

**Please Read First**

**Dear New Patient,**

*Thank you for making an appointment with me to discuss and improve your health. I congratulate you on your decision to take steps toward improved well-being. In return, I commit to helping you achieve your health goals and to help you learn and understand what is going on in your system in order for us to work together to correct any imbalances that are presently causing your health challenges.*

*I would appreciate your careful consideration in answering the questions in the attached forms. By completing these forms with as much information as possible it will improve the accuracy of your assessment and allow us to have a more effective consultation. This reduces the need for extended consultation time and this subsequently saves you money and improves the care that I can provide for you.*

*Please read and complete the materials before your appointment. **YOU WILL HAVE TO START YOUR DIET SURVEY PROMPTLY** as this requires a week of careful attention (while being sure to reflect your usual dietary habits). If you reach a question you do not know how to answer, simply leave it blank and we can talk about it in our first consultation.*

***Please fill out forms to the best of your ability and bring completed forms with you to your initial consultation. If you have any recent medical test results that are relevant, please bring them along to your appointment. Also, please bring any vitamins or supplements you are taking currently.***

*Naturopathic medicine is an individualized approach to primary health care and is unique in its integrated approach to health. It is the art, science and practice of preventing, diagnosing and treating conditions of the human mind and body through the use of natural substances and non-invasive treatments. Naturopathic doctors are primary-care physicians who are trained at accredited medical colleges in a four-year full time program. Naturopathic doctors have extensive academic and clinical training with respect to the therapeutic use, contraindication, possible adverse reactions and toxicities of natural remedies.*

*Naturopathic doctors work with their patients to prevent and treat acute and chronic illness. I help patients restore health and establish optimal fitness by supporting the body's ability to heal through natural treatments and by treating the underlying cause of the illness rather than simply eliminating or suppressing symptoms. Treatments used in my practice include: clinical nutrition and supplementation, botanical medicine, acupuncture, homeopathy and lifestyle counselling. Treatments are selected based on the individual needs of each patient. If you have a particular interest in one or more of these treatment modalities please discuss it during your consultation.*

***In addition to being a Naturopathic Doctor, I am also a Registered Acupuncturist. If you are interested in exploring acupuncture as part of your treatment, please check your insurance, you may have additional separate coverage for acupuncture by a Registered Acupuncturist (R.Ac.). Acupuncture can qualify for insurance reimbursement through either naturopathic benefits or acupuncture benefits depending on your insurance plan. If you have R.Ac. coverage in addition to your naturopathic coverage, please notify us in your first visit so we can set up your files accordingly.***

*Thank you for your time in advance, and I look forward to working with you to achieve your optimum health.*

**Dr. Carrie Meszaros, B.Sc., N.D., R.Ac.  
Naturopathic Doctor & Registered Acupuncturist**

**Naturopathic Visits (in person or phone/video visits)**

Initial Consultation, adults and children (up to 60 minutes)	\$220
Second Visit (up to 45 minutes)	\$165
Extended Second Visit (up to 60 minutes)	\$205
Naturopathic Consultation (up to 30 minutes)	\$115
Naturopathic Consultation (up to 45 minutes)	\$160
Naturopathic Consultation (up to 60 minutes)	\$205
Naturopathic Consultation (up to 15 minutes)	\$ 70
Naturopathic Consultation (5 minutes)	\$ 25
Naturopathic Re-Assessment (18 months since last appointment) 45-60 min	\$205
Naturopathic Acupuncture Treatment (without consultation) up to 30 min	\$ 90
Naturopathic Acupuncture with Consultation (up to 30 minutes)	\$115
Naturopathic Acupuncture with Consultation (up to 45 minutes)	\$160
Naturopathic Acupuncture Treatment with Consultation (up to 60 minutes)	\$205

**Registered Acupuncture Visits** (*\*Patients that are currently naturopathic patients are exempt from the initial and second visit acupuncture assessments, instead they will usually be billed for a 45 minute acupuncture consultation to start a registered acupuncture file*)

