

Umesh K. Sab, M.D.  
U.K. Sab, M.D., Inc.  
Diplomate, American Board of Internal Medicine  
80 Arch Street, Suite A  
Redwood City, California 94062  
(650) 368-2371

MEDICAL EVALUATION

Please answer all questions. If you do not understand the question, insert a question mark. There are 5 pages. Please fill out everything to the best of your ability.

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Occupation: . \_\_\_\_\_ DOB: \_\_\_\_\_

**PRESENT ILLNESS:**

Describe your most distressing symptoms in detail:

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

- How long have your symptoms been present? \_\_\_\_\_
- Was the onset sudden or gradual? \_\_\_\_\_
- What is the location of your symptoms? \_\_\_\_\_
- Are they intermittent or constant? \_\_\_\_\_
- Frequency and duration of symptoms \_\_\_\_\_
- Progressively increasing or decreasing? \_\_\_\_\_
- Aggravating factors \_\_\_\_\_
- Relieving factors \_\_\_\_\_

**PREVIOUS INVESTIGATIONS:**

- X-rays/MRI/CT-Scans \_\_\_\_\_
  - Blood Tests \_\_\_\_\_
  - Other \_\_\_\_\_
- 

**PREVIOUS DIAGNOSIS:**

Date	Doctor	Diagnosis
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**CURRENT MEDICATIONS:** Dosage      Date      Side-Effects      Does It Help?      Compliance

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Have you received any other forms of treatment (diet, acupuncture, chiropractor, dietary change, etc.)? If so, have they been helpful?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your level of understanding of the disease and expectations?

---

---

**MEDICAL HISTORY:** (check the appropriate box)

General Health:     Excellent     Good     Fair     Poor

Weight in last year:     Stable     Gain     Loss    \_\_\_\_\_Amount

Hospitalizations:

Hospital Name	Year	Reason	Treatment
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Other Medical Problems: \_\_\_\_\_

Surgical Procedures:

Hospital Name	Year	Type	Helpful or Not?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Family History:

- Cancer                       Diabetes                       Glaucoma                       Mental Illness
- Heart Disease     High Blood Pressure     Strokes                       Bleeding Disorders
- Allergy/Asthma     Arthritis                       Migraine                       Drug/Alcohol Addiction

Social History:

Work Activities: \_\_\_\_\_

Accidents, Trauma: \_\_\_\_\_

Sexual History: \_\_\_\_\_

Recent Travel: \_\_\_\_\_

AIDS, Hepatitis: \_\_\_\_\_

**REVIEW OF SYSTEMS:** (check the appropriate complaint)

- Diseases:     High Blood Pressure     Diabetes     Rheumatic Fever  
                   Cancer                       Heart Disease     Thyroid Disease  
                   HIV/AIDS                       Venereal Disease

- Skin:             Rashes             Mouth Sores             Loss of Scalp Hair     Psoriasis  
                   Nail Changes     Ulcers                       Color Change             Pigmentation  
                   Nodules             Contractures             Sun Sensitivity             Tightening

- Raynauds'     Eczema/Hives             Cold Sensitivity  
Joints:             Location \_\_\_\_\_             Character of Pain \_\_\_\_\_  
                   Swelling                       Morning Stiffness  
                   Limitation of Motion             Redness

Warmth

Head/Neck:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Change in Voice           | <input type="checkbox"/> Swollen Neck Glands | <input type="checkbox"/> Ringing Ears   |
| <input type="checkbox"/> Neck Pain                 | <input type="checkbox"/> Tender Scalp        | <input type="checkbox"/> Jaw Pain       |
| <input type="checkbox"/> Painful or Red Eyes       | <input type="checkbox"/> Double Vision       | <input type="checkbox"/> Deafness       |
| <input type="checkbox"/> Dryness of Mouth and Eyes | <input type="checkbox"/> Impaired Vision     | <input type="checkbox"/> Hayfever/Sinus |
| <input type="checkbox"/> Difficulty Swallowing     | <input type="checkbox"/> Nosebleeds          |   |

Chest:

- |  |   |                                     |
|--|---|-------------------------------------|
| <input type="checkbox"/> Cough                           | <input type="checkbox"/> Difficulty Breathing | <input type="checkbox"/> Chest Pain |
| <input type="checkbox"/> Wheezing                        | <input type="checkbox"/> Pneumonia            | <input type="checkbox"/> Asthma     |
| <input type="checkbox"/> Snoring                         | <input type="checkbox"/> Sleep Apnea          | <input type="checkbox"/> Bronchitis |
| <input type="checkbox"/> Pleurisy                        | <input type="checkbox"/> Bronchitis           |                                     |
| <input type="checkbox"/> TB Skin Test                    | <input type="checkbox"/> Negative             | <input type="checkbox"/> Positive   |
| <input type="checkbox"/> When was your last chest x-ray? | _____   |                                     |

Abdomen:

- |  |  |   |                                   |
|--|--|---|-----------------------------------|
| <input type="checkbox"/> Heartburn/Indigestion | <input type="checkbox"/> Abdominal Pain  | <input type="checkbox"/> Vomiting       | <input type="checkbox"/> Ulcers   |
| <input type="checkbox"/> Diarrhea              | <input type="checkbox"/> Rectal Bleeding | <input type="checkbox"/> Blood in Stool | <input type="checkbox"/> Colitis  |
| <input type="checkbox"/> Constipation          | <input type="checkbox"/> Hemorrhoids     | <input type="checkbox"/> Hepatitis      | <input type="checkbox"/> Jaundice |

Muscle Weakness:

- |   |   |
|---|---|
| <input type="checkbox"/> Difficulty Climbing Stairs | <input type="checkbox"/> Getting up from a Chair                |
| <input type="checkbox"/> Combing your Hair          | <input type="checkbox"/> Difficulty lifting head off the pillow |
| <input type="checkbox"/> Wasting of Muscles         |   |

Urinary:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Painful Urination | <input type="checkbox"/> Bloody or Cloudy Urine      | <input type="checkbox"/> Impotence      |
| <input type="checkbox"/> Frequency         | <input type="checkbox"/> Vaginal or Penile Discharge | <input type="checkbox"/> Urethritis     |
| <input type="checkbox"/> Prostatitis       | <input type="checkbox"/> Stones                      | <input type="checkbox"/> Kidney Disease |
| <input type="checkbox"/> Flank Pain        |  |   |

Neurologic:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Recurrent Headaches     | <input type="checkbox"/> Loss of Consciousness  | <input type="checkbox"/> Light Headedness |
| <input type="checkbox"/> Convulsions or Seizures | <input type="checkbox"/> Difficulty with Memory | <input type="checkbox"/> Insomnia         |
| <input type="checkbox"/> Numbness or Tingling    | <input type="checkbox"/> Hallucinations         | <input type="checkbox"/> Disorientation   |
| <input type="checkbox"/> Stroke                  | <input type="checkbox"/> Paralysis              | <input type="checkbox"/> Weakness         |

Others:

- |                                     |                                       |                                  |                                  |
|-------------------------------------|---------------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Fever      | <input type="checkbox"/> Night Sweats | <input type="checkbox"/> Chills  | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Anxiety      | <input type="checkbox"/> Tension | <input type="checkbox"/> Cramps  |

List allergy/reaction to Aspirin, Penicillin or any other drug. Please indicate kind of allergic reaction:

---

---

---

Personal: Smoke       Yes       No      How many per day? \_\_\_\_\_  
                 Alcohol       Yes       No      How much? \_\_\_\_\_

Please use these additional lines for any comments you wish to make regarding your problems:

---

---

---

---

---

Patient Signature

---

Date