

**Hello!** We are pleased to have you at **Eastlake Acupuncture** and thank you for choosing our clinic to help you achieve your health goals through acupuncture, acupressure, massage and herbal medicine remedies.

The beauty of acupuncture is that its application can be tailored to each individual depending on their specific health needs. On the next pages, you'll find the '**New Patient Intake Form**' that will allow us to gain a better understanding of your specific complaints so we can prepare an individualized treatment just for you. Please **complete the entire questionnaire** to the best of your ability before your first appointment. You may think some of the questions are unrelated to your complaint, but all of your answers will help us better understand and treat you. We keep all patient information strictly confidential.

### **Important Information For New Patients**

If this is your first time seeking acupuncture, you may be nervous when coming in for your first appointment. Below is important information that will help you prepare for your appointment and know what to expect.

### **What To Wear For Acupuncture**

Loose, comfortable clothing is highly recommended for your acupuncture appointments. Depending on your specific treatment protocol, we may ask you to put on a gown, or we may use sheets to access areas of your body where we will insert needles. We value your privacy, and draping will be provided to protect your modesty. We ask that patients **refrain from wearing strong-smelling perfume, cologne**, lotions, oil or cosmetics and **turn off** cell phones and other electronic devices before the treatment.

### **Needles**

Acupuncture involves the placement of thin needles below the surface of the skin to activate the body's natural healing properties. For the majority of our patients, the placement of the needles is not painful. At Eastlake Acupuncture, we only use sterile, disposable needles, which are regulated by the FDA.

### **Your First Acupuncture Appointment**

- We ask that you allow 1 hour for your first appointment. Follow-up appointments will usually last 45 minutes.
- We recommend that you eat before your acupuncture appointment, even if it's just a light snack. It is not a good idea to receive acupuncture on an empty stomach.
- On your first appointment, your acupuncturist will want to learn more about you, your complaint and your medical history. After bringing you into the treatment room, your acupuncturist will ask you a variety of questions and may perform some non-invasive medical tests, such as taking your pulse, and palpating certain areas of your body.
- After your first treatment is complete, the acupuncturist will provide you with treatment recommendations, which will cover treatment frequency and may also incorporate herbal medicine suggestions, nutritional and lifestyle advice or a referral to additional medical practitioners. These recommendations are meant to help you see the best results possible from your treatment and should be taken seriously.

### **After Your First Appointment**

- Everyone responds differently to acupuncture. Some patients feel relaxed afterward, while others feel energized. We recommend that you take a few minutes after your appointment to drink water and rest.
- Keep track of how you feel in the days after your first appointment. When you come in for your second appointment, your acupuncturist will want to know how you felt physically, emotionally and mentally between appointments.
- In some rare cases, patients experience an initial increase in symptoms after their first acupuncture treatment. This type of flare-up usually happens later on the same day as the treatment but then goes away. Overall, acupuncture does not increase painful symptoms.

We welcome all questions from our patients before and after a treatment. Please do not hesitate to call us if you have a question or concern.



**Patient Name:** \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ lbs Sex:  Male  Female Occupation: \_\_\_\_\_

Marital Status:  Married  Single  Divorced  Widowed  Partnered Number of Children: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

How did you hear about us: \_\_\_\_\_

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Are you under the care of a physician now?  Yes  No If yes, for what? \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Physician's Phone: (\_\_\_\_\_) \_\_\_\_\_

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Have you received Acupuncture therapy before?  Yes  No if yes, when? \_\_\_\_\_

if Yes, How was your experience? \_\_\_\_\_

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Is today's visit because of a Work Injury?  Yes  No If yes, Date of Injury: \_\_\_\_\_

Is today's visit due to an Auto Accident?  Yes  No If yes, Date of Accident: \_\_\_\_\_

**Prior attempts to correct problem(s)?** *(please include contact with other professionals, meds, types of treatment etc)*

