

# History intake form

COMPLETE

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## CREATED



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### \* Name

Hope June

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

Dental surgery 2012  
Appendectomy 2 months ago  
Scoliosis mild 2010 diagnosed

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

Lack of sleep pattern depending on work shifts. Usually get 7-10 hours unless anxious or have to get up early.  
Sleeping generally not an issue

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

Allergy to penicillin- found out when had appendix removal 2 months ago  
Sensitive skin to harsh soaps, creams  
Bad dandruff despite keeping hair clean  
Dry skin  
Skin break outs - issue at the moment always had clear skin but has been an issue for about 4 months

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

Born at Flinders - natural, umbilical cord strangled me but apart from that a normal birth.  
Some issues with bullying in primary school  
I suspect I have some hormonal imbalance due to my skin but have not investigated further with my GP.  
Did go through a stage of severe depression and anxiety for about 4 months when my period was due - mainly about my mum dying (she's healthy and fine so unsure reason for this) - this resolved seeing a naturopath and taking a herbal remedy for anxiety, still get upset as anyone would thinking about it.  
- saw a GP during this time as was concerned about my mental health as having suicidal thoughts during that time if alone at night - GP told me it was normal for females to feel that way during their period which lead me to the naturopath - has resolved.  
Can be emotional, easily agitated during menstruation. Do have ongoing issues with self worth and self confidence due to significant weight gain over the last 4 years.  
Get really anxious when alone at night, believe someone will break into the house - can be on edge, need TV and lights on. With doors locked.

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

1-2 times a day, mostly healthy bowel movements  
Nil known no dietary requirements

Bad water intake 500-1L a day sometimes forget to drink water. 1-2 coffees a day, 2 if working.  
Forget to urinate - also won't go to a public toilet unless it's my staff room work toilet and only if I really need to go. - has been an issue since primary school. Often will not urinate until I get home.

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

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Mum has MS but is controlled / not progressing

Dad I suspect has bipolar / some sort of mental health issue, goes from 1-10 quick and can be verbally abusive when I lived with him.

Dad recently got in huge car accident - I believe he still carries a lot of trauma from the accident - very lucky to be alive and unharmed.

**\* Respiratory / Heart: ie Asthma, heart palpitations AND Neurological: ie epilepsy, headaches (eye sight, smell, hearing) etc**

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Childhood asthma - not an issue anymore

Some heart palpitations when anxious

Headaches, occasional - probably from dehydration

Headaches, after exercising - tension headaches