TMJ & Sleep Therapy Centre of LOS ANGELES & CONEJO VALLEY

Comprehensive Health Questionnaire

Demographic Information

☐Mr. ☐Ms. ☐Miss ☐Mrs. ☐Dr.

First Name:_____Middle Initial:_____ Last Name:_____

Age: _____ Date of Birth:_____ Height: _____ Weight: _____

Ethnicity: ☐Native American/Alaska Native ☐Asian ☐African American ☐Hispanic/Latino ☐Native Hawaiian/Pacific Islander ☐White ☐Other ☐Decline to Answer

Responsible Party/Legal Guardian (if different than patient): _____ Relationship: _____

Contact Information

Address:_____ Address 2: _____

City: _____ State: _____ Zip: _____

Email: _____ Home/Cell: _____

Employer: _____ Work Phone: _____

Referred by: _____ ☐ Dentist ☐ Physician ☐ Patient ☐ Other

Provider Information

Dental Provider Office: _____ Last Visit: _____

Dentist Name: _____ Office Phone: _____

City: _____ Sate: _____ Zip: _____

Primary Care Physician Office: _____ Last Visit: _____

Doctor Name: _____ Office Phone: _____

City: _____ Sate: _____ Zip: _____

Additional Provider Office: _____ Last Visit: _____

Doctor Name: _____ Office Phone: _____

City: _____ Sate: _____ Zip: _____

Patient/Parent Signature: _____ Date: _____

Please answer below for: What is your chief concern and reason for this visit?

_____

_____

Do you currently experience any of the following symptoms?

Please number your top chief complaints 1-4

Recent is in the last 6 months, Chronic is longer than 6 months

	Recent	Chronic
____ Back Pain	☐	☐
____ Chewing Pain	☐	☐
____ Ear Pain	☐	☐
____ Eye Pain	☐	☐
____ Facial Pain	☐	☐
____ Headache (inside head)	☐	☐
____ Headache (outside head)	☐	☐
____ Jaw Pain	☐	☐
____ Neck Pain	☐	☐
____ Nerve Pain	☐	☐
____ Shoulder Pain	☐	☐
____ Tooth Pain	☐	☐
____ Throat Pain	☐	☐
____ Difficulty Closing Mouth	☐	☐
____ Difficulty Opening Mouth	☐	☐
____ Dizziness	☐	☐
____ Dyskinesia	☐	☐
____ Ear Stuffiness (congestion)	☐	☐
____ Ear Itching	☐	☐
____ Jaw Locking Open	☐	☐
____ Jaw Locking Closed	☐	☐
____ Muscle Spasm	☐	☐
____ Noises in Jaw Joints	☐	☐
____ Numbness (Localized)	☐	☐
____ Ringing in Ears (Tinnitus)	☐	☐
____ Sinus Congestion	☐	☐
____ Vision Problems	☐	☐
____ Changes in Bite	☐	☐
____ Dental Pain	☐	☐
____ Teeth Crowding or Spacing issues	☐	☐

	Recent	Chronic
____ Teeth Sensitivity	☐	☐
____ Acid Indigestion	☐	☐
____ Affect Sleep of Others	☐	☐
____ Difficulty Falling Asleep	☐	☐
____ Dry Mouth Upon Waking	☐	☐
____ Fatigue	☐	☐
____ Feeling Un-refreshed in the AM	☐	☐
____ Frequent Heavy Snoring	☐	☐
____ Morning Headaches	☐	☐
____ Morning Hoarseness	☐	☐
____ Night Sweats	☐	☐
____ Nighttime Awakenings	☐	☐
____ Nighttime Choking	☐	☐
____ Nighttime Urination	☐	☐
____ Shortness of Breath	☐	☐
____ Significant Daytime Drowsiness	☐	☐
____ Sore Jaw Upon Waking	☐	☐
____ Swelling in Ankles or Feet	☐	☐
____ Told I Stop Breathing at Sleep	☐	☐
____ Teeth Grinding	☐	☐
____ Teeth Clenching	☐	☐
____ Tossing and Turning Frequently	☐	☐
____ Unable to Tolerate C-Pap	☐	☐
____ Vivid Dreams	☐	☐
____ Jaw/Facial Fatigue upon waking	☐	☐
____ Kicking or jerking of leg(s)	☐	☐
____ Any other symptoms not listed: _____		

_____

What is your level of head, neck or facial pain: 0 = no pain to 10 = worst possible pain

Currently: _____ At its best: _____ At its worst: _____

What are the results you are seeking from treatment?

