found IVF & infertility traumatic...

Surgery - umbilical hernia repair 1999, Wisdom teeth removal 2001, Laparoscopy for Endometriosis 2004, 2007, 2009, 2010 & 2013, IVF Egg retrieval 2009, 2010, 2011, 2013, 2014, 2016. Uterine resection & ablation 2024.

TMJ - nothing formally diagnosed, but very tight and gnash/ grind

### \* Sleep Pattern (Hours per night and quality) AND Medications / supplements:

Sleep - not amazing, 6- 7.5 hrs

Medications - Basica (alkalising formula), 'Dry Eyes' oil tablets, probiotic when I need it.

### \* Immune system and Allergies / sensitivities / Skin Issues (eczema) :

Immune system - pretty good

Allergies - nil

Intolerances - gluten, dairy, pulses

skin issues - eczema growing up none since stop eating dairy

### \* Birth & Childhood History/ Behavioural patterns, PMS & Reproductive/hormonal Moods, patterns of feelings and thoughts.

Birth - think pretty normal

Childhood - no issues

PMS - oo yeah - not so regular now in perimenopause & no bleeding.

reproductive - 3.5 yrs & 3 rounds of IVF per child - have a 12 & 7 yr old

### \* Bowel Habits: Frequency, time(s), consistency, undigested food or Dietary: ie avoided food groups Bladder: Litres of water per day, Alcohol/coffee

bowel - pass in morning - most days twice. on looser side, rarely constipated

bladder - 1.5-2 L/day, normal urination - only slight leakage upon sneezing etc if bladder full at same time

### \* Relevant family history: Mental illness, physical illness, trauma

Paternal - fatal heart attacks

Maternal - cancers