

eWellness Questionnaire

Helping you one question at a time!

FIBROMYALGIA

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|------------------|----|-----------|----------------|
| 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

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| 1. R F A Consume breads / pastas / starches | 3. R F A Nervousness or irritable |
| 2. R F A Yeast / Fungal problems | |

Section 2

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| 4. R F A Smoke or use tobacco | 9. R F A Consume white sugar |
| 5. R F A Eat fast food | 10. R F A Consume refined carbs |
| 6. R F A Eat pre processed / packaged foods | 11. R F A Consume wheat or gluten |
| 7. R F A Consume sweets | 12. R F A Very little exercise |
| 8. R F A Drink cow's milk | 13. R F A Family or financial stressors |

Section 3

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| 14. R F A Difficulty breathing deeply | 16. R F A Shortness of breath |
| 15. R F A Acute or chronic coughing | |

Section 4

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| 17. R F A Difficulty going to sleeping | 23. R F A Thyroid problems |
| 18. R F A Difficulty staying asleep | 24. R F A Too much stress / tension |
| 19. R F A Hungry all the time | 25. R F A Trouble sweating |
| 20. R F A Can't loose weight | 26. R F A Fatigued or tired |
| 21. R F A Slow metabolism | 27. R F A Thyroid medication |
| 22. R F A Overweight | |

Section 5

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| 28. R F A Erectile dysfunction | 39. R F A Fibrocystic breasts |
| 29. R F A Pre-menopausal | 40. R F A Pelvic pain or cramping |
| 30. R F A Peri-menopausal | 41. R F A Mood swings |
| 31. R F A Suffer from PMS | 42. R F A Bouts of depression |
| 32. R F A Breast tenderness | 43. R F A Hot flashes / sweats |
| 33. R F A Vaginal discharge | 44. R F A Thinning hair or brittle hair |
| 34. R F A Vaginal dryness | 45. R F A Sexually transmitted diseases |
| 35. R F A Birth control | 46. R F A Decrease in sex drive |
| 36. R F A Irregular periods | 47. R F A Pain with sex |
| 37. R F A Excessive period bleeding | 48. R F A Hormone replacement |
| 38. R F A Ovarian cysts | |

Section 6

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| 49. R F A History of a heart attack | 53. R F A History of A-fib or arrhythmias |
| 50. R F A History of heart surgery | 54. R F A History of heart problems |
| 51. R F A Chest pain / angina / tightness | 55. R F A Slow or fast heart beats at rest |
| 52. R F A High blood pressure | |

Section 7

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| 56. R F A History of deep vein thrombosis | 58. R F A Poor circulation in your feet |
| 57. R F A Poor circulation in your hands | |

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| Section 8 | | | |
| 59. R F A | Heart burn or reflux | 62. R F A | Irritable bowel syndrome |
| 60. R F A | Indigestion or bloating | 63. R F A | Inflamed intestine - "Leaky gut" |
| 61. R F A | Abdominal cramps or pain | 64. R F A | Constipation |
| Section 9 | | | |
| 65. R F A | Headaches or migraines | 70. R F A | Back pain or neck pain |
| 66. R F A | Stiffness or muscle spasms | 71. R F A | Joint pain |
| 67. R F A | Difficulty exercising | 72. R F A | Arthritis |
| 68. R F A | Fibromyalgia | 73. R F A | Muscle relaxors |
| 69. R F A | Chronic fatigue syndrome | | |
| Section 10 | | | |
| 74. R F A | Anti-depressants | 77. R F A | Numbness or tingling |
| 75. R F A | Pain medications | 78. R F A | Poor coordination |
| 76. R F A | Multiple sclerosis | 79. R F A | Brain fog - lack of concentration |
| Section 11 | | | |
| 80. R F A | Anxiety / anxiousness | 82. R F A | Feelings of worthlessness |
| 81. R F A | Problems relaxing | | |
| Section 12 | | | |
| 83. R F A | Allergies | | |
| Section 13 | | | |
| 84. R F A | Sick more often | 85. R F A | Swollen glands |