*Initial Acupuncture Consultation (non-naturopathic patient) (60 minutes)	\$220
*Second Acupuncture Visit (for non-naturopathic patient) (45 minutes)	\$165
Acupuncture Treatment (without consultation) up to 30 min	\$ 90
Acupuncture with Consultation (up to 30 minutes)	\$115
Acupuncture with Consultation (up to 45 minutes)	\$160

**Services and Fees**

Cancelled Appointment - with less than 48 hours notice	50% of originally scheduled visit
Missed Appointment - without notice	100 % of originally scheduled visit
Simple doctor's notes and prescription refills without office visit	\$ 25
Email consults and comprehensive medical forms and reports	fee based on complexity/time

**Within one business day of booking a new patient visit, \$110 deposit is required to finalize the booking (instructions on how to pay in your booking confirmation).** This \$110 will be used toward payment for your first visit. **If this deposit is not received within 48 hours of booking your appointment, your appointment will be cancelled.** If a new patient visit is rescheduled more than 48 hours before a new patient booking this deposit can be transferred to a rescheduled appointment. Cancellations or rescheduling with less than 48 hours notice before an appointment will forfeit this deposit as per our cancellation policy.

**We request a minimum of 48 hours notice for all types of visits if you cannot keep your appointment.** Our answering machine and email are available during times when our office is closed. If you would like to reschedule 3 days or more before your appointment this can be done through our online booking. Adequate notice allows us to fill the time set aside for your appointment with a patient on our wait list.

**Cancellations with less than 48 hours notice will be charged 50 % of scheduled visit cost. If your appointment is missed without a cancellation call or email you will be charged 100% amount of the visit.** We do understand extenuating circumstances might apply which may make 48 hours notice impossible and take these under consideration when enforcing our late cancellation policy (emergencies/illness/weather/unforeseen events). There is never a charge to change an in person visit into a virtual visit which can be conducted by phone or through video. Please note that if you arrive late for your appointment, only the balance of time that had been booked for you can be used and you will be charged for the full visit length. For the respect and convenience of our patients and for efficient operation of our clinic, we endeavour to keep scheduled appointments on time. However, complications and emergencies do arise at times in patient care and in these circumstances; we appreciate your patience and understanding.

All consultation services are not currently subsidized by OHIP. All naturopathic & acupuncture visits are exempt from HST.

Fees for health services and supplements are due when services are rendered and may be paid by cash, Visa, MasterCard or Debit. **We ask all telemedicine patients to have a valid credit card number on file with our office.**

Clarification emails or short phone calls (5 minutes or less) about existing treatment plans or to update us about significant health changes are encouraged without an associated fee. This would include clarifying instructions, reporting any new side effects associated with current treatment plans or any changes in prescription medications. Telephone consultations and emails that require lengthy responses may be subject to a fee depending on length of time required. Telephone calls and emails that require more than 5 minutes from our Naturopathic Doctor/Acupuncturist will be billed as consultations.

I have read and fully understood this fee schedule and office policies and I accept the terms outlined. In the case of a no show or last minute cancellation I accept the fees associated and authorize the charges.

Patient's or guardian's signature \_\_\_\_\_ Dated \_\_\_\_\_



**Naturopathic Patient Intake Form**

**Dr. Carrie Meszaros, N.D., R.Ac.**

Date:

Occupation:

Date of Birth:

Name:

Age:

Address including city and postal code:

Phone numbers: Cell

Home

Alternate

Email:

Do you give permission for us to send appointment reminders by email/text?

Yes

No

Emergency contact: \_\_\_\_\_

Relationship:

Phone number:

Doctor: \_\_\_\_\_

Clinic:

Phone number:

How did you hear about our clinic?

Do you want our e-newsletters about holiday closures and clinic news (<3x/year)?

Yes

No

**How may I help you? (your main concerns):**

Describe any factors you suspect may have played a role in the onset and worsening of your condition:

What have you done to improve the state of your health?

Is your health getting better, worse or staying the same?

What makes you feel better?

What makes you feel worse?