_____

_____

Patient/Parent Signature: _____Date: _____

Sleep Conditions - Please select the yes or no answers based on your average sleep experience and/or what a sleep partner has told you

Sleep Position? ☐Side ☐Back ☐Stomach ☐Varies Sleep Location? ☐Bed ☐Couch ☐Chair ☐Other

Bed Partner? ☐Yes ☐No Average hours you sleep during the night? _____

Is it easy to fall asleep? ☐**Yes** ☐**No** How many hours do you sleep during the day?_____

Do you wake often during the night? ☐**Yes** ☐**No** Cough, gasps or snorts on waking? ☐Yes ☐No

Do you feel rested upon waking? ☐Yes ☐No Observed pauses in breath? ☐Yes ☐No

Stopped breathing during sleep? ☐Yes ☐No

Have you ever had a Sleep Study? ☐Yes ☐No ☐HST ☐PSG Date: _____ Result: _____

Previous Positive Airway Pressure Devices Used? ☐CPAP ☐BiPAP ☐ASV ☐APAP

Do you currently use a PAP Device? ☐Yes ☐No Type: _____

Have you previously used a Nighttime Oral Appliance? ☐Yes ☐No Type: _____

Allergic Reactions

Please check any and all medications or substance that have caused an allergic reaction

☐ Anesthetics	☐ Antibiotics	☐ Aspirin
☐ Barbiturates	☐ Codeine	☐ Iodine
☐ Latex	☐ Metals	☐ Plastics
☐ Penicillin	☐ Sedatives	☐ Sulfa

☐ Food Allergies/Sensitivities _____

Other: _____

Current Medications

Please list all medications & supplements *(over-the-counter & prescription) you are taking and the reason you take them* ***OR Provide a copy of your personal Medication List***

Medication	Dose	Reason for Taking
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

☐ **See attached list**

Previous Treatment, Medications and Other Therapies Attempted For The Condition We Are Evaluating

Treatment/Medication	Doctor/Provider	Approximate Date of Treatment
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

☐ See attached

Health And Medical History

FOR FEMALE PATIENTS: Are you currently pregnant? ☐Yes ☐No

Do you drink 4 or more cups of coffee per day? ☐Yes ☐No

Do you smoke tobacco? ☐Yes ☐No

Do you consume alcohol or take sedatives for pain relief or sleeping aid? ☐Yes ☐No

Do you have trouble breathing through your nose? ☐Yes ☐No

Have you had prior orthodontic treatments? ☐Yes ☐No

Have you sustained injury to: ☐ Head ☐ Neck ☐ Face ☐Teeth

☐ Other: _____ Approximate Date:_____

Surgical History - *Have you had any of the following:*

General Anesthesia	☐ Yes	☐No	Orthognathic Surgery	☐ Yes	☐No
Adenoids Removed	☐ Yes	☐No	Oral Surgery	☐ Yes	☐No
Tonsils Removed	☐ Yes	☐No	Removal of Third Molar(s)	☐ Yes	☐No
Jaw Joint Surgery	☐ Yes	☐No	(Wisdom Teeth)		

Other types of surgery:_____

Patient/Parent Signature: _____ Date: _____

Medical History – Patient and Family

Do you have or have experienced any of the following?

