



Dear patient,

We acknowledge the commitment you are making to your health and your healing. We look forward to our time together.

Please fill out the following registration form and questionnaire. We are aware of the sensitivity of several of the questions we ask. If you prefer not to answer any particular question please leave them blank.

Payment is expected at the time of service. Phone consultations are available, but there may be a charge depending on the time involved. We do not bill insurance companies.

We will work with you as a consultant regarding your hormones as well as with issues related to your overall health. But we are not capable of being your primary care provider. Men need to have a primary care physician. Women need both a primary care physician and a gynecologist, because routine pelvic examinations are required during hormonal therapy. Women may also need a annual mammogram and/or trans-vaginal ultrasound depending upon the situation. If your overall health is reasonable you can expect to begin bio-identical hormone program in the first visit. Getting this program is safe as possible requires frequent follow-up. When you get to an optimal level of hormone replacement the appointments will be more spread out.

Name of your primary care provider: _____

Signature _____





Ameri-Cal Weight Clinic Registration Info:

Name (Last, First): _____

Date of Birth: _____

Age: _____ Sex: M F

Marital Status: Single Married

Street Address: _____

City: _____ State, _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email _____

May we Email you information? ____

Current Medications: _____

Medical Allergies: _____

Referred by: _____

Emergency Contact: _____

Reason for visit: _____





Describe any health issues you are having now: _____

Describe any major health issues you have had in the past: _____

Regarding your health, what would you most like to accomplish?

Have you had any major operations? _____

Have you been in the hospital for any major illnesses? _____

Do you have any heart problems? _____



Do you have any lung problems? _____

Do you ave any stomach problems? _____

Are there any significant illnesses that run in your family? _____

Describe your current energy level: _____

Describe how well you sleep: _____

Describe your general sense of well-being: _____

Do you have any stress in your life? _____

How is your sex life? _____

For female patients:

Do you have any trouble with your breasts including cysts, masses, or breast cancer? _____

When was your last mammogram and what was the result? _____

Do you get regular pelvic examinations? _____

Have you used hormones in the past? _____

Has any woman in your family had breast, uterine or ovarian cancer? _____

What is your current weight? _____

What was your weight when 25 years old? _____

Do you have symptoms of the estrogen deficiency? (Please circle)

Hot flashes Night sweats Vaginal dryness Hair lost

Depression Weight gain Diminished sexuality

Pain with intercourse

Do you have symptoms of estrogen excess? (Please circle)

Breast tenderness Nipple tenderness Breast fullness

Water retention Pelvic cramps

Do you have symptoms of progesterone deficiency? (Please circle)

Difficulty sleeping Irregular periods Diminished sex drive Anxiety

Do you have symptoms of testosterone deficiency? (Please circle)

Diminished sex drive Diminished energy Muscle Loss Hair loss
Muscle weakness

Finding your optimal dose:

Too little estrogen can cause: Hot flashes Night sweats Mood swings

Sleep disturbance Fogginess & forgetfulness Dry vagina Pain

Loss of glowing skin Diminished sexuality Painful intercourse

Weight gain especially in the thighs and hips

Too much estrogen can cause: Breast tenderness Malaise

Breast fullness Nipple tenderness Pelvic cramps with or without bloating

Water Retention

Too little progesterone: Sleep disturbance Water retention

Period irregularities Breast tenderness Anxiety Decreased libido

Too much progesterone can cause:

Drowsiness Waking up groggy Depressed feeling



Too little testosterone can cause:

Diminished libido Hair loss Muscular weakness Diminished energy

Too much testosterone can cause:

Aggressiveness Oily skin Pimples Excessive hair growth