NEW PATIENT (Female)
BioTE HEALTH ASSESSMENT FORM

404-919-6649
1655 Lebanon Road, Suite C
Lawrenceville, GA 30043
contact@sugarloafwellnesscenter.com

INSTRUCTIONS:
Complete this form BEFORE your initial consultation with your doctor. You may print then fill out the form or complete the fillable form fields then print your form.

SUBMISSION:
Either bring these completed forms with you to your appointment, or send them to us via Perisseia Primary Care's Patient Portal.

PATIENT PORTAL:
Visit perisseiaprimarycare.com or sugarloafwellnesscenter.com and click "PATIENT LOGIN" in the top right of the webpage. Login and use your patient portal to send a message to Dr. Kunz after attaching your forms to that message.

Sugarloaf Wellness Center

Address and Contact Information

Name: _____ Date of Birth: _____

FEMALE HEALTH ASSESSMENT

Which of the following symptoms apply to you currently (in the last 2 weeks)? Please mark the appropriate box for each symptom. For symptoms that do not currently apply or no longer apply, mark "none".

Symptoms	Never (0)	Mild (1)	Moderate (2)	Severe (3)	Very Severe (4)
Hot flashes	☐	☐	☐	☐	☐
Sweating (night sweats or increased episodes of sweating)	☐	☐	☐	☐	☐
Sleep problems (difficulty falling asleep, sleeping through the night or waking up too early)	☐	☐	☐	☐	☐
Depressive mood (feeling down, sad, on the verge of tears, lack of drive)	☐	☐	☐	☐	☐
Irritability (mood swings, feeling aggressive, angers easily)	☐	☐	☐	☐	☐
Anxiety (inner restlessness, feeling panicky, feeling nervous, inner tension)	☐	☐	☐	☐	☐
Physical exhaustion (general decrease in muscle strength or endurance, decrease in work performance, fatigue, lack of energy, stamina or motivation)	☐	☐	☐	☐	☐
Sexual problems (change in sexual desire, sexual activity, orgasm and/or satisfaction)	☐	☐	☐	☐	☐
Bladder problems (difficulty in urinating, increased need to urinate, incontinence)	☐	☐	☐	☐	☐
Vaginal symptoms (sensation of dryness or burning in vagina, difficulty with sexual intercourse)	☐	☐	☐	☐	☐
Joint and muscular symptoms (joint pain or swelling, muscle weakness, poor recovery after exercise)	☐	☐	☐	☐	☐
Difficulties with memory	☐	☐	☐	☐	☐
Problems with thinking, concentrating or reasoning	☐	☐	☐	☐	☐
Difficulty learning new things	☐	☐	☐	☐	☐
Trouble thinking of the right word to describe persons, places or things when speaking	☐	☐	☐	☐	☐
Increase in frequency or intensity of headaches or migraines	☐	☐	☐	☐	☐
Hair loss, thinning or change in texture of hair	☐	☐	☐	☐	☐
Feel cold all the time or have cold hands or feet	☐	☐	☐	☐	☐
Weight gain or difficulty losing weight despite diet and exercise	☐	☐	☐	☐	☐
Dry or wrinkled skin	☐	☐	☐	☐	☐
Total score	0				

Severity Score: Mild: 1-20 / Moderate: 21-40 / Severe: 41-60 / Very severe: 61-80

Name: _____ Date of Birth: _____

FEMALE PATIENT QUESTIONNAIRE & HISTORY

Name: _____ Date: _____

Date of Birth: _____ Age: _____ Weight: _____ Occupation: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Work: _____

Preferred Contact Number: _____

May we send messages via text regarding appointments to your cell? ☐ YES ☐ NO

Email Address: _____ May we contact you via email? ☐ YES ☐ NO

In Case of Emergency Contact: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____ Work: _____

Primary Care Physician's Name: _____ Phone: _____

Address: _____

Marital Status (check one): ☐ Married ☐ Divorced ☐ Widow ☐ Living with Partner ☐ Single

In the event we cannot contact you by the means you have provided above, we would like to know if we have permission to speak to your spouse or significant other about your treatment. By giving the information below, you are giving us permission to speak with your spouse or significant other about your treatment.

_____ _____

Social:

☐ I am sexually active. OR ☐ I want to be sexually active. ☐ I do not want to be sexually active

☐ I have completed my family. OR ☐ I have NOT completed my family.

☐ My sex life has suffered. OR ☐ I have not been able to have an orgasm or it is very difficult.

Habits:

☐ I smoke cigarettes or cigars___ per day. ☐ I use e-cigarettes___ a day ☐ I use caffeine ___a day.

☐ I drink alcoholic beverages___ per week. ☐ I drink more than 10 alcoholic beverages a week.

