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## Health History

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John Sample

Sep 12, 2017

OK to exercise

Consult doctor

**Because you have answered NO to the first nine questions, you can be reasonably sure it is safe for you to become more physically active. You can gain some health benefits by doing light-intensity exercise 30 min/day, 3 days/wk. Gain substantial health benefits by gradually increasing to moderate-intensity exercise for 150 min/wk, 3-7 days/wk.**

1. Has a doctor ever said you had a heart attack, stroke, heart failure, heart murmur, heart valve disease, congenital heart disease, or an irregular heart beat that required medication?
  1. Yes
  - 2. No
  
2. Has a doctor ever said you had diabetes?
  1. Yes
  - 2. No
  
3. Has a doctor ever said you had renal (kidney) disease?
  1. Yes
  - 2. No
  
4. Have you had any type of heart surgery like a cardiac catheterization, coronary angioplasty, coronary bypass, or device implant like a cardiac pacemaker?
  1. Yes
  - 2. No
  
5. Do you feel chest pain or discomfort when you do physical activity?
  1. Yes
  - 2. No
  
6. Do you experience an unpleasant awareness of a forceful, rapid, or irregular heart beat?
  1. Yes
  - 2. No

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- 7. Do you experience dizziness, fainting, or blackouts?
  - 1. Yes
  - **2. No**
  
- 8. Do you experience swelling around your ankles?
  - 1. Yes
  - **2. No**
  
- 9. Do you experience a burning or cramping sensation in your lower legs when walking a short distance?
  - 1. Yes
  - **2. No**
  
- 10. Are you doing regular physical activity that is at least moderate in intensity, at least 30 minutes a day, at least 3 days a week, for at least the past 3 months? A moderate activity causes a noticeable increase in breathing, like brisk walking.
  - 1. Yes
  - **2. No**
  
- 11. Are you currently doing (or plan to do in the future) any vigorous-intensity physical activity? A vigorous activity causes deep and heavy breathing, like running or fast cycling.
  - 1. Yes
  - **2. No**

### Additional Questions

- UD1. During the past 30 days how many cigarettes per day did you smoke?
- 1. 2 or more packs a day
  - 2. 1-2 packs a day
  - **3. Around 1/2 pack a day**
  - 4. 1-3 cigarettes a day
  - 5. None or less than 1 cigarette a day

John, during this last month you indicated you smoked about 1/2 pack of cigarettes a day. While this is not a great number of cigarettes, it is still enough to cause health problems for you down the road. Heart disease, emphysema, and various forms of cancer are all negative consequences of cigarette smoking. You should consider joining our Stop Smoking classes. We have been able to help many people like yourself completely kick the habit. For more information you can call Betty at 969-7296.

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UD2. During the past 4 weeks how many cans of beer, glasses of wine or shots of liquor did you drink each week?

1. More than 14 drinks each week
- **2. 8-14 drinks each week**
3. 1-7 drinks each week
4. Less than 1 drink each week

John, during this past month you indicated you have 8-14 drinks of alcohol each week. While this is not considered heavy drinking, it is possible that if you keep this level of drinking up you are at greater risk for certain health problems including cancer and liver disease. Furthermore, having 2 or more drinks at a time can be a safety hazard because it will affect your judgment and reaction time. We would recommend you reduce your alcohol consumption to no more than one drink a day.