



ADVANCED WELLNESS CENTER

A Clinic of Traditional Chinese Medicine

Patient Information

Name _____ Male: _____ Female: _____

Address _____ Date of Birth: _____

City _____ State _____ Zip _____

Hm: _____ Wk: _____

Cell: _____ Email: _____

Emergency Contact Information

Name 1 _____ Relationship: _____

Hm: _____ Wk: _____ Email: _____

Primary Physician _____ Phone: _____

Your current health concerns _____

Signature

Date



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PATIENT INFORMED CONSENT FORM

MaryLee Calmes is a nationally board-certified acupuncturist and is a licensed acupuncturist in the State of Washington, and Hawaii, license number 355, dated March 27, 1997 and # 884 August 29th, 2008 respectively. She received her Master of Science degree in Acupuncture, and her Bachelor of Science in Oriental Medicine from Bastyr University. Her didactic and clinical training was also completed at Bastyr University. MaryLee's Certification in Chinese Herbal Medicine was completed at Bastyr University as well. MaryLee has also received B.A. in Psychology from the University of Washington and a B.A in Education from Seattle University.

Washington law requires that each patient be informed regarding the scope of practice in which a licensed acupuncturist is allowed to engage, which includes, but is not limited to, the following techniques:

1. Use of acupuncture needles to stimulate acupuncture points and meridians;
2. Use of electrical, mechanical or magnetic devices to stimulate acupuncture points and meridians;
3. Moxibustion;
4. Acupressure;
5. Cupping;
6. Dermal friction technique (gwa hsa);
7. Infra-red;
8. Sonopuncture;
9. Laserpuncture;
10. Dietary advice based on Traditional Chinese medical theory; and
11. Point injection therapy (aquapuncture).

Side effects may occur in a small percentage of patients and may include the following: some pain following treatment in the insertion area, minor bruising, infection, needle sickness (fainting), and broken needle.

IF YOU HAVE A SEVERE BLEEDING DISORDER OR HAVE A PACEMAKER, YOU SHOULD MAKE THAT INFORMATION KNOWN TO YOUR PRACTITIONER PRIOR TO TREATMENT.

Traditional Chinese Medicine includes various modalities including Acupuncture, Herbology, Tuina massage, Guasha, Moxibustion, Acupressure and other types of hands on healing. These ancient oriental techniques utilize a natural system of healing within the body. However these techniques are not a substitute for conventional medical care and no treatment program is effective for everyone. In the event of serious illness or injury you are strongly urged to see a medical doctor or other health care professional without delay.

I have read and understood the above information.

Signature

Date



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Patient Health Profile

Name _____ DOB _____

MEDICAL HISTORY

	YES	NO		YES	NO
Pacemaker	_____	_____	Diabetes	_____	_____
Heart Disease	_____	_____	HIV/AIDS	_____	_____
Cancer	_____	_____	Pregnant (women)	_____	_____
Chronic Fatigue	_____	_____	Lupus	_____	_____
Ulcers	_____	_____	Back Problems	_____	_____
Headaches	_____	_____	Hepatitis	_____	_____
Multiple Sclerosis	_____	_____	High Blood Pressure	_____	_____
Problems w/ bleeding or bruising	_____	_____	Migraines/Headaches	_____	_____
Cosmetic surgery or procedures	_____	_____			

Have you had or do you have now any other serious health conditions not shown above? If so, please list.

Are you currently taking medications? If so, list each medication and its related condition. _____

Are you currently taking vitamins or supplements? If so, list each. _____

Do you have any allergies? If so, list each. _____

Food Cravings? Please list: _____

Food intolerances? Please list: _____

How many glasses per day do you consume of the following:

Water _____ Soda _____ Coffee _____ Tea _____ Milk _____ Alcohol _____

Do you perspire during the day? _____ At night? _____

Are you frequently thirsty? _____

In general, do you prefer hot or cold drinks? _____

Have you ever had acupuncture before? _____

Are you undergoing any other treatments at this time (please list)? _____

Are you nervous about needles? _____

Please check all that apply. *Note: you will find the same condition listed under different headings.*

-- Please check even if it is redundant! --

PATTERNS OF DEPLETION

Deficient Qi

- Weakness lethargy or weariness
- lowered libido
- decreased motivation
- dull thinking or feeling
- poor appetite
- weak digestion
- susceptible to colds or flu
- prolonged recovery following illness
- pasty, pale complexion
- limp hair
- shortness of breath
- aversion to talking
- perspires easily with exertion
- weak muscles
- chills easily
- frequent, profuse urination
- infertility
- miscarriage

