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System Survey Form

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Patient	Do	ctor		Date
Birth Date / / Approx Weig		ht		Sex: Male · · Female · ·
Pulse: Recumbent	Standing			 Vegetarian · · · Gluten-free · ·
Blood pressure: Recumbent		Standing		/ Ragland's Test is Positive
Blood pressure. Recumbent		- I		
INSTRUCTIONS: Fill in only the			1 2 3	
 O O MILD symptoms (occurs rarely). O MODERATE symptoms (occurs several times a month). 				Awaken after few hours sleep - hard to get back to sleep Crave candy or coffee in afternoons
○ ○ SEVERE symptoms (occu				Moods of depression - "blues" or melancholy
O O Leave circles BLANK if t			Abnormal craving for sweets or snacks	
				GROUP 4
1 2 3 GROUP 1 1 0 0 0 Acid foods upset				Hands and feet go to sleep easily, numbness
2 OOO Get chilled often				Sigh frequently, "air hunger"
3 OOO "Lump" in throat				Aware of "breathing heavily" High altitude discomfort
4 OOO Dry mouth-eyes-nose	е			Opens windows in closed rooms
5 O O O Pulse speeds after m				Susceptible to colds and fevers
6 O O O Keyed up - fail to call	m			Afternoon "yawner"
7 OOO Cut heals slowly 8 OOO Gag easily				Get "drowsy" often
9 OOO Unable to relax; start	les easilv			Swollen ankles, worse at night Muscle cramps, worse during exercise; get "charley horses"
10 OOO Extremities cold, clar	The state of the s			Shortness of breath on exertion
11 OOO Strong light irritates				Dull pain in chest or radiating into left arm, worse on exertion
12 O O O Urine amount reduce				Bruise easily, "black and blue" spots
13 OOO Heart pounds after re 14 OOO "Nervous" stomach	etiring			Tendency to anemia
15 OOO Appetite reduced				"Nose bleeds" frequent
16 OOO Cold sweats often				Noises in head, or "ringing in ears" Tension under the breastbone, or feeling of "tightness",
17 OOO Fever easily raised		12		worse on exertion
18 O O O Neuralgia-like pains				GROUP 5
19 O O O Staring, blinks little 20 O O O Sour stomach often		73	000	Dizziness
		74	000	Dry skin
GROUP 2 21 OOO Joint stiffness on aris	ring			Burning feet
22 OOO Muscle-leg-toe cram	o .			Blurred vision
23 OOO "Butterfly" stomach, o				Itching skin and feet Excessive falling hair
24 OOO Eyes or nose watery				Frequent skin rashes
25 O O O Eyes blink often				Bitter, metallic taste in mouth in mornings
26 OOO Eyelids swollen, puffg 27 OOO Indigestion soon afte				Bowel movements painful or difficult
28 OOO Always seems hungr				Worrier, feels insecure
29 OOO Digestion rapid	,,g			Feeling queasy; headache over eyes Greasy foods upset
30 OOO Vomiting frequent				Stools light colored
31 O O O Hoarseness frequent	İ			Skin peels on foot soles
32 O O O Breathing irregular	agular"			Pain between shoulder blades
33 OOO Pulse slow; feels "irre 34 OOO Gagging reflex slow	egulai			Use laxatives
35 OOO Difficulty swallowing				Stools alternate from soft to watery History of gallbladder attacks or gallstones
36 OOO Constipation, diarrhe	a alternating			Sneezing attacks
37 O O O "Slow starter"				Dreaming, nightmare type bad dreams
38 O O O Get "chilled" infreque 39 O O O Perspire easily	ently			Bad breath (halitosis)
40 O O O Circulation poor, sen	sitive to cold			Milk products cause distress
41 O O O Subject to colds, astl				Sensitive to hot weather Burning or itching anus
GROUP 3				Crave sweets
42 OOO Eat when nervous				GROUP 6
43 O O O Excessive appetite		98	000	Loss of taste for meat
44 OOO Hungry between med		99	000	Lower bowel gas several hours after eating
45 OOO Irritable before meals 46 OOO Get "shaky" if hungry				Burning stomach sensations, eating relieves
47 OOO Fatigue, eating reliev				Coated tongue
48 OOO "Lightheaded" if mea				Pass large amounts of foul-smelling gas Indigestion 1/2 - 1 hour after eating; may be up to 3-4 hrs.
