

Patient Inventory

CONFIDENTIAL

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Please check any symptoms you currently have or have had in the past year.

Blood Stasis

- Lower abdominal pain (uterus or intestines)
- Pain aggravated by pressure
- Sharp pain
- Pain better with movement
- Sudden onset pain
- Long cycle/period comes late
- Irregular cycle/sometimes early and sometimes late
- Scanty period
- Period blood is congealed with clots
- Pain before period
- Miscarriage after 3 months (LV blood stasis)
- Rosacea
- Spider veins
- Varicose veins

Blood Deficiency

- Excess sadness
- Difficulty concentrating
- Excess shedding of hair
- Dry skin (LV blood def.)
- Dry/brittle nails
- Blurred vision
- Floaters in eyesight
- Headache forehead
- Headache top of head (LV blood def.)
- Pain all over and feeling tired (qi and blood def.)
- Pain relieved by pressure
- Dull, lingering pain
- Pain better with rest
- Gradual onset of pain
- Long cycle/period comes late
- Scanty period
- Lack of period
- Period with pale red blood
- Period blood watery/thin
- Miscarriage before 3 months

LDQS

- Breast distension (H)
- Excess anger (H)
- Resentment (H)
- Repressed anger (H)
- Irritability (H)
- Indignation (H)
- Bitterness (H)
- PMS (H)
- Insomnia
- Headache
- Tinnitus
- Dizziness
- Red face
- Bitter taste
- Diarrhea (LV invades Sp)
- Excess exercise
- Lack of exercise
- Feeling distension on the sides of the body
- Lower abdominal pain
- Many small hard feces (like goat)
- Alternate constipation and diarrhea (LV/Sp)
- Abdominal distension with gurgling sounds without loose stools
- Pain aggravated by pressure
- Sharp pain
- Sudden onset pain
- Pain relieved by movement
- Irregular cycle/period sometimes early, sometimes late
- Pain before period

Liver Fire - Liver Yang Rising

- Headache at temples and sides of head
- Distending and throbbing headache
- Dream disturbed sleep

- Pain, swelling and redness of eyes
- Blurred vision.

Liver Blood Deficiency

- Night blindness (H)
- Calf cramping at night (H)
- Floaters in the eyes
- Eyes painful in bright light
- Night blindness
- Excess Fear
- Insomnia (& Ht Qi def)
- Premature gray hair

Liver OA Spleen

- Hard stools become soft at end (H)
- Alternating constipation and diarrhea around period(H)

Spleen Qi Deficiency

- Excess worry and thinking
- Excess work or studying
- Tiredness
- Insomnia
- Cold hands and nose
- Physical overwork
- Excess sitting
- Chronic dieting
- Excess sweet foods and sugar
- Lack of appetite
- Sweet taste in mouth
- Inability to taste
- Abdominal distension and/or fullness
- Loose stools/Diarrhea
- Alternating constipation & diarrhea (LV/Sp)
- Feeling sleepy after eating
- Bowel movement after each meal
- Headache made worse by fatigue
- Headache made better with rest

- Pain relieved by pressure
- Dull, lingering pain
- Pain that moves around
- Distending pain
- Pain that improves with rest
- Slow, gradual onset of pain
- Easily bruised
- Short cycle/period comes early
- Irregular cycle/sometimes period early, sometimes late
- Heavy bleeding during period
- Excess exposure to damp environment
- Sweating only arms and legs
- Slight dizziness made worse when tired
- Dizziness on standing

Spleen Yang Deficiency

- Excess raw or cold foods
- Abdominal pain.*
- Abdominal distension.*
- Feeling cold.*
- Chronic diarrhea.*

Spleen Qi Sinking

- Miscarriage after 3 months

Dampness Phlegm Mucus

- Overeating (weakens Sp.&St.)
- Belching
- Sour regurgitation
- Nausea
- Abdominal fullness/distension
- Diarrhea
- Excess raw and cold foods
- Excess sweet foods/sugar
- Excess greasy and fried foods
- Mucous in stools
- Excess vaginal discharge
- Sinusitis
- Nasal discharge
- Dull headache
- Bronchitis
- Headache/heaviness in the head
- Slight Dizziness/heaviness in the head
- Feeling of fullness in the stomach area
- General Tiredness and Heaviness of Body

- Thirst with no desire to drink (DH)
- Pain better with movement
- Sudden onset pain
- Sharp pain