Deficient Moisture

- dry and thirsty
- dryness of mucous membranes
- scant secretions and urination
- constipation
- uncomfortable feeling of heat in the body
- restlessness and insomnia
- low fever in the afternoon or evening
- parched and cracked skin
- emotional fragility
- hot flashes
- night sweats
- constant hunger
- unstable blood sugar
- persistent dry cough
- dry sore throat
- flushed face with dry skin and lips

Diminished Essence

- generalized fatigue, weakness and stiffness
- increased flaccidity of muscles
- sagging or wrinkling of skin
- diminished or absent sexual arousal and pleasure
- premature infertility or menopause
- repeated miscarriages
- loosening or increased loss of teeth
- thinning, graying and drying of head and pubic hair
- weakening of bones and loss of elasticity of tendons or ligaments
- decline of memory, vision and hearing progressive loss of weight or emaciation

Deficient Blood

- irritability
- insomnia and anxious sleep
- itching, prickling skin or scalp
- dryness without thirst
- blurred or weak vision
- loss or thinning of hair
- dizziness
- dry or hard stool
- dry skin, eyes, hair
- anemia
- numbness of hands and feet
- muscle cramps
- lack of semen
- scanty or irregular menstruation
- pale, waxy, sallow complexion
- easy bruising
- poor skin healing
- palpitations
- postpartum weakness or anemia
- emotionally sensitive

Disturbed Shen

- extreme restlessness, agitation or overly talkative
- fragile emotions (easily moved to tears or laughter)
- extreme hypersensitivity to pain or insult
- hysterical outbursts of shouting, laughing or grief
- overwhelming hopelessness, sadness or grief
- constant anxiety or incessant worry
- easily startled or frightened
- morbid thoughts or impulses
- erratic sleep, stubborn insomnia or disturbing dreams
- mental confusion and disorientation
- uncontrollable rage or elation
- incoherent speech or babbling
- dull, glazed or bizarre look to eyes and face

PATTERNS OF CONGESTION

Stagnant Qi

- head feels stuffy
- mild nausea
- distension or fullness in chest or abdomen
- gas pains, cramps, tension in stomach or intestines
- hiccups, belching or flatulence
- constipation with gas
- vague or intermittent pains
- generalized discomfort, fullness, pressure in head, chest, limbs or abdomen
- wheezing
- difficulty swallowing
- stitch or acute pain in abdomen
- sense of fullness under ribs

Stagnant Moisture

- _____ soft or loose stool
- _____ bloating with water retention
- _____ puffy eyes, face, hands or ankles
- _____ frequent but scanty urination
- _____ feels swollen, tender lethargic in humid weather ??
- _____ soft swellings or enlarged lymph nodes
- _____ premenstrual soreness and swelling of breasts
- _____ swollen or heavy head, limbs or abdomen
- _____ tender muscles and joints
- _____ thick or sticky saliva or phlegm
- _____ sticky perspiration
- _____ lumps, nodules and cysts
- _____ sticky slimy stool
- _____ scanty urine
- _____ generalized water retention
- _____ edema of hands and feet
- _____ thick nauseated feeling in mouth and stomach
- _____ congestion in eyes and sinuses

Stagnant Blood

- _____ mottling or chilling of limbs from poor circulation
- _____ sharp pains in head, eyes, joints, internal organs
- _____ irregular or painful menses
- _____ premenstrual pain and hardness of breasts
- _____ painful hemorrhoids or cysts
- _____ elevated cholesterol
- _____ traumatic bruises, swellings and sprains
- _____ persistent, stabbing or throbbing pains (esp. in joints or viscera)
- _____ pain aggravated at night or from inactivity
- _____ severe cramping numbness or paralysis
- _____ severe headache
- _____ dark red complexion red or purple lesions on the skin and mucous membrane
- _____ angina
- _____ severe menstrual cramps with dark blood or clots
- _____ pain worse from pressure or massage
- _____ hard lumps or masses

ADVERSE CLIMATE OR CONDITIONS**Heat**

- _____ fever, associated with infection or inflammation
- _____ pain, soreness, swelling or dryness accompanied by a sensation of heat or burning
- _____ sores or infections with green or yellow pus
- _____ yellow or green mucous discharges from ears, nose, throat, anus, vagina or urethra
- _____ extreme thirst with a craving for cold foods and liquids
- _____ reddening of eyes, ears, nose, lips, face, skin, mucous membrane or tongue

Cold

- _____ cold feeling in limbs, head, chest or abdomen
- _____ inertia or weakness with pallor, cold or clammy face, hands, feet
- _____ loose stool after raw or cold foods
- _____ profuse urination or swelling of face or limbs upon exposure cold climate or after drinking cold liquids
- _____ craving for warm, cooked foods and hot drinks
- _____ pain in head, chest, limbs or joints when exposed to cold air
- _____ pale skin, nail beds, lips mucous membrane or tongue

