

eWellness Questionnaire

Helping you one question at a time!

HEARTBURN / REFLUX / GERD

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

Section 2

2. R F A Alcohol use extensively	9. R F A Drink cow's milk
3. R F A Do you use street drugs	10. R F A Consume white sugar
4. R F A Drink coffee / soda / ice tea	11. R F A Consume refined carbs
5. R F A Eat fast food	12. R F A Consume wheat or gluten
6. R F A Eat pre processed / packaged foods	13. R F A Consume artificial flavorings
7. R F A Consume sweets	14. R F A Very little exercise
8. R F A Use artificial sweeteners	15. R F A Family or financial stressors

Section 3

16. R F A Vertigo / dizziness	18. R F A Bad breath
17. R F A Light headedness	

Section 4

19. R F A Difficulty breathing deeply

Section 5

20. R F A Difficulty going to sleeping	23. R F A Too much stress / tension
21. R F A Can't loose weight	24. R F A Fatigued or tired
22. R F A Slow metabolism	

Section 6

25. R F A Chest pain / angina / tightness	27. R F A History of heart problems
26. R F A High blood pressure	

Section 7

28. R F A Heart burn or reflux	33. R F A Indigestion or bloating
29. R F A Upset stomach	34. R F A Abdominal cramps or pain
30. R F A Ulcers	35. R F A Inflamed intestine - "Leaky gut"
31. R F A Pain after eating	36. R F A Constipation
32. R F A Heartburn medication	37. R F A Laxitives

Section 8

38. R F A Difficulty exercising	40. R F A Chronic fatigue syndrome
39. R F A Fibromyalgia	41. R F A Back pain or neck pain

Section 9

42. R F A Pain medications	43. R F A Brain fog - lack of concentration
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Section 10

44. R F A Anxiety / anxiousness	46. R F A Feelings of worthlessness
45. R F A Problems relaxing	

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Section 11

47. R F A Allergies

Section 12

48. R F A Sick more often

Section 13

49. R F A Cholesterol problems

50. R F A Gall bladder attacks