Have you consulted a medical doctor about your condition(s)? Explain the diagnosis, therapy and results:

Allergies: please list and make a note of what type of reaction

**Family History (mark if there is a history of any of the following conditions in your family)**

heart disease	depression	rheumatoid arthritis
stroke	mental illness	osteoarthritis
Alzheimer's or dementia	osteoporosis	MS
diabetes	celiac disease	alcoholism
thyroid Issues	allergies	drug abuse
asthma	inflammatory bowel disease	eczema
high blood pressure	psoriasis	learning disability

Does cancer run in your family?

If so, what type(s)?

Other significant conditions in family history:

Have you consulted a Naturopathic Doctor before?      Yes      No      Who?

Have you consulted a Doctor of Chiropractic before?      Yes      No      Who?

Have you consulted a Massage Therapist before?      Yes      No      Who?

Are you currently working with a professional counsellor, psychologist or psychiatrist?      Yes      No

Have you been counselled in the past?      Yes      No

If yes what were the circumstances?

Please list the 3 most stressful events or time periods in your life (past or currently):

What is the level of stress currently in your life on a scale of 1-10?

Number of motor vehicle accident (s)?      When?      Any serious injuries?

Have you ever had a concussion?      Yes      No      How many?      When?

List any hospitalizations and surgeries with approximate dates

List any past accidents or traumas with approximate dates:

List any medical imaging (x-ray, CT, MRI, ultrasound, etc.) with approximate dates and reason for test

What is your blood type?      A      AB      O      B      Don't know

Height:

Weight:

**Childhood history:**

Were you born by C section?            Yes            No    Any complications?  
Were you breastfed?            Yes            No    If yes, how long (if you know)?  
Were you bottle fed?            Yes    No    If yes, starting at what age?  
Did you have any food sensitivities/allergies as an infant or child?            Yes            No

If yes, please list:

Did you have any of the following childhood illnesses

frequent ear infections	rheumatic fever	allergies
eczema	bronchitis	red measles
colic	whooping cough	polio
mumps	pneumonia	chicken pox

Any other significant childhood health issues?

**Have you ever been diagnosed with (or suspected)?**

parasites	arthritis	cancer
mono	diabetes	autoimmune disease
HIV/AIDS	pre-diabetes	hepatitis
thyroid disease	circulation issues	Lyme Disease

What do you feel is your weakest organ system and why?

How many times a year do you have an acute illness (ie. cold/sinusitis/sore throat/bronchitis/flu)?

How long do your acute illnesses typically last? \_\_\_\_\_

Do you exercise regularly?            Yes            No    What type/frequency?  
Do you drink alcohol            Yes            No    How many drinks/week?  
Do you use recreational drugs?            Yes            No    What type/frequency?  
Do you smoke?            Yes            No    If no, were you ever a regular smoker?

If yes, age at starting to smoke and how much do you smoke?

Do you wear a medical alert?            Yes            No    Why? \_\_\_\_\_  
Do you have cravings?            Yes            No    What? \_\_\_\_  
Are you on a special diet?            Yes            No

Explain diet and reason:

How many cups of water do you drink? \_\_\_\_\_ What type of water do you drink? \_\_\_\_\_

Tap    Filtered    Reverse osmosis    Bottled    Spring    Well

# cups of regular coffee/day? \_\_\_\_\_ # cups of decaf coffee/day? \_\_\_\_\_ # cups of diet beverages/day

# cups of herbal tea/day? \_\_\_\_\_ # of cups black/green tea? \_\_\_\_\_

# of other drinks/day (juice, milk, pop)? \_\_\_\_\_ Please specify type: \_\_\_\_\_

How many children do you have? \_\_\_\_\_ Ages? \_\_\_\_\_ Do they live with you?

Marital status:    single    married    with partner    divorced    separated    widowed

Is your job associated with any potential harmful chemicals or health or life threatening activities?

