

**Windsor Regional Medical Associates**  
**ANNUAL PHYSICAL**

Name \_\_\_\_\_ Date \_\_\_\_\_

**HEALTH SCREENING** (check off any items performed since your last physical)

\_\_\_ Cholesterol \_\_\_ Bone Density \_\_\_ Blood Sugar \_\_\_ Blood Pressure Exam \_\_\_ Mammogram \_\_\_ Pap Smear  
\_\_\_ Colonoscopy \_\_\_ Chest X-ray \_\_\_ EKG \_\_\_ Stress Test \_\_\_ Rectal Exam \_\_\_ Dentist \_\_\_ Ophthalmologist  
\_\_\_ Pneumonia Vaccine \_\_\_ Flu Vaccine \_\_\_ Tetanus Shot \_\_\_ Hepatitis B vaccine

**FAMILY UPDATE** – Any new health problems in family? \_\_\_\_\_

**REVIEW OF SYMPTOMS** (Circle any symptoms you have experienced recently)

GENERAL: - weight gain - loss of appetite - fever - weakness - weight loss - night sweats

HEAD: - cold - cough - coughing blood - nose bleed - hearing loss - change in voice - sore throat  
- ringing in ears - snoring

EYES: - diminished vision - eye irritation - drainage from eyes - blurred vision - seasonal eye symptoms  
- allergic eye symptoms - loss of vision

ENDOCRINE: - fatigue - excessive sweating - excessive thirst - excessive urination - weight loss  
- cold intolerance - heat intolerance

ALLERGY: - runny nose - scratchy throat - itchy eyes - ear fullness - sinus congestion - stuffy nose

HEART: - chest pain - palpitations - leg swelling

LUNGS: - shortness of breath - chest pain - chest congestion

DIGESTIVE: - nausea - heartburn - stool incontinence - vomiting - bloating/belching - blood in stool  
- difficulty swallowing - abdominal pain - diarrhea - constipation - change in bowel habits

URINARY: - difficulty urinating - blood in urine - urinary urgency - frequent urination - urinary incontinence  
- genital pain - painful intercourse - recurrent UTI - nighttime urination

SKIN: - rash - change in moles - lumps - dry/sensitive skin - hives

NERVOUS: - headache - tingling/numbness - seizures - insomnia - memory loss - dizziness - vertigo

BLOOD/GLANDS: - swollen gland - varicose veins - easy bruising

SKELETAL: - joint swelling - joint pain - muscle cramps - muscle pains - joint stiffness - trouble walking

PSYCHIATRIC: - high stress level - depression - sleep disturbances - overwhelming sense of panic  
- suicidal thoughts - eating disorder - mental/physical abuse

MALE: - difficulty with erection - difficulty with ejaculation - diminished sexual drive - abnormal discharge

FEMALE: - heavy periods - pain with intercourse - premenstrual moodiness - pain with period - infertility  
yeast infections - vaginal itching – abnormal bleeding - irregular periods - abnormal discharge - hot flashes