

PETRA TRAVNICEK, MD, FACP



## CONCIERGE ANNUAL EXAMINATION

PATIENT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

PLEASE LIST ANY MAJOR SYMPTOMS YOU ARE HAVING WITH YOUR HEALTH, NEW MEDICAL PROBLEMS YOU HAVE BEEN DIAGNOSED WITH IN THE PAST YEAR, OR ANY NEW CONCERNS YOU HAVE:

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HAVE YOU HAD SURGERIES IN THE PAST YEAR? \_\_\_\_\_ YES \_\_\_\_\_ NO

IF YES, PLEASE COMPLETE:

| SURGERY | SURGERY DATE | SURGEONS NAME | ADDRESS | PHONE |
|---------|--------------|---------------|---------|-------|
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**CURRENT MEDICATIONS / VITAMINS / SUPPLEMENTS / HERBS**

| NAME OF MEDICATION | STRENGTH | TIME OF DAY TAKEN |
|--------------------|----------|-------------------|
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**PLEASE LIST ANY NEW ALLERGIES AND THE REACTIONS:**

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## REVIEW OF BODY SYSTEMS

### CHECK ANY SYMPTOMS YOU ARE EXPERIENCING OR THAT ARE CONCERNING YOU:

**CONSTITUTIONAL:** ☐ FEVER ☐ FATIGUE ☐ ABNORMAL SWEATING ☐ WEAKNESS ☐ CHANGE IN WEIGHT  
☐ CHANGE IN APPETITE ☐ DIFFICULTY SLEEPING ☐ INTOLERANCE TO HEAT OR COLD

**HEAD:** ☐ HEADACHE ☐ DIZZY ☐ FAINT ☐ SEIZURES

**EYES:** ☐ LOSS OF VISION ☐ FLOATERS ☐ EYE PAIN

**EARS:** ☐ NOISE IN EARS ☐ HEARING LOSS ☐ EAR PAIN

**NOSE:** ☐ CONGESTION ☐ CHANGE IN SMELL ☐ LOSS OF SMELL

**BREASTS:** ☐ PAIN ☐ LUMPS ☐ NIPPLE CHANGES OR DISCHARGE

**RESPIRATORY:** ☐ COUGH ☐ SHORTNESS OF BREATH ☐ WHEEZING ☐ CHANGE IN SPUTUM

**CARDIOVASCULAR:** ☐ CHEST PAIN ☐ PALPITATIONS ☐ IRREGULAR HEARTBEATS ☐ VARICOSE VEINS  
☐ PAIN IN CALF WITH WALKING

**GASTROINTESTINAL:** ☐ NAUSEA ☐ VOMITING ☐ DIFFICULTY SWALLOWING ☐ INDIGESTION  
☐ ABDOMINAL PAIN ☐ BURPING ☐ BLOATING

**INTESTINAL:** ☐ PAIN ☐ CONSTIPATION ☐ DIARRHEA ☐ EXCESSIVE FLATULENCE  
☐ HEMORRHOIDS ☐ RECTAL PAIN ☐ RECTAL BLEEDING ☐ CHANGE IN STOOL

**URINARY:** ☐ INCREASED FREQUENCY ☐ CHANGE IN STREAM ☐ PAIN WITH URINATION  
☐ URGENCY ☐ INCONTINENCE ☐ LOSS OF URINE WHEN COUGHING OR SNEEZING  
☐ GETTING UP AT NIGHT TO URINATE (HOW MANY TIMES? )

**WOMEN:** ☐ PAINFUL MENSTRUATION ☐ CHANGE IN PERIODS ☐ PAINFUL INTERCOURSE  
☐ VAGINAL DISCHARGE ☐ VAGINAL DRYNESS OR IRRITATION ☐ CHANGES IN LIBIDO

**MEN:** ☐ CHANGES IN LIBIDO ☐ PREMATURE EJACULATION ☐ ERECTILE DYSFUNCTION

**MUSCULOSKELETAL:** ☐ PAINFUL JOINTS ☐ SWOLLEN JOINTS ☐ ARTHRITIC CHANGES  
LIST JOINTS \_\_\_\_\_  
☐ TENDONS ☐ GOUT ☐ FOOT PROBLEMS ☐ MUSCLE PAIN OR WEAKNESS

**SKIN:** ☐ RASHES ☐ ITCHING ☐ ACNE ☐ PERSISTENT SORES ☐ SKIN CANCERS  
☐ HAIR LOSS ☐ SEBORRHEA ☐ PSORIASIS

**HEMATOLOGY:** ☐ BRUISING ☐ SWOLLEN GLANDS

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**CONSUMPTION**

TOBACCO:

DO YOU SMOKE? \_\_\_\_ YES \_\_\_\_ NO DID YOU QUIT OR CUT BACK ON SMOKING? \_\_\_\_ YES \_\_\_\_ NO

ALCOHOL - OUNCES PER: DAY \_\_\_\_\_ WEEK \_\_\_\_\_ MONTH \_\_\_\_\_ (BEER/WINE/LIQUOR)

CAFFEINE: # \_\_\_\_\_ CUPS OF CAFFEINATED BEVERAGES PER DAY (COFFEE, TEA & SODA)

**EXERCISE HABITS**

PLEASE DESCRIBE YOUR EXERCISE

TYPE: \_\_\_\_\_

FREQUENCY: \_\_\_\_\_

OTHER TYPES OF PHYSICAL ACTIVITY:

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

GOALS FOR EXERCISE THIS YEAR:

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

HOW WILL YOU ACHIEVE THESE GOALS:

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

COMPLETED BY \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

CAREFULLY REVIEW ALL PAGES TO BE SURE YOU HAVE FILLED OUT EACH PAGE COMPLETELY.  
AFTER COMPLETED, SIGN AND EMAIL TO [FORMS@CONCIERGEMEDICAL.SERVICES](mailto:FORMS@CONCIERGEMEDICAL.SERVICES)  
OR PRINT, SIGN AND MAIL TO: 1250 S TAMiami TRAIL, SUITE 301, SARASOTA, FL 34239.