If so, specify:

What time of day do you have the best energy? \_\_\_\_\_

What time of day do you have the least energy? \_\_\_\_\_

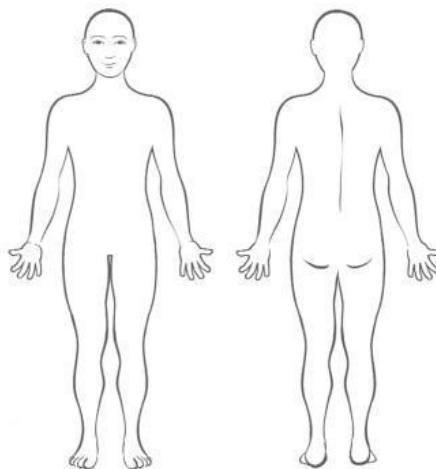
What is your average energy level on a regular day on a scale of 1-10?

Do you have headaches?    yes    no    If yes, please describe (location, severity, frequency):

Do you have pain?    yes    no    sometimes

If yes and significant, please mark on diagram or describe below with intensity 0-10 out of 10.

Provide any additional information about the pain beside the diagram (type of pain/past injury/surgery):



Right Side

Right Side

## Review of symptoms

In all the sections below, please indicate issues that affect you currently. If a condition was a significant issue in the past but not currently, please make a note about it in the other text field.

### Skin: Do you have any of the following?

rashes	acne	pre-cancerous lesions
eczema	boils	dry skin
psoriasis	changes in moles	itchy skin
hives	skin cancer	night sweats

Other skin conditions: \_\_\_\_\_

### Eyes:

near sightedness	cataracts	allergic eyes
far sightedness	macular degeneration	blepharitis
eye pain	blurry vision	sties
double vision	diabetic retinopathy	eye discharge
glaucoma	dry eyes	thinning eyebrows
low vision	itchy eyes	

Other eye issues: \_\_\_\_\_

### Head and neck:

headaches	excessive hair loss	ringing in the ears
migraines	dandruff	impaired hearing
swollen lymph nodes	thyroid nodules	earaches
dizziness upon rising	swelling of the neck	stuffy ears
history of head trauma	swelling of the throat	wax buildup
excessive hair growth	vertigo	itchy ears

Do you have root canals?      Yes      No      If yes, how many?

Do you have metal fillings?      Yes      No      If yes, how many?

Any dental issues currently or significant in the past?

**Cardiovascular system and circulation: Do you have any of the following?**

high blood pressure	heart palpitations	varicose veins
high cholesterol	swollen ankles/feet/hands	raynode's syndrome
angina	atrial fibrillation	thinning body hair
heart murmurs	vein issues	history of rheumatic fever
congestive heart failure	deep leg pain	history of heart attack
chest pain	history of clots or phlebitis	history of stroke

Other cardiovascular conditions:

**Urinary System:**

frequent urination	incontinence	blood in urine
frequent infections	stress incontinence	interstitial cystitis
burning on urination	urination at night	kidney stones
urinary urgency	hesitant urination	kidney disease

Other urinary issues:

**Neurological:**

history of fainting	involuntary movements	loss of memory
seizures/convulsions	loss of balance	paralysis
tingling/numbness	speech problems	tremors

Other neurological issues:

**Musculoskeletal:**

joint pain	rheumatoid arthritis	foot pain
joint stiffness	muscle cramps	easily sprained joints
joint swelling	backache	gout
osteoarthritis	neck pain	joint replacements

Other musculoskeletal issues:

**Respiratory:**

frequent colds	nasal discharge	hoarseness
frequent sore throats	post nasal discharge	seasonal allergies
tonsillitis	nosebleeds	coughing
sinusitis	deviated septum	wheezing



sputum	shortness of breath lying down	history of pneumonia
coughing up blood	pain on breathing	history of tuberculosis
shortness of breath	frequent bronchitis	
Other lung or sinus issues: _____		

**Endocrine**

hypothyroidism	heat intolerance	diabetes
hyperthyroidism	cold intolerance	chronic fatigue
hashimoto's	hypoglycemia	high prolactin
thyroid nodules	pre diabetes	

Other endocrine issues:

Do you get symptoms from delaying a meal?	Yes	No
Have you experienced any recent weight changes?	Yes	No

If so, have you gained or lost?