Kidney Deficiency

- Excess fear and anxiety
- Shocking experience/PTSD
- Excess time in cold environment
- Excess standing (K=bones)
- Headache Inside the Head
- Continuous backache
- Incontinence, day or night time

Kidney Yang Deficiency (Gate of Vitality - MingMen)

- Lack of sexual desire/low libido
- Inability to enjoy sex or reach orgasm
- Edema that remains
- Sweating on forehead (yang collapse)
- Sweat only during daytime
- Oily sweat (severe yang def.)
- Gradual onset headache during the daytime
- Constipation with abdominal pain
- Early morning diarrhea
- Frequent and copious urination
- Large volume of urine
- Urination at night
- Extreme tiredness with cold body
- Low back soreness

Kidney Yin Deficiency - Empty Heat

- Chronic fear and anxiety
- Heat in face
- Night sweats
- Palpitations
- Dry mouth
- Dry throat
- Dry eyes
- Feeling pressure in the eyes
- Mental overwork.**

- Physical overwork.**
- Excess physical exercise.**
- Low grade fever/worse in afternoon
- Fever/heat during the night
- Salty taste in mouth
- Constipation without thirst
- Scanty urination
- Waking many times at night
- Insomnia
- Thirst with desire to sip liquids slowly
- Thirst with desire to sip warm liquids
- Period blood fresh-red in color
- Period blood is watery/thin
- Premature gray hair

Kidney Essence Deficiency

- Shocking experience/PTSD.***
- Night sweats.***
- Dry mouth.***
- Dizziness.***
- Tinnitus.***
- Mental overwork.***
- Physical overwork.***
- Excess physical exercise.***
- Excess sexual activity.***
- Premature grey hair
- Fatigue
- Dizziness
- Blurred vision
- Lower back ache
- Weak knees
- Frequent urination
- Miscarriage before three months

Cold

- Absence of thirst
- Preference for hot foods
- Feeling Cold (Yang Qi def.)
- Headache made worse by cold
- Fixed and very painful pain
- Lower abdominal pain
- Cramping pain
- Pain improved by heat
- Pain improved by movement
- Long cycle/period comes late
- Scanty period

- Period blood congealed with clots
- Pain during period (cold stagnation.)

Heat - Fire

- Overly warm body
- Fever/feeling hot
- Mental restlessness
- Thirsty
- Preference for cold foods
- Bitter taste in mouth
- Thirst with desire to drink lots of cold water
- Headache made worse with heat
- Pain improved by cold-pack
- Burning pain
- Pain worse with movement
- Period heavy bleeding (heat in blood)
- Pain during period (heat in blood)
- Period blood dark or bright red

Stomach Heat

- Sores on lips (H)
- Always hungry (H)
- Sweating on the head
- Forehead headache
- Pain in all muscles with heat sensation
- Pain in the stomach area
- Constipation with thirst

Heart Qi Deficiency

- Excess joy
- Excess sadness
- Fear
- Shocking experience/PTSD
- Palpitations
- Breathlessness
- Insomnia (& LV blood def)

Heart Blood Deficiency

- Excess use of eyes
- Difficulty falling asleep
- Palpitations
- Dizziness
- Insomnia
- Dream disturbed sleep
- Poor memory
- Forgetfulness
- Anxiety
- Easily startled
- Night sweats

Heart Fire - Heart Empty Heat

- Excess mental stimulation
- Excess excitement
- Dream disturbed sleep
- Hot face.****
- Night sweats****
- Palpitations.****
- Dry mouth.****
- Dry throat.****

Lung Qi Deficiency

- Dull hair with split ends
- Sweating hands only
- Sweating whole body

Lung Deficiency

- Breathlessness
- Excess sadness
- Tiredness
- Depression
- Crying
- Amenorrhea
- Excess time in dry environment
- Excess Lying down

Gallbladder Deficiency

- Waking early and cannot fall back asleep
- Difficulty making decisions

Exterior Cold

- Pain
- Watery discharges

Exterior Dampness

- Thick and sticky discharges

Internal Wind

- Severe dizziness
- Pain that wanders from joint to joint

* Sp cannot T&T = cold damp

** These deplete Qi. Essence replenishes but only to a degree. Essence becomes depleted which requires a long recuperation.

*** Body uses K essence to supplement sudden depletion of Qi.

**** K def. heat rise to Ht.