Name: _____ Date of Birth: _____

FEMALE PATIENT QUESTIONNAIRE & HISTORY CONTINUED

Female Medical History

Any known drug allergies: _____

Have you ever had any issues with local anesthesia? ☐ Yes ☐ No

If yes, please explain: _____ Do you have a latex allergy? ☐ Yes ☐ No

Medications Currently Taking: _____

Current Hormone Replacement Therapy: _____

Past Hormone Replacement Therapy: _____

Nutritional/Vitamin Supplements: _____

Surgeries, list all and when: _____

Last menstrual period (estimate year if unknown): _____

Other Pertinent Information: _____

Preventative Medical Care:

- ☐ Medical/GYN exam in the last year.
- ☐ Bone density in the last 12 months.
- ☐ Mammogram in the last 12 months.
- ☐ Pelvic ultrasound in the last 12 months.

Pertinent Medical/Surgical History:

- ☐ Breast cancer
- ☐ Uterine cancer
- ☐ Ovarian cancer
- ☐ Polycystic ovaries/PCOS
- ☐ Acne
- ☐ Excess facial/body hair
- ☐ Infertility
- ☐ Endometriosis
- ☐ Epilepsy or seizures
- ☐ Fibrocystic breast or breast pain
- ☐ Uterine fibroids
- ☐ Irregular or heavy periods
- ☐ Menstrual migraines
- ☐ Hysterectomy with removal of ovaries
- ☐ Partial hysterectomy (uterus only)
- ☐ Ophorectomy removal of ovaries only

Birth Control Method:

- ☐ Menopause
- ☐ Hysterectomy
- ☐ Tubal ligation
- ☐ Birth control pills
- ☐ Vasectomy
- ☐ IUD
- ☐ Infertility
- ☐ Other _____

Name: _____ Date of Birth: _____

FEMALE PATIENT QUESTIONNAIRE & HISTORY CONTINUED

Medical Illnesses:

- ☐ High blood pressure
- ☐ Heart bypass
- ☐ High cholesterol
- ☐ Hair thinning
- ☐ Heart disease
- ☐ Stroke and/or heart attack
- ☐ Blood clot, DVT and/or a pulmonary embolism
- ☐ Heart arrhythmia or atrial fibrillation
- ☐ Any form of hepatitis or HIV
- ☐ Lupus or other autoimmune disease
- ☐ Frequent blood donation or history of anemia
- ☐ Fibromyalgia
- ☐ Chronic kidney disease
- ☐ Dialysis
- ☐ Chronic liver disease (hepatitis, fatty liver, cirrhosis)
- ☐ Diabetes
- ☐ Thyroid disease
- ☐ Arthritis
- ☐ Depression/anxiety
- ☐ Psychiatric disorder
- ☐ Cancer (type): _____

  Year: _____

Name: _____ Date of Birth: _____

POST-INSERTION INSTRUCTIONS FOR WOMEN

- Your insertion site has been covered with two layers of bandages. Remove the outer pressure bandage any time after 24 hours. It must be removed as soon as it gets wet. The inner layer (usually a steri strip) should be removed in 3 days.
- **Do not take tub baths or get into a hot tub or swimming pool for 3-4 days.** You may shower tomorrow, however.
- No heavy lifting or major exercises for the incision area for the next 3-4 days, which includes running, elliptical, squats, lunges, etc.
- The sodium bicarbonate in the anesthetic may cause the site to swell for 1-3 days.
- The insertion site may be uncomfortable for up to 2 to 3 weeks. If there is itching or redness you may take Benadryl for relief (25 to 50 mg orally every 6 hours). Caution: this can cause drowsiness!
- You may experience bruising, swelling, and/or redness of the insertion site which may last from a few days up to 2 to 3 weeks.
- You may notice some pinkish or bloody discoloration of the outer bandage. This is normal.
- If you experience bleeding from the incision, apply firm pressure for 5 minutes.
- Please call if you have any bleeding not relieved with pressure (not oozing), as this is NOT normal.
- Please call if you have any pus coming out of the insertion site, as this is NOT normal.

REMINDERS:

- **Remember to have your post-insertion blood work done 6 weeks after your FIRST insertion.** If you are not feeling any better by 4 weeks, however, please call the office to have your labs drawn early.
- Most women will need re-insertion of their pellets 3-4 months after their initial insertion. If you experience symptoms prior to this, please call the office.
- Please call as soon as symptoms that were relieved from the pellets start to return to make an appointment for your next insertion.

ADDITIONAL INSTRUCTIONS:

_____

_____

_____

I ACKNOWLEDGE THAT I HAVE RECEIVED A COPY AND UNDERSTAND THE INSTRUCTIONS ON THIS FORM.

Print Name: _____

Signature: _____

Date: _____