How many pounds and over what time period

**Digestive:** How frequent are your bowel movements (indicate number per day or per week)?

loose stools	ulcerative colitis	gallbladder disease
diarrhea	Crohn's disease	gallstones
hemorrhoids	Celiac disease	gallbladder removed
fissures	heartburn	liver disease
constipation	reflux	hepatitis
straining	history of pancreatitis	trouble digesting fatty foods
cramping	blood in stools	pancreatitis
abdominal pain	mucous in stools	excessive belching
bloating or gas	hard stools	vomiting
IBS	black/tarry stools	nausea
undigested food in stools	yellow/pale/green stools	loss of bowel control (accidents)

Do you have any foods that you suspect make you feel unwell when you eat them?	Yes	No
--	-----	----

If yes, which foods and what is your reaction to them?

Other digestive symptoms?

**Blood: Do you have any of the following?**

history of anemia	easy bruising	lymphatic disease
low iron	easy bleeding	slow healing wounds
low B12	past transfusions	clotting issues

**Sleep:**

How many hours of sleep do you get?                      Is it restful?

issues falling asleep	waking too early shift work	sleep apnea
waking in the night	trouble waking in the morning	snoring
restless legs	shift work	

Has anyone ever reported that you snore or pause breathing in your sleep?

Any other sleep issues:

**Emotional:**

anxiety	nervousness	anorexia
depression	forgetfulness	bulimia
bipolar diagnosis	quick to anger	binge eating
panic attacks	impatience	other disordered eating
insomnia	seasonal depression	mood swings
irritability	Other mood issues:	

Do you have any phobias?                      Yes                      No                      If so, specify

Have you ever had an eating disorder?                      Yes                      No                      If yes, explain

Do you enjoy your job (circle any that apply)?                      Yes                      No                      Sometimes

How often do you relax?

What do you do to relax?

**Hormones (answer questions that are applicable, leave blank any that aren't applicable):**

prostate enlargement	testicular pain	low testosterone
elevated PSA	testicular masses	issues with sperm count/motility
prostate surgery?	erectile dysfunction	last prostate exam
hernia	premature ejaculation	

Any history of sexually transmitted infections?                      Yes                      No                      Specify:

## Hormones continued

genital sores or rashes

decreased libido

increased libido

Are you currently trying to conceive?

Yes

No

Soon

If yes, for how long?

Are you using birth control?

Yes

No

If yes, what type?

Are you currently pregnant

Yes

No

If yes, how far along are you?

Due date:

Number of pregnancies:

Number of live births:

Number of stillbirths: \_

Number of miscarriages:

If miscarriages, how far along were you?:

If you have a history of abortion, how many?

Do you have periods (circle)?

Yes

No

Irregular

If no, when did they stop?

Have you had a hysterectomy?

Yes

No

If yes, when and why?

Days in your average menstrual cycle (day 1 of flow to day 1 of next flow)?

Do you have any issues with

irregular cycles

PMS

vaginal dryness

spotting between periods

trouble conceiving?

pain on intercourse

heavy flow

history of ovarian cysts

hot flushes

scanty flow

PCOS (polycystic ovarian syndrome)

night sweats

clots in flow

excessive facial hair

breast lumps

fibroids

thinning hair

breast tenderness

endometriosis

issues with acne

breast implants

painful ovulation

vaginal discharge

nipple discharge?

painful periods

vaginal itching

Last Pap:

Last breast exam:

Other hormonal/gynecological issues?

Do you take any hormones?

Yes

No

If so, what type and duration

Is there anything else important to you that has not been addressed?

## MEDICATION & SUPPLEMENT HISTORY

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

Please record from the most recent to the most **distant** (past). The most important inclusions are the things you are currently taking and the things you have taken for a substantial length of time in the past. Please indicate *all natural remedies and pharmaceutical medications* (prescription and non-prescription) you are currently taking and when you started them. Please continue on the back if necessary. Bring any containers of medication, supplements or vitamins you are taking now.

