

MALE HEALTH HISTORY QUESTIONNAIRE

Name: _____ Age: _____ Date: _____

Birth Date: _____ Weight: _____ Height: _____ Occupation: _____

1. What is the reason for this visit?

2. List medications you are currently taking:

3. Any known drug allergies? _____

4. Do you or have you used hormone replacement therapy? Yes No
If so, What? _____ When? _____ Dosage? _____

5. List natural supplements, herbs, remedies, including athletic performance supplements, you are currently taking:

6. List any significant health issues (diabetes, surgeries, heart disease, etc.)

7. What was the date of your last physical exam? _____

LIFESTYLE INDICATORS

(<) less than

(>) greater than

1. Do you use any of the following? (circle responses)

Alcohol	None	<2 drinks/day	>2 drinks/day	Stopped Recently _____(when?)
Coffee	None	<2 cups/day	>2 cups/day	Stopped Recently _____(when?)
Soda	None	<2 cans/day	>2 cans/day	Stopped Recently _____(when?)
Sweets/Refined Carbs		< twice/day	> twice/day	Stopped Recently _____(when?)

2. Do you smoke cigarettes/cigars or use nicotine gum or other stimulants? (circle) Y N Amount _____

3. How would you rate your stress level? (1=Low, 10=Extreme) 1 2 3 4 5 6 7 8 9 10

4. How would you rate your stress handling? (1=Poor, 10=Excellent) 1 2 3 4 5 6 7 8 9 10

5. How often do you exercise? (circle) Never Rarely Sometimes Regularly Competitively

1. Have you had a vasectomy? Yes No When? _____

2. Have you had a reverse vasectomy? Yes No When? _____

3. Have you experienced symptoms related to the vasectomy? Yes No

Explain: _____

4. Do you have a history of prostate problems? Yes No

Explain: _____

Date of Last Prostate Exam _____

Most recent PSA Results _____ Date _____

SLEEP HABITS

1. How do you sleep? Well Trouble Falling Asleep Trouble Staying Asleep Insomnia

How long has this been happening? _____

2. How many hours do you sleep a night on average? _____

3. Do night sweats wake you up? Yes No How often? _____

4. Do you wake up tired? Yes No How long has this been happening? _____

5. Is your room completely dark when you sleep at night? (no night light, street lamp, TV, etc.) Yes No

6. Do you get at least 30 minutes of outside daylight time, several days each week? Yes No

INSTRUCTIONS: Check Mild, Moderate or Severe for each problem that applies to you and provide additional comments as needed.

SIGNS & SYMPTOMS	MILD	MODERATE	SEVERE	ADDITIONAL COMMENTS
Low Mood/Depression				
Irritability				
Anxiety				
Anger/Aggression				
Discouragement/Pessimism				
Decreased interest in activities / relationships				
Decreased initiative / motivation / drive				
Decreased productivity at work				
Concentration problems				
Memory Problems				
Foggy thinking				
Increased Fatigue				
Decrease in strength/stamina				
Decrease in athletic performance				
Decreased lean muscle mass				
Muscle soreness/weakness				
Body/Joint aches				
Weight loss				
Weight gain				
Increased fat on hips / breasts / thighs				
Low blood sugar/hypoglycemia				
Sweet cravings (carbs/chocolate)				
Caffeine/Stimulant cravings				
Salt cravings				
Constant Hunger				
Elevated cholesterol				
Elevated blood pressure				
Digestive problems				
Head hair loss				
Need to shave less frequently				
Body hair loss				
Dry skin/thinning skin				
Decreased spontaneous morning erections				
Lowered libido				
Erectile dysfunction (ED)				
Pain with ejaculation				
Frequent need to urinate				
Urination is delayed/strained/incomplete				
Pain with urination				
Blood in the urine				
Bone loss/osteoporosis				

Any other Symptoms? _____

7 DAY FOOD & DRINK TRACKING

Please write down **everything** you eat **and** drink for 7 days straight, the estimated **amount** you eat and drink, and the **time** you eat and/or drink the item.

Day 1: _____ / _____ / _____
Time Amount & Item(s)

Day 2: _____ / _____ / _____
Time Amount & Item(s)

Day 3: _____ / _____ / _____
Time Amount & Item(s)

Day 4: _____ / _____ / _____
Time Amount & Item(s)

Day 5: _____ / _____ / _____
Time Amount & Item(s)

Day 6: _____ / _____ / _____
Time Amount & Item(s)

Day 7: _____ / _____ / _____
Time Amount & Item(s)