

# LONGEVITY MEDICAL CLINIC™

Feel Younger · Live Better

## PERSONAL HISTORY INTAKE INFORMATION

Today's Date: 5/19/2020  
First Name: LINDA Last Name: Shelton Birth Date: 9/28/1945 Age: 74  
Marital Status: M Level of Education: 2 yrs college  
Occupation: — Retired? ☒ Yes ☐ No

### Your Primary Care Provider:

Name: Dr Steven Rittenberg Phone: Evergreen Medical Clinic  
Date of Last Physical: Jan 2020 Bother  
visit

### Active Medical Problems:

ARTHRITIS ? Knees, shoulders, wrists, Hip pain  
Lower back pain

### Prescription & over the counter medications you are currently taking (include doses):

Blood pressure [ Losartan Potassium 100mg  
Hydrochlorothiazide 25mg  
Ibuprophen

### Allergies – Drugs:

NONE

### Allergies – Foods & Other:

NONE

### Nutrients/Supplements you are currently taking & current amount:

<u>D3</u> - 125 mcg	<u>glucosamine HCL/MSM</u> - 1500 mg	<u>BiOfreeze cream</u>
<u>C.Og 10</u> - 300 mg	<u>Flaxseed oil</u> - 1400 mg	
<u>B12</u> - 1000 mcg	<u>Magnesium Citrate</u> - 250 mg	
<u>Super B complex</u>	<u>Baby aspirin</u> 81 mg	
<u>Resveratrol + grapes seed</u>	<u>Lutein + Zeaxanthin</u> - vision complex	
<u>Mature Multivitamin</u>	<u>Tumeric Forte</u> (117 mg tumeric) 2x day	
<u>C</u> - 1000 mg	<u>Hair revitalizing complex</u> 2x day	
<u>calcium citrate, Mg, Zinc</u>		

## PATIENT GOAL SHEET

Please pick your top 10 goals for which areas you would like to work on. Rank them with 1 being the highest priority and 10 being the lowest priority using each number only once.

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| <u>7</u> Lose Weight                 | <u>4</u> Lower Dementia Risk     |
| <u>7</u> Increase Strength/Muscle    | <u>8</u> Lower Cancer Risk       |
| _____ Improve Libido/Sexual Function | <u>10</u> Improve Sleep          |
| <u>6</u> Lower Diabetic Risk         | <u>1</u> Decrease Pain           |
| _____ Improve Diabetes Control       | <u>5</u> Balance Hormones        |
| <u>2</u> Lower Blood Pressure        | <u>3</u> Increase Energy         |
| _____ Improve Cholesterol Levels     | <u>3</u> Increase Stamina        |
| _____ Treat Menopausal Symptoms      | <u>4</u> Improve Memory          |
| <u>4</u> Improve Mental Function     | _____ Increase Bone Density ?    |
| <u>3</u> Improve Fatigue             | <u>9</u> Improve Skin Appearance |

Other areas of your health you would like to improve:

vision , cataracts

joint pain , ARTHRITIS ? hydroxychloroquin - is this something you prescribe

hair loss

covid-19 prevention