49 OOO Heart palpitates if me	eals missed or delayed			Mucous colitis or "irritable bowel"
50 O O O Afternoon headache				Gas shortly after eating
51 OOO Overeating sweets u	psets	106	000	Stomach "bloating" after eating

	1 2 3	GROUP 7A		1 2 3	
107		Insomnia	170		Weakness after colds, influenza
108	000	Nervousness			Exhaustion - muscular and nervous
109	000	Can't gain weight	172	000	Respiratory disorders
110	000	Intolerance to heat			GROUP 8
111	000	Highly emotional	173	000	Muscle weakness
112	000	Flush easily	174	000	Lack of Stamina
		Night sweats	175	000	Drowsiness after eating
		Thin, moist skin			Muscular soreness
		Inward trembling			Rapid heart beat
		Heart palpitates			Hyper-irritable
		Increased appetite without weight gain Pulse fast at rest			Feeling of a band around your head
		Eyelids and face twitch			Melancholia (feeling of sadness)
		Irritable and restless			Swelling of ankles Diminished urination
		Can't work under pressure			Tendency to consume sweets or carbohydrates
		GROUP 7B			Muscle spasms
122	000	Increase in weight			Blurred vision
		Decrease in appetite			Loss of muscular control
		Fatigue easily			Numbness
		Ringing in ears	188	000	Night sweats
126	000	Sleepy during day			Rapid digestion
127	000	Sensitive to cold	190	000	Sensitivity to noise
128	000	Dry or scaly skin	191	000	Redness of palms of hands and bottom of feet
		Constipation			Visible veins on chest and abdomen
		Mental sluggishness			Hemorrhoids
		Hair coarse, falls out			Apprehension (feeling that something bad will happen)
		Headaches upon arising, wear off during day			Nervousness causing loss of appetite
		Slow pulse, below 65			Nervousness with indigestion
		Frequency of urination			Gastritis
		Impaired hearing Reduced initiative			Forgetfulness Thinning hair
130	000	GROUP 7C	199	000	
127	000		200	000	FEMALE ONLY
		Failing memory Low blood pressure			Very easily fatigued Premenstrual tension
		Increased sex drive			Painful menses
		Headaches, "splitting or rending" type			Depressed feelings before menstruation
		Decreased sugar tolerance			Menstruation excessive and prolonged
		GROUP 7D			Painful breasts
142	000	Abnormal thirst			Menstruate too frequently
		Bloating of abdomen			Vaginal discharge
		Weight gain around hips or waist	208	0	Hysterectomy / ovaries removed
145	000	Sex drive reduced or lacking	209	000	Menopausal hot flashes
146	000	Tendency to ulcers, colitis			Menses scanty or missed
147	000	Increased sugar tolerance			Acne, worse at menses
		Women: menstrual disorders	212	000	Depression of long standing
149	000	Young girls: lack of menstrual function			MALE ONLY
		GROUP 7E			Prostate trouble
		Dizziness			Urination difficult or dribbling
		Headaches			Night urination frequent Depression
		Hot flashes			Pain on inside of legs or heels
		Increased blood pressure			Feeling of incomplete bowel evacuation
		Hair growth on face or body (female) Sugar in urine (not diabetes)			Lack of energy
		Masculine tendencies (female)			Migrating aches and pains
100		GROUP 7F			Tire too easily
157	000	Weakness, dizziness	222	000	Avoids activity
		Chronic fatigue			Leg nervousness at night
		Low blood pressure	224	000	Diminished sex drive
		Nails weak, ridged		ist the f	ive main complaints you have in the order of their importance:
		Tendency to hives			
		Arthritic tendencies	1		
		Perspiration increase	2		
		Bowel disorders			
		Poor circulation	3		
		Swollen ankles			
		Crave salt	4		
		Brown spots or bronzing of skin	l _		
169		Allergies - tendency to asthma	5		