Brenda Marshall MD

Phone Follow-Up Review of Function Today’s Date: \_\_\_\_\_\_\_\_

Patient Name :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_

Please list your top four concerns/symptoms you would like addressed today:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please rate the following body systems by circling/filling in:

1. My sleep is usually: deep, uninterrupted, restful, disrupted \_\_\_\_\_ times a night, unrestful.

2. I wake up feeling: refreshed, energized, happy, still tired, grumpy, groggy, achy.

3. I go to bed at \_\_\_\_\_pm and it takes \_\_\_\_\_ minutes to fall asleep. I usually/rarely dream.

4. For sleep I use: Nothing/ Melatonin/ 5-HTP/ Gaba/ Inositol/ Progesterone, \_\_\_\_\_\_\_\_\_\_\_\_.

5. My Bowels move: at least daily/ not daily and are typically: normal, loose, lumpy, hard.

6. My stomach feels: general fine/ bloated/ acid/ upset and irritable with meals/ when empty.

7. My level of anxiety is 1=none, 10=panic daily \_\_\_\_\_\_\_. My life feels balanced/ crazy train.

8. My libido is 1=poor, 10=great \_\_\_\_\_\_\_. My sexual function is normal/ not working right.

9. Cravings: Sugar/ salt/ carbohydrates/ alcohol/ nicotine/ exercise/ gambling/ none of these.

10. My memory & brain function feels normal/ focused/ foggy/ forgetful/ slow/ word search.

11. I exercise \_\_\_\_\_\_\_\_ times per week by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

12. My family would describe me as: content, motivated, balanced, healthy, stressed, irritable,

 isolated, overwhelmed, moody, hyper-active, depressed, forgetful, lazy, tired.

13. Over-all I rate my health as 1=poor, 10=great \_\_\_\_\_\_\_. I would like to weigh more/ less.

14. I follow my doctor’s recommendations rarely, sometimes, half the time, almost always.