Damp-Heat

- _____ dryness or thirst without desire or ability to drink
- _____ queasiness with a nauseating taste in the mouth
- _____ sticky yellow mucus in the nose, throat or bronchi
- _____ fever or a sensation of heat that is not relieved by perspiring or taking fluids
- _____ loose or sticky stool streaked with blood, mucus or pus
- _____ burning, oozing sores, boils, pimples, blisters or rashes
- _____ heavy, dull distended feeling in the head, chest, abdomen or limbs
- _____ worse from heat, humidity and sweet, spicy or oily foods

External Wind

- _____ itching, prickling sensations of the skin
- _____ migrating pains appear or retreat suddenly and unpredictably
- _____ dizziness
- _____ itchy, painful ears, eyes, nose, sneezing, headache, muscle soreness or shivering when exposed to wind or drafts
- _____ sneezing, runny nose or eyes
- _____ numbness of face
- _____ neck stiffness or spasm
- _____ worse from drafts and changing temperatures

Internal Wind

- _____ trembling or shaking of hands, feet, head
- _____ spasms, twitches, cramps or contractures of skin, nerves, muscles and viscera
- _____ disequilibrium, lack of coordination
- _____ spasm or quivering of tongue
- _____ vertigo
- _____ headache with vertigo
- _____ worse from heat, wind, changing barometric pressure or changing from lying to upright posture
- _____ seizures

Phlegm

- _____ dizziness or fullness in head with mucus
- _____ nausea or difficult breathing with fullness in upper abdomen or chest
- _____ congestion or nausea
- _____ thick, sticky secretions or discharges from the skin, mucous membranes, ears, eyes, nose, throat, mouth, anus, vagina or urethra
- _____ soft, mobile lumps or enlarged lymph nodes
- _____ worse in humid environment or from eating sticky, greasy, fatty foods, milk products, eggs, sugar

ORGAN NETWORK DISTURBANCES**Liver Network***(Nerves, Muscles, Congested or Depleted Blood)*

- _____ irritable: "things get on my nerves"
- _____ touchiness from heat, wind, noise
- _____ numbness or tingling of limbs when asleep or inactive
- _____ coarse, brittle nails or hair
- _____ dry eyes
- _____ weak or blurred vision
- _____ whistling or loud ringing in the ears (tinnitus)
- _____ genital organ hypersensitivity
- _____ *Note: PMS symptoms characterized by ** items*
- _____ **muscle cramps on lower abdomen, hips, calves, feet
- _____ **pain from tension in shoulders and neck or in hips
- _____ **stitching pains under diaphragm, in ribs, groin or pelvic region
- _____ **easy chilling of arms, hands, legs, feet
- _____ **difficult elimination, dry or hard stool, tense colon
- _____ **weak, dizzy, flushed from hunger, tension or anger
- _____ **nausea or queasiness from hunger or fatigue

Heart Network*(Emotions, Sleep, Depleted Moisture or Blood, Congested Blood)*

- _____ easily confused
- _____ mood swings (laughs easily, cries easily)
- _____ insomnia when nervous, worried or overtired
- _____ craving for cool drinks and juicy food
- _____ slight exertion or excitement causes heat, perspiration, easy blushing of face and ears
- _____ dry mouth or throat
- _____ hot flashes
- _____ frequent urination and bowel movements from nervousness
- _____ palpitations when nervous, upset or exhausted
- _____ *Note: PMS symptoms characterized by ** items*
- _____ **anxiety
- _____ **excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares
- _____ **easily overheats and overchills
- _____ **burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus
- _____ **restlessness and fatigue

Spleen Network*(Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)*

- _____ slow digestion or indigestion
- _____ loose stool from raw or cold foods, cold liquids
- _____ excess or deficient appetite
- _____ lingering hunger after meals
- _____ hard to gain, lose or regulate weight
- _____ easily worried
- _____ difficulty focusing, jumps from one thing to another
- _____ prolapsed stomach, intestines, uterus, vagina and bladder
- _____ hemorrhoids
- _____ lack of muscle tone or strength, especially of abdomen, back or neck
- _____ frequent but scanty urination
- _____ easy or frequent bruising

Spleen Network (continued)*(Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)**Note: PMS symptoms characterized by ** items*

- _____ **frequent abdominal gas or bloating
- _____ **overwhelmed by details
- _____ **upset by changes
- _____ **lethargy and inertia
- _____ **water retention and puffiness
- _____ **heaviness of head and limbs
- _____ **tender muscles

Lung Network*(Respiration, Skin, Depleted or Congested Moisture)*

- _____ frequent colds or coughs
- _____ allergies
- _____ shortness of breath, chest pain, or wheezing in chest from fatigue or exertion
- _____ itchiness or rashes of skin
- _____ *Note: PMS symptoms characterized by ** items*
- _____ **frequent runny nose or stuffy sinuses
- _____ **frequent throat clearing or laryngitis
- _____ **morning attacks of coughing or sneezing with clear phlegm or mucus discharge
- _____ **dryness of mucous membranes
- _____ **dry skin
- _____ **easily disappointed or offended
- _____ **sensitive to wind, cold and dryness