If you recall additional medications that you took in the past please add them along with the approximate dates or length of time they were taken. Please indicate if the medication/supplement was effective for you and/or any negative reactions or significant side effects.

Drug or Natural Medication	Present/Past	Start Date	Stop Date	Reason for it and result

## DYSBIOSIS QUESTIONNAIRE AND SCORE SHEET

*This questionnaire is designed for adults and the scoring system isn't as appropriate for children. It lists factors in your medical history which are known to contribute to the disruption of normal healthy gastrointestinal bacteria, directly or indirectly promoting the overgrowth of yeasts, fungi and other pathogens, (Section A) and symptoms commonly found in individuals with dysbiosis related illness (Section B and C).*

*For each "yes" answer in Section A, circle the Point Score in that section. Total your score and record it in the box at the end of the section. Then move on to Section B and C and score as directed.*

*Filling out and scoring this questionnaire should help you and your physician evaluate the possible role of dysbiosis in contributing to your health problems. Yet it will not provide an automatic "yes" or "no" answer.*

***Note: Dysbiosis refers to the condition where the normal healthy population of beneficial bacteria in the intestines has been disrupted, leaving it open to the overgrowth of yeast, fungi, parasites and potentially harmful strains of bacteria. This intestinal imbalance in turn adversely affects other important organ systems via toxic stress and interfering with nutrient absorption and utilization.***

<b>Section A: History</b>	<b>Point Score</b>		<b>Point Score</b>
<b>1.</b> Have you taken tetracyclines (Sumycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for skin acne or anything else for one month or longer?	<b>25</b>	<b>9.</b> Does exposure to perfumes, insecticides, fabric shop odours and other chemicals provoke..... Moderate to severe symptoms? Mild symptoms? List symptoms	<b>20</b> <b>5</b>
<b>2.</b> Have you, at any time in your life, taken other "broad spectrum" antibiotics for respiratory urinary or other infections for 4 or more courses in a 1 year period?	<b>20</b>	<b>10.</b> Are your symptoms worse on damp, muggy days or in moldy places? List symptoms	<b>20</b>
<b>3.</b> Have you ever taken a broad spectrum antibiotic drug – even a single dose?	<b>6</b>	<b>11.</b> Have you had athlete's foot, ring worm, jock itch or other chronic fungal infections of the skin or nails? Have such infections been..... Severe or persistent? Mild to moderate?	<b>Y/N</b> <b>20</b> <b>10</b>
<b>4.</b> Have you, at any time in your life, been bothered by recurrent or persistent prostatitis, vaginitis or other problems affecting your reproductive organs?	<b>25</b>	<b>12.</b> Do you crave sugar? <b>13.</b> Do you crave breads? <b>14.</b> Do you crave alcoholic beverages? <b>15.</b> Does tobacco smoke really bother you?	<b>10</b> <b>10</b> <b>10</b> <b>10</b>
<b>5.</b> Have you taken birth control pills? For more than 5 years? For more than 2 years? For 6 months to 2 years?	<b>25</b> <b>15</b> <b>8</b>	<b>16.</b> Have you consumed chlorinated (or chemically treated) drinking water for 3 or more months?	<b>15</b>
<b>6.</b> Have you been pregnant? 2 or more times? 1 time?	<b>5</b> <b>3</b>	<b>17.</b> Do you consume commercially raised meats (antibiotic fed) on a regular basis?	<b>15</b>
<b>7.</b> Have you taken Prednisone, Decadron or other cortisone type drugs? For more than 6 months? For more than 2 weeks? For 2 weeks or less?	<b>25</b> <b>15</b> <b>6</b>	<b>18.</b> Do you eat processed foods regularly? <b>19.</b> Do you drink alcohol or consume coffee daily? <b>20.</b> Do you have or have you ever had an ulcer, colitis, crohn's disease or diverticulitis?	<b>20</b> <b>20</b> <b>35</b>
<b>8.</b> Have you ever had parasitic infections, dysentery or unexplained episodes of prolonged diarrhea and/or intestinal distress?	<b>15</b>	<b>TOTAL SCORE, SECTION A</b>	

