



BREAST HEALTH HISTORY

Name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ Postal Code _____

Home Tel: _____ Work Tel: _____ E-mail _____

Occupation: _____

Marital Status: S M D W SEP. Number of Children: _____ Referred By: _____

-
- Y N Do you have a family history of breast cancer?
 Self Mother Maternal Grandmother Sister Daughter None
- Y N Do you have any diagnosed breast conditions?
 None Fibrocystic Cystic Other _____
- Y N Have you previously had a thermogram? Date of most recent _____
Was it: Normal Abnormal Suspicious Being watched R L Breast
- Y N Have you had a mammogram? Date of most recent _____
Was it: Normal Abnormal Suspicious Being watched R L Breast
- Y N Have you had a breast ultrasound? Date of most recent _____
Was it: Normal Abnormal Suspicious Being watched R L Breast
- Y N Have you had a breast exam by a doctor? Date of most recent _____
Was it: Normal Lump Found R L Breast
- Y N Any breast biopsies?
When and what type (i.e. needle, core)? _____ R L Breast
- Y N Any breast surgeries (including augmentation)? When and what was done? _____
 R L Breast
- Y N Have you had a mastectomy? When? _____ R L Breast
- Y N Have you had radiation? When was it last performed? _____ R L Breast
- Y N Have your had your ovaries removed? At what age? _____
- Y N Do you have children. At what age was your first full term pregnancy? _____
- Y N Did you nurse for at least three months? How long _____
- Y N Are you currently nursing?
- Y N Are you currently pregnant?
- Y N Are you currently taking birth control pills?
At what age did you start? _____ for how many years? _____

Y N Are you in menopause? At what age did it begin? _____

Y N Have you ever taken synthetic hormone replacement (ex. Premarin, Provera)?
How many years taken? _____

Y N Are you currently using natural progesterone cream?
Applied to Breasts only Rotating body areas

Y N Are you currently using herbals, homeopathic medicines, or supplements to stimulate
hormonal activity or simulate estrogen? Explain

Y N Do you feel that you are overweight? How many pounds overweight? _____

Are you experiencing any of the following with your breasts?

Y N A lump. Date found: _____ by Self Doctor
It is: Hard Soft Mobile Tender

Y N Pain
It is Dull Sharp Burning Stinging Tender Changes with my cycle

Y N Thickening

Y N Skin changes (Color Texture Over the lump)

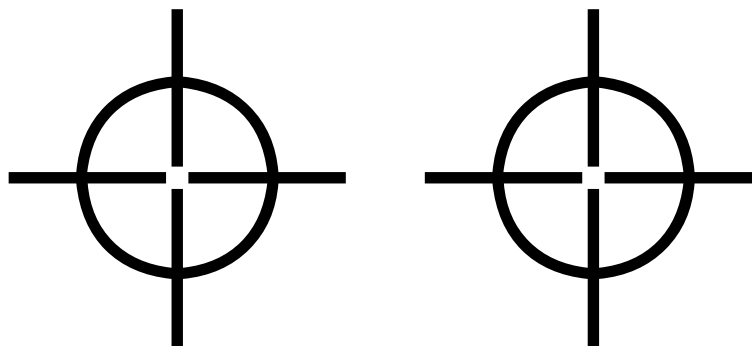
Y N Nipple discharge R L Breast
It is Bloody Milky Through one duct through multiple ducts

Y N Nipple retraction R L Breast

Y N Nipple changes R L Breast
Change in: Color Texture

Y N Other _____

Place an [O] on the diagram in the exact area of the lump, finding on your mammogram, or area being watched, and an [X] in the area of pain, tenderness, thickening, or skin changes.



RIGHT BREAST

LEFT BREAST

Please note any other concerns/issues you may have: _____

General Health Information

Y N Do you have any medical complaints or conditions? Please explain _____

Y N Are you currently taking any medications? Please list _____

Please circle all of the following conditions which you have had:

- | | | | | | |
|-------------|-------------|------------------|--------------------------------|-----------------|----------------|
| Abscesses | Depression | Heart Disease | Mononucleosis | Rheumatic Fever | Syphilis |
| Addiction | Diabetes | Hepatitis | Mumps | Rubella | Tonsillitis |
| Allergies | Emphysema | Herpes Genitalia | Parasites | Scarlet Fever | Tuberculosis |
| Amnesia | Epilepsy | Influenza | Pelvic Inflammatory
Disease | Sexual Abuse | Typhoid Fever |
| Arthritis | Gall Stones | Kidney Disease | Peritonitis | Skin Disease | Venereal Warts |
| Asthma | Goiter | Leukemia | Pleurisy | Strep Throat | Warts |
| Cancer | Gonorrhea | Malaria | Pneumonia | Sinusitis | Whooping Cough |
| Chicken Pox | Gout | Measles | Prostatitis | Sunstroke | Worms |
| Cold Sores | Hay Fever | Miscarriage | | Stroke | Yellow Fever |
| Other _____ | | | | | |

Y N Are there any of the preceding conditions after which you have never been totally well again, or which have been more severe than usual? Explain? _____

Y N Have you had any operations? Which _____

Y N Have you lost any weight recently? How many pounds? _____

Y N Do you exercise? How often? _____

Y N Have you had any major injuries? Explain _____

Y N Are you taking any of the following substances? How much?
Tobacco: _____ Alcohol: _____
Coffee: _____ "Recreational Drugs" _____

Y N Have any of the following ailments affected your relatives?
Alcoholism Asthma Diabetes Gout Mental Illness Skin Disease
Allergies Cancer Epilepsy Hay Fever Paralysis Syphilis
Arthritis Depression Gonorrhea Heart Disease Pneumonia Tuberculosis

FAMILY HISTORY	Age if Alive	Age at Death	AILMENTS
Mother: _____			
Father: _____			
Brothers: _____			
Sisters: _____			
Children: _____			
Maternal Grandmother: _____			
Maternal Grandfather: _____			
Paternal Grandmother: _____			
Paternal Grandfather: _____			