Kidney Network*(Reproduction, Genital-Urinary, Joints, Depleted Qi, Congested Moisture)*

- _____ difficulty conceiving or carrying to term
- _____ lack of sexual secretions
- _____ loss or thinning of pubic hair
- _____ amenorrhea
- _____ excess or scanty urination
- _____ frequent or difficulty urination
- _____ weakness or soreness of hips, knees, ankles or feet
- _____ lack of stamina, runs out of steam quickly
- _____ forgetfulness and dull minded
- _____ puffiness or swelling of feet and ankles
- _____ puffiness around eyes
- _____ dull hearing
- _____ low humming in ears (tinnitus)
- _____ easily defeated and disgruntled
- _____ *Note: Menopause or PMS Symptoms characterized by ** items*
- _____ **diminished libido
- _____ **pain in low back, sacrum or hips
- _____ **needs to sleep a lot
- _____ **diminished motivation
- _____ **sore throat from fatigue

CONFLICTS BETWEEN ORGAN NETWORKS**Liver – Spleen Disharmony**

- cold hands and feet
- hot flashes
- indigestion with nausea, bloating flatulence, belching
- erratic elimination with constipation or diarrhea
- spasm of esophagus
- dryness and water retention
- thirst for alternately cold and hot liquids
- sensitivity and/or aversion to strong flavors
- cravings for fatty, sour, sweet or sticky foods
- erratic appetite with difficulty knowing what to eat or feeling dissatisfied with food
- tenderness, tension or heaviness in muscles, especially head, neck, shoulders, jaw, arms or legs
- fullness or pressure in head or behind eyes
- headaches with nausea, visual disturbances or dizziness
- sensitivity or aversion to light, noise, heat and humidity
- abdominal tension or distension with belching or flatulence
- vacillates between assertiveness and ambivalence
- vacillates between nervous tension and languid lethargy
- vacillates between being irritable and hostile and tolerant and sympathetic
- hypoglycemia
- diabetes
- cirrhosis
- jaundice / hepatitis
- eating disorders
- food allergies
- hives
- colitis
- migraine

Spleen – Kidney Disharmony

- slow digestion
- weak gums and loose teeth
- dryness of skin and mouth
- sore or swollen joints or muscles, especially of face, hands or feet
- heaviness of head or limbs
- weakness or soreness of low back or sacrum
- feet, legs and back tire easily
- diarrhea or dry, small stool with bloating
- frequent, scanty or difficulty urination
- alternately strong and diminished libido
- easy chill of back, legs and arms
- constipation and water retention follow overeating
- craves salty or sweet food
- edema
- rheumatism
- adrenal insufficiency (Addison's disease)
- leucorrhea
- chronic gingivitis
- chronic cystitis or urethritis
- prostatic hypertrophy or prostatitis
- nervous and distractible
- apathetic and insecure

Kidney – Heart Disharmony

- insomnia or restless sleep alternating with heavy slumber
- difficulty awakening and arising from bed
- nervousness and mood swings with fatigue, lumbar weakness
- easily overheated or chilled
- hot chest, head and hands with cold buttocks and feet
- easily excited but difficult to sustain effort and enthusiasm
- depressed or melancholy after sustained mental or physical activity
- sexually excitable but difficult to sustain desire or achieve satisfactory release
- lack of muscle tone and joint mobility
- anxiety and apathy
- tension and weakness of muscles along the spine
- nausea, diarrhea, urinary frequency associated with anxiety
- craves salty, spicy food and stimulants (nicotine and caffeine)
- manic-depressive syndrome
- ileitis (Crohn's disease)
- bulimia
- phobias
- chronic endometritis / cervicitis / urethritis
- chronic sleep disturbances
- hyper-hypothyroid syndrome

Heart – Lung Disharmony

- sensitivity to changes in temperature and humidity
- easily overheated but can't sweat
- dry cough
- flushes when coughing
- coughing when nervous or embarrassed
- anxiety with laryngitis, chest pain or wheezing
- heat triggers sneezing, itchy throat or rashes
- dry skin with cracking, redness and itching, especially upper back, elbows, knees and hands
- light sleeper and wakes easily
- itching and inflammation of vagina or urethra without discharge
- alternately euphoric and melancholic
- emotionally hypersensitive yet reserved
- craves spicy, hot foods and stimulants
- acne or dry eczema
- sun allergy
- psoriasis
- asthma
- hyperthyroidism
- hysteria
- chronic pharyngitis / rhinitis
- chronic vaginitis