

# eWellness Questionnaire

Helping you one question at a time!

## CROHN'S DISEASE

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 Unexplained weight loss |
| 2. R F A Yeast / Fungal problems            |                                  |

### Section 2

- |   |  |
|---|--|
| 4. R F A Eat fast food                      | 7. R F A Consume refined carbs         |
| 5. R F A Eat pre processed / packaged foods | 8. R F A Consume wheat or gluten       |
| 6. R F A Drink cow's milk                   | 9. R F A Family or financial stressors |

### Section 3

- |                     |                  |
|---------------------|------------------|
| 10. R F A Oily skin | 12. R F A Eczema |
| 11. R F A Acne      |                  |

### Section 4

13. R F A Light headedness

### Section 5

- |  |                                     |
|--|-------------------------------------|
| 14. R F A Difficulty going to sleeping | 17. R F A Slow metabolism           |
| 15. R F A Difficulty staying asleep    | 18. R F A Too much stress / tension |
| 16. R F A Can't loose weight           | 19. R F A Fatigued or tired         |

### Section 6

20. R F A Mood swings

### Section 7

21. R F A Restless leg syndrome

### Section 8

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| 22. R F A Heart burn or reflux     | 32. R F A Dark black / tarry stools |
| 23. R F A Upset stomach            | 33. R F A Blood streaked stools     |
| 24. R F A Belching                 | 34. R F A Blood on the toilet paper |
| 25. R F A Ulcers                   | 35. R F A Crohn's Disease           |
| 26. R F A Pain after eating        | 36. R F A Ulcerative colitis        |
| 27. R F A Heartburn medication     | 37. R F A Colon polyps              |
| 28. R F A Indigestion or bloating  | 38. R F A Diverticulitis            |
| 29. R F A Abdominal cramps or pain | 39. R F A Constipation              |
| 30. R F A Irritable bowel syndrome | 40. R F A Laxatives                 |
| 31. R F A Diarrhea                 |                                     |

### Section 9

- |                                  |                           |
|----------------------------------|---------------------------|
| 41. R F A Headaches or migraines | 45. R F A Arthritis       |
| 42. R F A Difficulty exercising  | 46. R F A Muscle weakness |
| 43. R F A Back pain or neck pain | 47. R F A Muscle relaxors |
| 44. R F A Joint pain             |                           |

### Section 10

- |                            |   |
|----------------------------|---|
| 48. R F A Anti-depressants | 49. R F A Brain fog - lack of concentration |
|----------------------------|---|

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Section 11

- 50. R F A Anxiety / anxiousness
51. R F A Problems relaxing

- 52. R F A Feelings of worthlessness

Section 12

- 53. R F A Allergies

Section 13

- 54. R F A Sick more often
55. R F A Swollen glands

- 56. R F A Recently taken antibiotics