\_\_\_\_\_  
\_\_\_\_\_

**List significant past Hospitalizations, Surgeries or Accidents (car accident, fall etc, include approximate Dates):**

\_\_\_\_\_  
\_\_\_\_\_

**Allergies, Food Sensitivities:**

\_\_\_\_\_

**EMERGENCY/GUARDIAN CONTACT INFORMATION**

Contact Name: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_\_) \_\_\_\_\_

**Patient Name:** \_\_\_\_\_

**Prescription drugs you are currently taking:**

Drug Name: \_\_\_\_\_ Dosage: \_\_\_\_\_ For What? \_\_\_\_\_

Drug Name: \_\_\_\_\_ Dosage: \_\_\_\_\_ For What? \_\_\_\_\_

**Vitamins, Supplements, Over-the-Counter Medication you are currently taking:**

Name: \_\_\_\_\_ Dosage: \_\_\_\_\_ For What? \_\_\_\_\_

Name: \_\_\_\_\_ Dosage: \_\_\_\_\_ For What? \_\_\_\_\_

**Check the Box if any of the following statements is true:**

- I have known Allergies
- I am taking Coumadin/Warfarin
- History of Seizures or Seizure like activity
- I have a Pacemaker
- I am taking Lithium
- History of Head Trauma

**FAMILY MEDICAL HISTORY**

(Check the following conditions that have occurred in your blood relatives- grandparents, parents or siblings)

- Allergies (list)
- Alcoholism
- Depression
- High Blood Pressure
- Tuberculosis
- Arteriosclerosis
- Cancer (type) \_\_\_\_\_
- Diabetes
- Seizures
- Obesity
- Asthma
- Heart Diseases
- Stroke

**YOUR PAST MEDICAL HISTORY**

(Check any of the following conditions you currently have, or have had in the past. Please also check if you feel any of the following are a significant part of your medical history.)

- AIDS/HIV
- Cancer: \_\_\_\_\_
- Measles
- Seizures
- Herpes (Type: \_\_\_\_\_)
- Alcoholism
- Chicken Pox
- Multiple Sclerosis
- Stroke
- High Blood Pressure
- Allergies
- Diabetes (Type: \_\_\_\_\_)
- Mumps
- Thyroid Disorders
- Venereal disease
- Appendicitis
- Emphysema
- Pacemaker
- Tuberculosis
- Rheumatic Fever
- Arteriosclerosis
- Gout
- Pleurisy
- Typhoid Fever
- Scarlet Fever
- Asthma
- Heart Disease
- Pneumonia
- Ulcers
- Epilepsy
- Birth Trauma
- Hepatitis (Type: \_\_\_\_\_)
- Psychological Disorder
- Whooping Cough
- Goiter

**PERSONAL LIFESTYLE HABITS**

Cigarettes (packs) \_\_\_\_\_ Coffee/Tea (cups per day) \_\_\_\_\_ Alcohol (drinks per week) \_\_\_\_\_

Recreational drugs: \_\_\_\_\_ Food cravings: \_\_\_\_\_

## **INFORMED CONSENT FOR ACUPUNCTURE AND ORIENTAL MEDICINE TREATMENT AND CARE**

I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by the acupuncturist named below and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with, or serving as back-up for the acupuncturist named below, including those working at this office or any other office or clinic, whether signatories to this form or not.

I understand the methods of treatment may include, but are not limited to, acupuncture, acupressure, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese massage), Chinese herbal medicine, and nutritional counseling.

I have been informed that acupuncture is a safe method of treatment, but that it may have side effects, including bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. I understand that I should not move while the needles are being inserted, retained, or removed. Bruising is a common side effect of cupping. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the acupuncturist below uses sterile disposable needles and maintains a clean and safe environment. Burns and/or scarring are a potential risk of moxibustion. I understand that while this document describes the major risks of treatment other side effects and risks may occur.

The herbs and nutritional supplements (which are from plant, mineral, and animal sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine, although some may be toxic in large doses. I understand that some herbs may be inappropriate during pregnancy. Some possible side effects of taking herbs are nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of the tongue. I will immediately notify the acupuncturist of any unanticipated or unpleasant effects associated with the consumption of the herbs. I will notify the acupuncturist who is caring for me if I am or become pregnant.

