

NEW PROVIDENCE INTERNAL MEDICINE ASSOCIATES

INTERIM EVALUATION

Name _____

Age _____

Doctor _____

Date of Physical _____

Please list the following:

- 1 Significant new health problems since your last physical: _____
- 2 Prescription medications: _____
- 3 Non-prescription medications (vitamins, supplements, herbal, etc): _____
- 4 Do you smoke cigarettes now or in the past (How many packs per day for how many years)? _____
- 5 Do you get any regular exercise? _____
- 6 How many drinks of alcoholic beverages do you have per week? _____

REVIEW OF SYMPTOMS

(Please circle any symptom that is recent, frequent, or otherwise significant to you)

General

Fatigue; Abnormal breathing during sleep; Unintentional weight loss; poor sleep, poor memory

Cardiovascular, Heart, Lungs

Any chest symptom such as pain, pressure, tightness, or burning (especially with any exertion); Swelling of the ankles; Shortness of breath or labored breathing; Cough

Gastrointestinal, Stomach, Intestines

Heartburn; Nausea; Diarrhea; Constipation; Blood in the stool; Black stool; Abdominal pain

Skin

New rash, spots, or growth

Urinary

Urination that is painful or frequent; Loss of power of the urine stream; wake at night to urinate

Gynecological (women only)

Irregular periods; Menopausal symptoms (hot flashes); Date of last Pap test _____;

Date of last mammogram _____; Age you finished menopause: _____

Neurologic

Black out or faint; Headaches; Weakness of one side of your body;

Emotional

Feelings of being depressed, anxious, sad, or nervous

Any other medical or health issues that you would like to discuss with the doctor:

hemocults	Annually after age 40		Pneumococcal	Once after age 65
colonoscopy	Every 5-10 years after age 45-50		Shingles/Zostavax	Once after age 60
mammogram	Annually after age 40		calcium	1000-1500 mg per day
Bone density (DEXA)	After menopausal		Vitamin D	400-800 units a day
Pap test	Annually after age 21		multivitamin	Daily after age 60
Tetanus/adacel	Every 10 years		Aspirin 81 mg a day	If cardiac risk
influenza	Annually			