	PATIENT HX	FAMILY HX
AIDS/HIV	☐ Yes ☐ No	
Anemia	☐ Yes ☐ No	☐ Fam Hx
Anxiety	☐ Yes ☐ No	☐ Fam Hx
Asthma	☐ Yes ☐ No	☐ Fam Hx
Awakenings from Sleep x	☐ Yes ☐ No	☐ Fam Hx
Bleeding Easily	☐ Yes ☐ No	☐ Fam Hx
Birth Defects	☐ Yes ☐ No	☐ Fam Hx
Bruising Easily	☐ Yes ☐ No	☐ Fam Hx
Cancer of _____	☐ Yes ☐ No	☐ Fam Hx
Chemo	☐ Yes ☐ No	☐ Fam Hx
Chronic Fatigue	☐ Yes ☐ No	☐ Fam Hx
Cold Hands and Feet	☐ Yes ☐ No	☐ Fam Hx
COPD	☐ Yes ☐ No	☐ Fam Hx
Depression	☐ Yes ☐ No	☐ Fam Hx
Diabetes	☐ Yes ☐ No	☐ Fam Hx
Difficulty Concentrating	☐ Yes ☐ No	☐ Fam Hx
Difficulty Breathing at Night	☐ Yes ☐ No	☐ Fam Hx
Dizziness	☐ Yes ☐ No	☐ Fam Hx
Eating Disorder	☐ Yes ☐ No	☐ Fam Hx
(EDS) Ehlers-Danlos Syndrome	☐ Yes ☐ No	☐ Fam Hx
Emphysema	☐ Yes ☐ No	☐ Fam Hx
Epilepsy	☐ Yes ☐ No	☐ Fam Hx
Excessive Thirst	☐ Yes ☐ No	☐ Fam Hx
Fainting	☐ Yes ☐ No	☐ Fam Hx
Fibromyalgia	☐ Yes ☐ No	☐ Fam Hx
Fluid Retention	☐ Yes ☐ No	☐ Fam Hx
Frequent Colds/Flu	☐ Yes ☐ No	☐ Fam Hx
Frequent Cough	☐ Yes ☐ No	☐ Fam Hx
Frequent Ear Infections	☐ Yes ☐ No	☐ Fam Hx
Frequent Sore Throat	☐ Yes ☐ No	☐ Fam Hx
Gastroesophogeal Reflux	☐ Yes ☐ No	☐ Fam Hx
Glaucoma	☐ Yes ☐ No	☐ Fam Hx
Hay Fever	☐ Yes ☐ No	☐ Fam Hx
Hearing Impairment	☐ Yes ☐ No	☐ Fam Hx
Heart Attack	☐ Yes ☐ No	☐ Fam Hx
Heart Disease	☐ Yes ☐ No	☐ Fam Hx
Heart Murmur	☐ Yes ☐ No	☐ Fam Hx
Heart Pacemaker	☐ Yes ☐ No	☐ Fam Hx
Heart Palpitations	☐ Yes ☐ No	☐ Fam Hx
Heart Valve Replacement	☐ Yes ☐ No	☐ Fam Hx
Hemophilia	☐ Yes ☐ No	☐ Fam Hx
Hepatitis	☐ Yes ☐ No	☐ Fam Hx
High Blood Pressure	☐ Yes ☐ No	☐ Fam Hx
History of Substance Abuse	☐ Yes ☐ No	☐ Fam Hx
Huntington's Disease	☐ Yes ☐ No	☐ Fam Hx

