

PATIENT DEMOGRAPHICS

DATE OF BIRTH	AGE	GENDER		SOCIAL SECURITY #	
		<input type="checkbox"/> Male <input type="checkbox"/> Female		DO NOT FILL	
LAST NAME		FIRST NAME		MI	
STREET ADDRESS		CITY	STATE	ZIP	COUNTY
HOME PHONE		WORK PHONE			
<i>May we leave a message at this number? <input type="checkbox"/> Yes <input type="checkbox"/> No</i>		<i>May we leave a message at this number? <input type="checkbox"/> Yes <input type="checkbox"/> No</i>			
CELL PHONE		EMAIL ADDRESS			
<i>May we leave a message at this number? <input type="checkbox"/> Yes <input type="checkbox"/> No</i>		<i>May we send information to this email address? <input type="checkbox"/> Yes <input type="checkbox"/> No</i>			
OCCUPATION	EMPLOYER	MARITAL STATUS	SPOUSE NAME (if applicable)		
EMERGENCY CONTACT (Last, First)		RELATIONSHIP	PHONE NUMBER		
HOW DID YOU LEARN ABOUT OUR PROGRAM?					

PATIENT WEIGHT HISTORY

HEIGHT	WEIGHT	GOAL WEIGHT
HOW LONG HAVE YOU BEEN TRYING TO LOSE WEIGHT?		
WHAT WAS YOUR HEAVIEST WEIGHT?	WHAT AGE AT THAT WEIGHT?	
WHEN DID YOU FIRST BECOME OVERWEIGHT?		
WHAT DO YOU THINK IS THE CAUSE OF YOUR WEIGHT PROBLEM?		
ARE ANY MEMBERS OF YOUR HOUSEHOLD OVERWEIGHT? (If yes, please list relation and detail)		
WHAT WAS YOUR MOTIVATION FOR JOINING OUR PROGRAM?		
HAVE YOU PARTICIPATED IN ANY OF THE FOLLOWING OTHER WEIGHT LOSS PROGRAMS? (circle all that apply)		
Weight Watchers	Jenny Craig	Slim Fast
South Beach	Nutri System	Transformations
		Atkins
		Other
DO YOU EXERCISE?	IF YES, HOW OFTEN?	
	NEVER RARELY DAILY 4-5 times/wk 2-3 times/wk	
WHAT TYPES OF EXERCISES DO YOU DO? (Circle one)		
Walking	Swimming	Dancing
Treadmill/jogging	Bicycling	Yoga/pilates
Stairmaster	Sports (basketball, tennis, etc.)	Aerobics
		Elliptical
		Weight training
		Other
DESCRIBE THE DURATION OF YOUR EXERCISE ROUTINE (time)		



PATIENT AUTHORIZATION FOR DISCLOSURE OF PROTECTED HEALTH INFORMATION

I, _____, DOB _____, SSN _____,
authorize The Orlando Institute of Weight Management and Metabolic Medicine and/or staff to release information
to the following individuals regarding my appointment and account history, and hereby authorize these individuals
to reschedule, verify, cancel, and make payments on my behalf.

Name: _____

Name: _____

Signature

Date

RECEIPT OF NOTICE OF PRIVACY PRACTICES

I, _____, have received a copy of The Orlando Institute of Weight Management and
Metabolic Medicine Notice of Privacy Practices.