<b>Section B: Major Symptoms</b>	<b>Point Score</b>	<b>Section C: Other Symptoms</b>	<b>Point Score</b>
For each of your symptoms, enter the appropriate figure in the Point Score Column: If a symptom is occasional or mild score 3 pts. If a symptom is frequent &/or moderate score 6 pts. If a symptom is severe or disabling score 9 pts. Add total score and record it in the box at the end of this section.		For each of your symptoms, enter the appropriate figure in the Point Score Column: If a symptom is occasional or mild score 1 pt. If a symptom is frequent &/or moderately severe score 2 pts. If a symptom is severe or disabling score 3pts. Add total score and record it in the box at the end of this section.	
1. Fatigue or lethargy		1. Drowsiness	
2. Feeling of being “drained”		2. Irritability	
3. Poor memory		3. Lack of co-ordination	
4. Feeling “spacey” or “unreal”		4. Inability to concentrate	
5. Depression		5. Frequent mood swings	
6. Numbness, burning or tingling		6. Headache	
7. Muscle aches		7. Dizziness or loss of balance	
8. Muscle weakness or paralysis		8. Pressure above ears/feeling of head swelling and tingling	
9. Pain and/or swelling in joints		9. Itching	
10. Abdominal pain		10. Rashes	
11. Constipation		11. Heartburn	
12. Diarrhea		12. Indigestion	
13. Bloating		13. Belching and intestinal gas	
14. Troublesome vaginal discharge		14. Mucus in stool	
15. Persistent vaginal burning or itching		15. Hemorrhoids	
16. Prostatitis		16. Dry mouth	
17. Impotence		17. Rash or blisters in mouth	
18. Loss of sexual drive		18. Bad breath	
19. Endometriosis		19. Nasal congestion	
20. Cramps and/or other menstrual irregularities		20. Joint swelling or arthritis	
21. Premenstrual tension		21. Postnasal drip	
22. Spots in front of eyes		22. Nasal itching	
23. Erratic vision		23. Sore or dry throat	
24. Eczema, dermatitis, psoriasis		24. Cough	
		25. Pain or tightness in chest	
<b>TOTAL SCORE, SECTION B</b>		26. Wheezing or shortness of breath	
		27. Urgency or urinary frequency	
<b>TOTAL SCORE, SECTION C</b>		28. Burning on urination	
		29. Failing vision	
<b>TOTAL SCORE, SECTION A</b>		30. Burning or tearing of eyes	
		31. Recurrent infection or fluid in ears	
		32. Ear pain or hearing loss	
<b>GRAND TOTAL SCORE, SECTIONS A, B &amp; C</b>		<b>TOTAL SCORE, SECTION C</b>	

The Grand Total Score will help you and your physician decide if your health problems are dysbiosis related. Scores in women will run higher as 7 items in the questionnaire apply exclusively to women, while only 2 apply exclusively to men.

Dysbiosis related health problems are **almost certainly** present in women with scores over 180, and in men with scores over 140.

Dysbiosis related problems are **probably** present in women with scores over 120, and men with scores over 80.

With scores of less than 60 in women and 40 in men, dysbiosis is unlikely to be contributing to your health challenges.

**CONSENT TO USE AND DISCLOSE PERSONAL INFORMATION**

Privacy of your personal information is an important part of my clinic. My staff and I are committed to collecting, using and disclosing your personal information responsibly. All staff members are aware of the sensitive nature of the information that you have disclosed to us and are trained in the appropriate use and protection of your information. We promise that only necessary information is collected about you and we only share your information with your consent. The Naturopathic Care Centre will be the health information custodian of your patient file. Our storage retention and destruction of your personal information complies with existing legislation with the College of Naturopaths of Ontario.