☐ **I HAVE NO FAMILY HX**

	PATIENT HX	FAMILY HX
Hypoglycemia	☐ Yes ☐ No	☐ Fam Hx
Insomnia	☐ Yes ☐ No	☐ Fam Hx
Intestinal Disorder	☐ Yes ☐ No	☐ Fam Hx
Irregular Heartbeat	☐ Yes ☐ No	☐ Fam Hx
Kidney Disease	☐ Yes ☐ No	☐ Fam Hx
Leukemia	☐ Yes ☐ No	☐ Fam Hx
Liver Disease	☐ Yes ☐ No	☐ Fam Hx
Low Blood Pressure	☐ Yes ☐ No	☐ Fam Hx
Meniere's Disease	☐ Yes ☐ No	☐ Fam Hx
Memory Loss	☐ Yes ☐ No	☐ Fam Hx
Migraines	☐ Yes ☐ No	☐ Fam Hx
Mitral Valve Prolapse	☐ Yes ☐ No	☐ Fam Hx
Multiple Sclerosis	☐ Yes ☐ No	☐ Fam Hx
Muscle Aches	☐ Yes ☐ No	☐ Fam Hx
Muscle Fatigue	☐ Yes ☐ No	☐ Fam Hx
Muscle Spasms	☐ Yes ☐ No	☐ Fam Hx
Muscular Dystrophy	☐ Yes ☐ No	☐ Fam Hx
Neuralgia	☐ Yes ☐ No	☐ Fam Hx
Nervous system Disorder	☐ Yes ☐ No	☐ Fam Hx
Osteoarthritis	☐ Yes ☐ No	☐ Fam Hx
Osteoporosis	☐ Yes ☐ No	☐ Fam Hx
Ovarian Cyst	☐ Yes ☐ No	☐ Fam Hx
Parkinson's Disease	☐ Yes ☐ No	☐ Fam Hx
Poor Circulation	☐ Yes ☐ No	☐ Fam Hx
(POTS) Postural Orthostatic Tachycardia Syndrome	☐ Yes ☐ No	☐ Fam Hx
Psychiatric Care	☐ Yes ☐ No	☐ Fam Hx
Radiation	☐ Yes ☐ No	☐ Fam Hx
Recent Weight Gain	☐ Yes ☐ No	☐ Fam Hx
Recent Weight Loss	☐ Yes ☐ No	☐ Fam Hx
Rheumatic Fever	☐ Yes ☐ No	☐ Fam Hx
Rheumatoid Arthritis	☐ Yes ☐ No	☐ Fam Hx
Scarlet Fever	☐ Yes ☐ No	☐ Fam Hx
Shortness of Breath	☐ Yes ☐ No	☐ Fam Hx
Skin Disorder	☐ Yes ☐ No	☐ Fam Hx
Sinus Problems	☐ Yes ☐ No	☐ Fam Hx
Slow Healing Sores	☐ Yes ☐ No	☐ Fam Hx
Speech Difficulties	☐ Yes ☐ No	☐ Fam Hx
Stroke	☐ Yes ☐ No	☐ Fam Hx
Swollen or Painful Joints	☐ Yes ☐ No	☐ Fam Hx
Thyroid Disease	☐ Yes ☐ No	☐ Fam Hx
Tired Muscles	☐ Yes ☐ No	☐ Fam Hx
Tuberculosis	☐ Yes ☐ No	☐ Fam Hx
Urinary Tract Disorder	☐ Yes ☐ No	☐ Fam Hx

OTHER _____

Patient/Parent Signature: _____ Date:_____

Additional Symptoms – HEAD PAIN **Please complete for all that apply:**

1. **Do you experience General Head Pain?** ☐Yes ☐No

	Location (L = Left R = Right B = Bilateral)	Recent/Chronic (over 6mo.)	Severity	Duration	Frequency
			Mild Mod Severe	Hrs Days Wks	Occ. Freq Constant
2. Temple Area	☐L ☐R ☐B	☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
3. Back of Head	☐L ☐R ☐B	☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
4. Forehead	☐L ☐R ☐B	☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
5. Top of Head	☐L ☐R ☐B	☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

For the below categories, please indicate L or R where applicable

Jaw Pain ☐ I have no jaw pain

Jaw pain with opening ☐L ☐R
Jaw pain when chewing ☐L ☐R
Jaw pain at rest ☐L ☐R

Jaw Joint Sounds ☐ I have no jaw joint sounds

Jaw sounds with opening ☐L ☐R
Jaw sounds when chewing ☐L ☐R

Ear Related Conditions

Buzzing in ears ☐L ☐R
Ear Congestion ☐L ☐R
Ear pain ☐L ☐R
Hearing Loss ☐L ☐R
Itchiness/stuffiness ☐L ☐R

Pain behind the ear ☐L ☐R
Pain in front of ear ☐L ☐R
Recurrent ear infections ☐L ☐R
Ringing in the ear (tinnitus) ☐L ☐R

For the below categories, please respond with Yes or No .... *DO NOT LEAVE BLANK*

Jaw Locking

Jaw locks closed ☐Yes ☐No
Jaw locks open ☐Yes ☐No

Jaw Joint Symptoms

Teeth clenching ☐Yes ☐No ☐Day ☐Night
Teeth grinding ☐Yes ☐No ☐Day ☐Night

Eye Related Conditions

Blurred vision ☐Yes ☐No
Double vision ☐Yes ☐No
Eye pain ☐Yes ☐No

Pain or pressure behind the eyes ☐Yes ☐No
Extreme sensitivity to light ☐Yes ☐No
Wear of glasses or contacts ☐Yes ☐No