Signature

Date

WITNESS SIGNATURE

Witness Signature

Date

PATIENT MEDICAL HISTORY

MEDICATIONS (Please list the medications you are currently taking, and as needed)		
MEDICATION NAME	DOSAGE & FREQUENCY	THIS MEDICATION IS FOR (LIST DISEASE)

ALLERGIES (Please list any medications you are allergic to)

FAMILY HISTORY (If blood relative has suffered the following, please indicate relationship)			
Heart attack		Arthritis	
Cancer		Diabetes	
Hypertension		Obesity	
Stroke		Glaucoma	
Epilepsy		Other	

HAVE YOU EVER BEEN HOSPITALIZED? IF YES, WHEN AND WHY?	
Year	Illness or operation

Please indicate any personal history below: **PLEASE REPLY TO EACH QUESTION WITH YES OR NO**

CONSTITUTIONAL SYMPTOMS Good general health lately No Yes Recent weight change No Yes Fever No Yes Fatigue No Yes Headaches No Yes	RESPIRATORY Chronic or frequent coughs No Yes Spitting up blood No Yes Shortness of breath No Yes Asthma or Wheezing No Yes	HEMATOLOGIC/LYMPHATIC Slow to heal after cuts No Yes Bleeding or bruising tendency No Yes Anemia No Yes Phlebitis No Yes Enlarged glands No Yes
CARDIOVASCULAR Heart trouble No Yes Arrhythmia or abnormal rhythm No Yes Chest pain or angina pectoris No Yes Palpitation No Yes Shortness of breath No Yes Swelling of feet, ankles or hands No Yes	MUSCULOSKELETAL Joint pain No Yes Joint stiffness or swelling No Yes Weakness of muscles or joints No Yes Muscle pain or cramps No Yes Back Pain No Yes Cold extremities No Yes Difficulty in walking No Yes	INTEGUMENTARY (skin, breast) Rash or itching No Yes Change in skin color No Yes Change in hair or nails No Yes Varicose veins No Yes Breast pain No Yes Breast lump No Yes Breast discharge No Yes
NEUROLOGICAL Frequent or recurring headaches No Yes Light headed or dizzy No Yes Convulsions or seizures No Yes Numbness or tingling sensations No Yes Tremors No Yes Paralysis No Yes Stroke No Yes Head Injury No Yes	GASTROINTESTINAL Loss of appetite No Yes Change in bowel movements No Yes Nausea or vomiting No Yes Frequent diarrhea No Yes Painful bowel movements or No Yes constipation Rectal bleeding or blood in stool No Yes Abdominal pain No Yes Peptic ulcer (<i>stomach or duodenal</i>) No Yes	GENITOURINARY Frequent urination No Yes Burning or painful urination No Yes Blood in urine No Yes Change in force of strain when No Yes urinating Incontinence or dribbling No Yes Kidney stones No Yes
PSYCHIATRIC Memory loss or confusion No Yes Nervousness No Yes Depression No Yes Insomnia No Yes	ENDOCRINE Glandular or hormone problem No Yes Thyroid disease No Yes Diabetes (<i>insulin or non- insulin</i>) No Yes Excessive thirst or urination No Yes Heat or cold intolerance No Yes Skin becoming dryer No Yes	EARS/NOSE/MOUTH/THROAT Hearing loss or ringing No Yes Earaches or drainage No Yes Chronic sinus problem or rhinitis No Yes Nose bleeds No Yes Mouth sores No Yes Bleeding gums No Yes Bad breath or bad taste No Yes Sore throat or voice change No Yes Swollen glands in neck No Yes
EYES Eye disease or injury No Yes Wear glasses/contact lenses No Yes Blurred or double vision No Yes Glaucoma No Yes	OTHER	

WEIGHT LOSS CONSENT & CANCELLATION POLICY

I hereby authorize The Orlando Institute of Weight Management and Metabolic Medicine and associates to assist me in weight reduction. I understand that my program may consist of a balanced calorie deficient diet, regular exercise, and lifestyle changes. I understand there are ways and programs that can assist me in my desire to decrease my body weight and to maintain this weight loss. In particular, a balanced calorie counting or an exchange-eating program without the use of the appetite suppressants would likely prove successful if followed. The Orlando Institute of Weight Management & Metabolic Medicine and associates believe that this is the safest way to lose weight.