This clinic will collect, use and disclose your information for the following purposes:

- To assess your health concerns and provide health care
- To establish and maintain contact with you, or send newsletters
- To communicate with other health-care providers only with your consent
- To allow us to efficiently follow-up for treatment, care and billing
- To invoice for goods and services and to process credit card payments

**DECLARATION AND RELEASE: CONSENT TO TREATMENT**

This is to acknowledge and declare that I have been informed of and understand that:

- Any treatment or advice provided to me as a client of Dr. Carrie Meszaros, N.D., R.Ac. is not mutually exclusive from any treatment or advice that I may now be receiving or may in the future receive from another licensed health care practitioner.
- I have the option to seek or continue conventional medical care from a conventional medical doctor. Dr. Carrie Meszaros, N.D., R.Ac. does not suggest to refrain from seeking or following conventional medical treatment if I choose to do so.
- Doctors of Naturopathic Medicine are trained to read and interpret x-ray reports, ultra sound reports and other conventional imaging tests but are restricted from ordering them in the Province of Ontario. Naturopathic Doctors have access to some blood tests in the Province of Ontario but not all. Therefore, it is my responsibility to maintain contact with a Medical Doctor so that all necessary testing may be performed as required to monitor my condition.
- Doctors of Naturopathic Medicine may use testing procedures that are not conventional to make an assessment of the progress of their therapies.
- Dr. Carrie Meszaros, N.D., R.Ac. does not treat cancer, auto-immune disease, genetic disease, HIV/AIDS etc., rather she will help me assess and correct imbalances in my body, nutrition and lifestyle so that my body can then achieve a state of better health.
- I recognize that even the gentlest forms of treatment potentially have their risks and complications. The risks associated with Naturopathic medicine include, but are not limited to, aggravation of pre-existing symptoms, allergic reactions to supplements or herbs, or interactions with prescription medications.
- Acupuncture is very safe but rarely can cause slight pain, light-headedness, headaches, nausea, soreness, bruising, bleeding or infection, and the very rare possibility of more serious medical consequences of needle punctures such as pneumothorax or nerve damage. I will notify Dr. Carrie Meszaros ND, R.Ac., prior to acupuncture if I have or suspect I have any blood borne infectious (hepatitis, HIV) or serious bleeding disorders.
- As with all forms of therapy, I understand that naturopathic treatment also has its limitations and thus I understand that the results are not guaranteed. Dr. Carrie Meszaros N.D., R.Ac. will make every attempt to explain likely risks and side effects of treatment, I acknowledge that not all risks and complications can be predicted prior to beginning new treatments.
- In the event of a medical emergency, I am advised to seek conventional medical care at a hospital.
- I, \_\_\_\_\_ (print name) agree to pay my account in full at every visit and whenever remedies are purchased. I have read and understand the fee schedule that was given to me. I have read the attached information about naturopathic medicine. I understand that treatment recommendations may include but are not limited to homeopathy, acupuncture, botanical medicines, vitamin and mineral therapy, nutrition, lifestyle counseling, stress management and physical therapies. I always have the right to discuss and ask questions about any therapy that is proposed and I am able to withdraw my consent for specific therapies or treatments if I am not comfortable. With this knowledge, I voluntarily consent to The Naturopathic Care and I intend for this consent form to cover my entire course of treatment.

By signing this form I authorize and consent Dr. Carrie Meszaros, N.D., R.Ac. to provide treatment to me and to collect, use and/or disclose my personal information as outlined in this document. I also consent to reminder emails and texts from the online scheduler. If I choose not to use the online schedule system for reminders, I am aware that I am responsible to keep track of my own appointments as reminders will not be given.

Dated and signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

Patient's Signature (or signature of parent or legal guardian) \_\_\_\_\_

Naturopathic Doctor's Signature \_\_\_\_\_

**Diet Diary**

<b>Meal</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Snack</b>							
<b>Water Cups/day</b>							
<b>Other Beverages</b>							
<b>Exercise Type &amp; Duration</b>							

**Diet/Activity report: Please take the time to complete the following survey carefully and accurately. List in detail the quantity and exact nature of all foods and beverages consumed. (i.e. frozen, canned etc.). Please also include any condiments and/or fats in each meal or snack.**