Throat Related Conditions

Chronic sore throat ☐Yes ☐No
Difficulty Swallowing ☐Yes ☐No
Swollen glands ☐Yes ☐No

Thyroid enlargement ☐Yes ☐No
Tightness in throat ☐Yes ☐No
Feeling of foreign object in throat ☐Yes ☐No

Neck related Conditions

Limited movement ☐Yes ☐No
Neck pain ☐Yes ☐No

Numbness in hands/fingers ☐Yes ☐No
Swelling in neck ☐Yes ☐No

Shoulder Conditions

Pain in Shoulders ☐Yes ☐No
Stiffness in Shoulders ☐Yes ☐No

Tingling in fingers/hands ☐Yes ☐No

Back Conditions

Low Back Pain ☐Yes ☐No
Middle Back Pain ☐Yes ☐No
Upper Back Pain ☐Yes ☐No

Scoliosis ☐Yes ☐No
Sciatica ☐Yes ☐No

Mouth/Nose Conditions

Chronic Sinusitis ☐Yes ☐No
Dry Mouth ☐Yes ☐No
Frequent Snoring ☐Yes ☐No

Broken Teeth ☐Yes ☐No
Biting Cheeks ☐Yes ☐No
Burning Tongue ☐Yes ☐No

Patient/Parent Signature: _____ Date: _____

History of Symptoms

On what date, or approximate date, did the condition you are seeking treatment for occur? _____

Are any of the conditions listed or was your chief complaint caused by a motor vehicle accident? ☐Yes ☐No

If yes, what conditions: _____ Date of accident: _____

Does any family member have a sleep breathing disorder? ☐Yes ☐No If yes, explain: _____

_____

Please fully complete section 1 below

1. DAYTIME SLEEPINESS EVLAUATION - EPWORTH SLEEPINESS SCALE

For the following situations, answer with one of the following numbers:

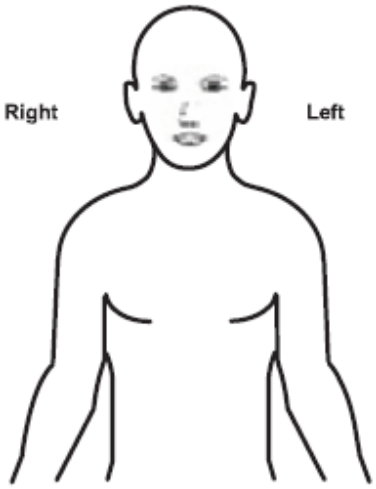
0 - would never doze 1 - slight chance of dozing 2 - moderate chance of dozing 3 - high chance of dozing

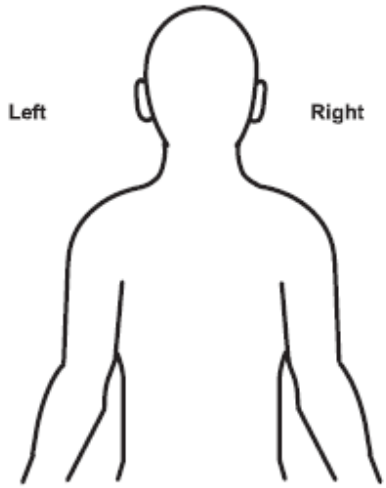
Situation	Score
Sitting and reading	_____
Watching Television	_____
Sitting, inactive public place	_____
As a passenger in a car for an hour without a break	_____
Sitting and talking to someone	_____
Sitting quietly after a lunch (no alcohol)	_____
In a car, while stopped for a few minutes in traffic	_____
Lying down to rest in the afternoon when circumstances permit	_____

TOTAL SCORE _____

I authorize the release of all examination findings and diagnosis, report and treatment plans, etc., to any referring or treating health care provider. I additionally authorize the release of any medical information to insurance companies, third party billing companies, or for legal documentation to process claims. I understand that I am responsible for all charges incurred for my treatment regardless of insurance covers.