The Orlando Institute of Weight Management and Metabolic Medicine and associates believe in the use of a personalized nutritional plan coupled with nutritional supplements and injections to promote weight loss. There are those practicing Bariatric Medicine that do not hold to these beliefs regarding the effectiveness of nutritional supplements, injections, and medications. Many of these physicians believe that in order to lose weight you simply need to exercise or and eat fewer calories. The Orlando Institute of Weight Management and Metabolic Medicine and associates disagree with this simplistic thinking, and believe that the nutritional supplements and injections that are prescribed are effective and therapeutic. If you have any problems or questions, please inform one of our medical associates immediately.

I also understand that appetite suppressants, other medications, and injections may be used in my program for up to and possibly more than 12 consecutive weeks. Appetite suppressants labeling suggestions are based on short-term studies of 12 weeks. The experience of Bariatric physicians, as well as recent long-term studies of university-based investigators, has shown that appetite suppressants, supplements and injections are effective for longer than 12 weeks. In order to continue to receive appetite suppressants, other medications, and injections depends on continued weight loss. The use of appetite suppressants, other medications, and injections involves potential risks. Reported side effects include: nervousness, sleeplessness, headaches, dry mouth, weakness, tiredness, medication allergy, high blood pressure, rapid heartbeat, and heart irregularities. These and other risks could, on occasion, be serious. I understand that if I develop side effects from the diet or the medication, I will discontinue the diet and/or the medication and notify a member of your medical staff immediately. I also understand that if the problem is severe, I will go to the nearest Emergency room or see my primary care physician as soon as possible. Because of the potential side effects of prescription appetite suppressants, The Orlando Institute of Weight Management & Metabolic Medicine and associates believe that this is the safest way to lose weight is with the utilization of a balanced calorie counting or an exchange-eating program without the use of the appetite suppressants.

Cancellation Policy

There is no guarantee that the program will work for me. By consenting to treatment I agree to pay in full for all visits and charges at the time of each visit. **I understand that your services are not reimbursed by insurance.** I understand that no refunds are ever given at any time for any reason. I also understand that the supplements, injections and medications dispensed to me are included for quality assurance and my convenience and cannot be returned for a refund for any reason. **INITIAL _____**

By signing below I certify that I have read and fully understand this consent form. **I should not sign this form if I have any questions or concerns that have not been answered to my complete satisfaction.** My signature further confirms that I do not have a history of alcohol abuse, drug abuse, schizophrenia, manic-depressive illness, or history of any eating disorder, since these conditions constitute a contraindication to the use of appetite suppressants. I agree not to take any other appetite suppressants, other medications, or injections other than those prescribed by The Orlando Institute of Weight Management and Metabolic Medicine or this office's physician, or listed on my medical history form. I agree to inform a member of your medical staff of any changes in my medications. If a female, my signature confirms that I am not pregnant, do not plan to get pregnant, and I will take all necessary precautions to prevent pregnancy during the time I will be taking appetite suppressants. If I become pregnant, I will stop the medication immediately and notify your office.

I further understand that The Orlando Institute of Weight Management and Metabolic Medicine and all written materials describing your program or any of its parts, and all applicable trademarks, copyrights and other intellectual property in or to your program and related materials are and remain your absolute property. I acknowledge that I am purchasing a non-exclusive, non-transferable license to use your program and the related written materials for my own use, and that I have no right to duplicate or to sell, lend or otherwise transfer to any other person or to make any commercial use of our program or related written materials. I may not modify, publish, distribute, perform, participate in the transfer or sale, create derivative work of, or in any way exploit any of the content, in whole or in part. **My signature below indicates my consent of treatment.**

Patient Signature		Date	
Witness		Date	

Food and Drink Diary

Please let us know what you typically eat and drink throughout the day.

Meal	Foods???	Drinks
Breakfast ?	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Snack	_____	_____

Are you an emotional eater? Circle your answer: YES NO

Do you drink alcohol: YES NO If YES , how much and how often?

What are some things that trigger your hunger?