I do not expect the acupuncturist to be able to anticipate and explain all risks and complications of treatment, and I wish to rely on the acupuncturist to exercise judgment during the course of treatment which the acupuncturist thinks at the time, based upon the facts then known, is in my best interest. I understand that results are not guaranteed.

I understand the office medical and administrative staff may review my medical records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

**By voluntarily signing below I show that I have read, or have had read to me, this consent to treatment, have been told about the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.**

Patient's Name

Patient's Signature  Date Signed

*To be completed by the patient's representative if the patient is a minor or is physically or legally incapacitated:*

Print Name of Patient \_\_\_\_\_

Print Name of Patient Representative \_\_\_\_\_

Signature of Patient Representative \_\_\_\_\_

Relationship or Authority of Patient \_\_\_\_\_

Name of Acupuncturist: Nadia Ayadi MS LAc, License# 14621

Eastlake Acupuncture, Inc.  
Patient Responsibility and Office Policies

Thank you for choosing Eastlake Acupuncture Inc, office of Nadia Ayadi MS LAc. I am committed to providing you the very best acupuncture service. Please read the following policies, initial and sign below in the spaces provided.

**\*\*Cancellations, No Show, Late Arrivals\*\***

As an individual healthcare provider, it is the office policy of Nadia Ayadi MS LAc and Eastlake Acupuncture, Inc. to require **24 hours notice for cancellation of any appointment.** If you cancel with less than 24 hours notice or fail to attend a scheduled appointment you will owe a fee of \$50 before you can schedule a future appointment, sorry no exceptions.

**\*\*Running Late:** **If you are more than 5-10 minutes late I will need to cancel the appointment upon your late arrival** because a full acupuncture treatment will not be possible and tardiness would also affect other patient treatments (tardy appointment = \$50.00 fee applies). As an individual healthcare provider I cannot accommodate early or late arrivals. Please understand that by scheduling an appointment with me you are committing to arriving at my office on that day at that time.

**At the 2nd tardy appointment, running late or less than 24 hour notice cancellation you will be immediately dismissed from this practice due to non-compliance. No exceptions.**

Initials: \_\_\_\_\_

**Receipt of Notice of Privacy Practices** *(located at the front desk)*

I hereby acknowledge that I have been offered a copy of this office's Notice of Privacy Practices (In Office). I further acknowledge that a copy of the current notice will be available in the reception area, and that any amended Notice of Privacy Practices will be available at each appointment.

Initials: \_\_\_\_\_

BY SIGNING BELOW, YOU ARE ACKNOWLEDGING YOUR UNDERSTANDING OF THE OFFICE POLICIES DESCRIBED ABOVE.

Print Patient's Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Directions to Eastlake Acupuncture

From North

### **805 South**

Take the **Telegraph Canyon Rd** Exit (East)

Turn **Right** onto **Telegraph Canyon Rd** (East)

Continue straight for 5.5 miles (approximately 10-15 minutes+ with traffic lights)

(Telegraph Canyon Rd turns into Otay Lakes Rd)

Turn **Left** onto **Eastlake Parkway**

Turn **Left** at **Miller Dr**, into a shopping center

Make **Left into First parking lot** (you will see big medical building on left '**Village Walk Medical Arts Center**').

Park in lot.

Enter building, take elevator to 3<sup>rd</sup> floor, Suite 305

Toll Road Option- 125 Toll Road (\$2.75+, may save up to 10-15 minutes driving time)

### **125 South, Toll**

Take the **Otay Lakes Rd** Exit

Turn **Left** onto **Otay Lakes Rd**

Turn **Left** onto **Eastlake Parkway**

Turn **Left** at **Miller Dr**, into a shopping center

Make **Left into First parking lot** (you will see big medical building on left '**Village Walk Medical Arts Center**').

Park in lot.

Enter building, take elevator to 3<sup>rd</sup> floor, Suite 305