Patient/Parent Signature: _____ Date: _____





Indicate Areas of Pain
Following the Pain Scale:
1 Mild pain
2 Moderate pain
3 Severe pain

The Offices of Dr. David Shirazi

TMJ & Sleep Therapy Centre of LOS ANGELES & CONEJO VALLEY

BREATHE SLEEP HEAL LIVE

Patient Name:_____ Date: _____

	Not at all	Several days	More than half the days	Nearly every day
1. Over the *last 2 weeks*, how often have you been bothered by any of the following problems?				
a. Little interest or pleasure in doing things	☐	☐	☐	☐
b. Feeling down, depressed, or hopeless	☐	☐	☐	☐
c. Trouble falling/staying asleep, sleeping too much	☐	☐	☐	☐
d. Feeling tired or having little energy	☐	☐	☐	☐
e. Poor appetite or overeating	☐	☐	☐	☐
f. Feeling bad about yourself or that you are a failure or have let yourself or your family down	☐	☐	☐	☐
g. Trouble concentrating on things, such as reading the newspaper or watching television.	☐	☐	☐	☐
h. Moving or speaking so slowly that other people could have noticed. Or the opposite; being so fidgety or restless that you have been moving around a lot more than usual.	☐	☐	☐	☐
i. Thoughts that you would be better off dead or of hurting yourself in some way.	☐	☐	☐	☐
COLUMN TOTALS	_____	+ _____	+ _____	+ _____
TOTAL SCORE	_____			

2. If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
	☐	☐	☐	☐

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TMJ & Sleep Therapy Centre of LOS ANGELES & CONEJO VALLEY

BREATHE SLEEP HEAL LIVE

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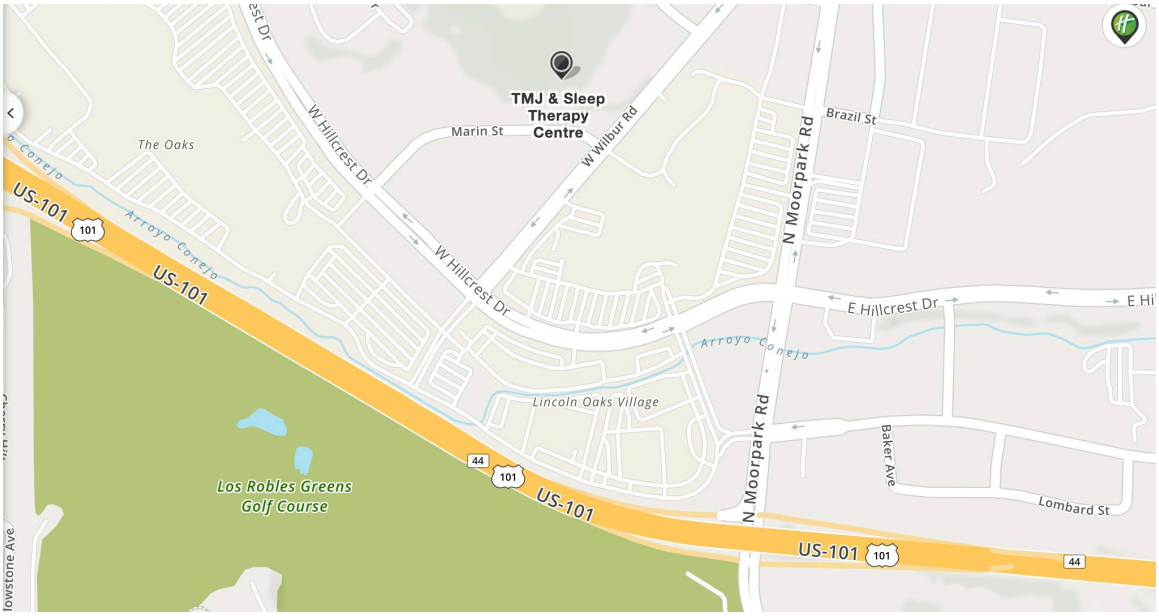

Driving Directions:

From the 101 Freeway North

1. Take the Moorpark Rd. Exit
2. Turn Right onto S. Moorpark Rd.
3. Turn Left onto W Hillcrest Dr.
4. Turn Right onto Marin St.

From the 101 Freeway South

1. Take the Moorpark Rd. Exit
2. Turn Left onto Moorpark Rd.
3. Turn Left onto Hillcrest Dr.
4. Turn Right onto Marin St.