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WOMEN'S TCM FERTILITY & WEIGHT LOSS QUESTIONNAIRE

This is a confidential questionnaire to help determine the best treatment option for you. Please fill out completely and accurately as possible even if you do not feel certain questions pertain to your present condition. Thank you.

Please Check All That Apply to You:

Kidney Yin Deficiency

Lower Back Weakness, Soreness, or Pain or Knee Problems

Vaginal Dryness

Scant or Missing Mid-Cycle Fertile Mucous

Dizziness/Lightheadedness

Often Feel Afraid

Hot Flashes

Feel Heat on Palms and/or Soles

ringing in Ears

Dark Circles Under Eyes

Night Sweats

Premature Gray Hair/Hair Loss

Afternoon or Evening Fever(s)

Kidney Yang Deficiency

Low Back or Knees Sore, Weak, or Cold

Cold Feet, Especially at Night

Are You Typically Colder Than Those Around You?

Menstrual Blood Tends to Be Dark in Color

Cold Cramps During Period That Responds Well to Heating Pad

Low Libido

Wake Frequently at Night to Urinate

Frequent Clear/Diluted or Profuse Urination or Incontinence

Early Morning Loose, Urgent Stools

Low Back Pain Premenstrual

Profuse Vaginal Discharge

Often Fearful

Spleen Qi Deficiency

Are You Often Fatigued

Energy Low After A Meal

Crave Sweets

Abdominal Pain or Digestive Problems

Nose Cold

Prone to Feeling Heavy or Sluggish

Grogginess in the Head

Difficulty Concentrating

Do You Think You Have Poor Circulation?

Lacking Strength in Arms and Legs?

Exercise

Prone to Worry

Blood Pressure?

Dizzy, Lightheaded, or Visual Change When You Stand Up Fast

Diagnosed with Anemia

Menstrual Blood thin, Watery, Profuse or Pinkish in Color

Menstruation

Spotting a Few Days or More Before Period

Uterine Prolapsed?

Poor Appetite?

Feel Bloating After Eating

Loos Stool

Hands and Feet Cold

Prone to Feeling Heaviness or

Bruise Easily

Varicose Veins

Lacking in Exercise/ Feel worse After

Have You Been Diagnosed with Low

Excessive Sweat Without Exertion

Diagnosed with Hypothyroidism

Feel Tired Around Ovulation or

Have You Ever Been Diagnosed with Hemorrhoids or Polyps

Menstrual Cramps Accompanied by Bearing Down Sensation in Your Uterus
Do You Have Pale, Yellowish Complexion?

Lung Imbalance

Spontaneous Sweating
Nasal Allergies
Asthma
Shortness of Breath

Dry Nose, Throat, or Skin
Nasal Discharge/Sinus Congestion
Catch Colds Easily
Cough

Stomach/Intestinal Imbalance

Hungry Often, But Can't Eat Much Food
Sour Belching
Mouth Sores
Blood in Stool/Tarry Stool
Ravenous Appetite

Constipation
Reflux/Heartburn
Nausea/Vomiting
Gums Bleed

Liver Qi Stagnation/Yin Deficiency

Prone to Emotional Depression
Prone to Anger or Rage
Ovulation
Light Colored Stools
Ovulation
Symptoms Better After Exercise
Nipples
Frequently Irritable
Pain
Tight Feeling in Chest
Levels
Symptoms Worse with Stress
Muscle Spasm/Twitching
Dry Eyes
Red Eyes
Floaters
Pupils Usually Dilated and Large
Neck/Shoulder Tension
Difficulty with Oily Fatty Foods
Heartburn or Wake with Bitter Taste in Mouth

More Irritable Premenstrual
Bloating or Irritability Around
Breast Sensitive/Sore Around
Nipple Pain or Discharge from
Premenstrual Breast Distention or
Diagnosed with Elevated Prolactin
Bloating Premenstrual
Painful Menses
Menstrual Blood Thick and Dark
Blurry Vision/Poor Night Vision/
Digestion Worse with Stress
Alternating Constipation/Diarrhea
Ringing in Ears
Difficulty Falling Asleep
Pebble-Like Stools

Blood Stasis (Often Associated with Deficiency Symptoms)

Spider or Varicose Veins
Brown/Black in Color?
at Night)
Red Hemangiomas (Cherry Spot on Skin)
Chronic Hemorrhoids
Dark Spots on Tongue
Uterine Fibroids
Swollen
(Resisting Touch)
Abnormal Lumps in Lower Abdomen
Abnormality or Blood Clotting Disorder

Is Your Menstrual Flow Ever
Periodic Hand/Foot Numbness (Esp.
Mid-Cycle Pain Around Your Ovaries
Painful Unmovable Breast Lump(s)
Clots in Menstrual Blood
Diagnosed with Endometriosis or
Veins Beneath Tongue Twisty and
Lower Abdomen Tender to Palpation
Dark Spots in Eyes
Diagnosed with Vascular
Piercing or Stabbing Cramps

Complexion Appears Dark and "Sotty"
Body/Head

Stabbing Pain Anywhere in
Chest Pain

Blood Deficiency

Dry Flaky Skin
Prone to Chapped Lips
Period
Brittle Toenails or Fingernails
Hair Dry or Brittle
Dry Eyes

Menses Scanty/Late
Dizzy or Lightheaded Around Your
Dizzy/Lightheaded When Stand Up
Losing Hair on Head
Diminished Nighttime Vision
Numbness Tingling in Extremities

Heart Deficiency

Wake Early and Have Trouble Getting Back to Sleep
Feel Heart Beating (palpitations) EXP. When Anxious
Low in Spirit or Lacking Vitality
Prone to Agitation or Extreme Restlessness

Nightmares
Fidgety
Tongue Sores
Excessive Sweating Esp. on Chest

Excess Heat

Rapid Pulse Rate
Mouth and Throat Usually Dry

Wakes Sweating or with Hot Flashes
Break Out with Red Acne, Esp.

Premenstrual

Thirsty for Cold Drinks Often
Blood
Around You

Short Menstrual Cycle, Bright Red
Often Feel Warmer Than Those
Vaginal Irritation or Rashes

Dampness

Feel Tired and sluggish After Meals
Tissue or Mucous
Prone to Yeast Infection and Vaginal Itching
Stools
Overweight
Foggy Headed
Cloudy Urine

Menstrual Blood Contains Stringy
Fibrocystic/Pustular Acne
Urgent, Bright or Foul-Smelling
Joint Aches Esp. with Movement
Edema or Swelling
Sticky Taste in Mouth

Damp Heat

Foul Smelling, Yellow Yang Deficiency Category?
Prone to Vaginal and/or Rectal Itching During Your Luteal or Premenstrual Phase

Cold Uterus

Do You Fit the Yang Deficiency Category?
Do You Fit the Blood Stasis Category?
Does Your Lower Abdomen Feel Cooler to the Touch Than the Rest of Your Trunk?

Other

Sudden Weight Loss?
Enlarged Lymph Nodes?