

# eWellness Questionnaire

Helping you one question at a time!

## EDEMA

Name: First Name	MI	Last Name	Date of Birth:
			Patient Code:

Please do not select anything if the answer is no or negative.  
Select Rarely 'R' if this is an uncommon event or symptom.  
Select Frequent 'F' if this is a common event or symptom.  
Select Always 'A' if this is a persistent event or symptom. Also select 'A' for Yes

At first glance there may seem to be a lot of questions. But each of these questions were selected because of their direct or indirect relation to the symptoms mentioned.

### Section 1

- |   |                           |
|---|---------------------------|
| 1. R F A Consume breads / pastas / starches | 3. R F A Thinning of skin |
| 2. R F A Nervousness or irritable           |                           |

### Section 2

- |   |                                   |
|---|-----------------------------------|
| 4. R F A A family history of heart disease  | 9. R F A Drink cow's milk         |
| 5. R F A Smoke or use tobacco               | 10. R F A Consume white sugar     |
| 6. R F A Eat fast food                      | 11. R F A Consume refined carbs   |
| 7. R F A Eat pre processed / packaged foods | 12. R F A Consume wheat or gluten |
| 8. R F A Consume sweets                     | 13. R F A Very little exercise    |

### Section 3

- |   |                                 |
|---|---------------------------------|
| 14. R F A Cataracts                       | 16. R F A Runny nose / sneezing |
| 15. R F A Double vision or blurred vision |                                 |

### Section 4

- |  |                                     |
|--|-------------------------------------|
| 17. R F A History of COPD / lung disease | 20. R F A Shortness of breath       |
| 18. R F A History of emphysema           | 21. R F A Pain when taking a breath |
| 19. R F A Difficulty breathing deeply    |                                     |

### Section 5

- |  |   |
|--|---|
| 22. R F A Difficulty going to sleeping | 29. R F A Heat / cold intolerance       |
| 23. R F A Can't loose weight           | 30. R F A Trouble with edema / swelling |
| 24. R F A Slow metabolism              | 31. R F A Fatigued or tired             |
| 25. R F A Overweight                   | 32. R F A Unexplained swellings         |
| 26. R F A Diabetes                     | 33. R F A Diabetic medications          |
| 27. R F A Thyroid problems             | 34. R F A Thyroid medication            |
| 28. R F A Too much stress / tension    |   |

### Section 6

- |                               |   |
|-------------------------------|---|
| 35. R F A Suffer from PMS     | 40. R F A Loosing your memory           |
| 36. R F A Breast tenderness   | 41. R F A Hot flashes / sweats          |
| 37. R F A Irregular periods   | 42. R F A Thinning hair or brittle hair |
| 38. R F A Fibrocystic breasts | 43. R F A Sexually transmitted diseases |
| 39. R F A Mood swings         | 44. R F A Hormone replacement           |

### Section 7

- |   |  |
|---|--|
| 45. R F A Heart medication                | 49. R F A High blood pressure              |
| 46. R F A History of a heart attack       | 50. R F A History of A-fib or arrhythmias  |
| 47. R F A History of heart surgery        | 51. R F A History of heart problems        |
| 48. R F A Chest pain / angina / tightness | 52. R F A Slow or fast heart beats at rest |

### Section 8

- |   |   |
|---|---|
| 53. R F A History of deep vein thrombosis | 55. R F A Poor circulation in your feet |
| 54. R F A Poor circulation in your hands  | 56. R F A Concerns about a stroke       |

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Section 9									
57.	R	F	A	Heart burn or reflux	61.	R	F	A	Inflammed intestine - "Leaky gut"
58.	R	F	A	Indigestion or bloating	62.	R	F	A	Colon polyps
59.	R	F	A	Abdominal cramps or pain	63.	R	F	A	Constipation
60.	R	F	A	Irritable bowel syndrome	64.	R	F	A	Laxitives
Section 10									
65.	R	F	A	Headaches or migraines	70.	R	F	A	Back pain or neck pain
66.	R	F	A	Stiffness or muscle spasms	71.	R	F	A	Joint pain
67.	R	F	A	Difficulty exercising	72.	R	F	A	Arthritis
68.	R	F	A	Fibromyalgia	73.	R	F	A	Rheumatoid arthritis
69.	R	F	A	Chronic fatigue syndrome	74.	R	F	A	Muscle relaxors
Section 11									
75.	R	F	A	Anti-depressants	77.	R	F	A	Brain fog - lack of concentration
76.	R	F	A	Numbness or tingling					
Section 12									
78.	R	F	A	Anxiety / anxiousness	79.	R	F	A	Problems relaxing
Section 13									
80.	R	F	A	Allergies					
Section 14									
81.	R	F	A	Sick more often	83.	R	F	A	Scleroderma or Sjogrens disease
82.	R	F	A	Swollen glands	84.	R	F	A	Sore Throat
Section 15									
85.	R	F	A	Cholesterol problems	86.	R	F	A	Cholesterol medication