



2100 Wharton Street-Suite 315, Pittsburgh, PA 15203  
20399 Route 19-Suite 120, Cranberry Twp, PA 16066  
Ph: 412-432-7909 Fax: 412-202-2304

[INFO@HORMONECENTER.NET](mailto:INFO@HORMONECENTER.NET)

**SLEEP QUESTIONNAIRE**

Date: \_\_\_\_\_

**Patient Information**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

**How did you hear about us:**

- Compound Pharmacy \_\_\_\_\_ and name of pharmacy employee \_\_\_\_\_
- Current Patient \_\_\_\_\_  Doctor \_\_\_\_\_
- Event/Seminar \_\_\_\_\_  Hormone Center Employee \_\_\_\_\_
- Internet/Web site \_\_\_\_\_  Live/Work in Area \_\_\_\_\_

***\*Please note our 48 Hour Cancellation Policy: If you cancel or reschedule within 48 hours of your appointment or no show you will be charged a \$75 fee.***

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How many hours do you typically sleep at night? \_\_\_\_\_ What time do you typically go to bed? \_\_\_\_\_

What time do you typically wake up? \_\_\_\_\_ Do you have trouble FALLING asleep? Y \_\_\_\_\_ N \_\_\_\_\_

Do you have trouble STAYING asleep? Y \_\_\_\_\_ N \_\_\_\_\_

What do you feel is interfering with your sleep? \_\_\_\_\_

Do you feel refreshed in the morning? Y \_\_\_\_\_ N \_\_\_\_\_

**Please score the two factors below on a scale from 1 - 10 (1=None 10=Significant)**

1. My energy Level \_\_\_\_\_

2. My sense of Well Being \_\_\_\_\_

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**Please complete questionnaire with consent forms and return to the center at least 2 days before your appointment via email ([info@hormonecenter.net](mailto:info@hormonecenter.net)), fax (412-202-2304) or mail.**

**Past Medical History**

Please list past medical conditions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Past surgeries: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medication Allergies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Current medications (with dose): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Previous medications (no longer taking): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Supplements and vitamins used on a regular basis: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

• Do you smoke?  Yes  No      How much? \_\_\_\_\_

• Drink alcohol?  Yes  No      How much? \_\_\_\_\_

• Do you exercise?  Yes  No      How often?  Regular Basis  Seldom

• Date of most recent: EKG \_\_\_\_\_ Stress Test \_\_\_\_\_ Lipid Panel \_\_\_\_\_

*\*Bring results of most recent blood work within last year (if applicable)*

• Stress Level (Please circle)      High      Moderate      Low

• List current stressors: \_\_\_\_\_  
\_\_\_\_\_

**Women Only**

- Are you Pregnant?  Yes  No
- Do you plan to become pregnant within the next 12 months?  Yes  No
- Date of last Menstrual period? \_\_\_\_\_ Date of Menopause? \_\_\_\_\_
- Date of last Pap smear? \_\_\_\_\_ Completed by (Physician): \_\_\_\_\_
- Date of last Mammogram? \_\_\_\_\_ Completed by (Physician): \_\_\_\_\_
- Bone Density: \_\_\_\_\_

Number of Pregnancies: _____	Stress Level: _____
Number of Live births: _____	Stressors: _____
Number of Miscarriages: _____	_____
PMS: _____	
Vaginal Complaints: _____	

**Men Only**

Date of last prostate exam? \_\_\_\_\_ Completed by (Physician): \_\_\_\_\_

Date of last PSA test? \_\_\_\_\_ Completed by (Physician): \_\_\_\_\_

**Family History**

Uterine Cancer	(Y/N)	Who?	Age at Diagnosis?
Ovarian Cancer	(Y/N)	Who?	Age at Diagnosis?
Fibro Breast	(Y/N)	Who?	Age at Diagnosis?
Breast Cancer	(Y/N)	Who?	Age at Diagnosis?
Heart Disease	(Y/N)	Who?	Age at Diagnosis?
Osteoporosis	(Y/N)	Who?	Age at Diagnosis?
Colon Cancer	(Y/N)	Who?	Age at Diagnosis?
Thyroid Disorders	(Y/N)	Who?	Age at Diagnosis?
Other	(Y/N)	Who?	Age at Diagnosis?

## Symptom List

Some of these Symptoms are purposely repeated because different hormone deficiencies may result in similar symptoms

### COR

Do you ever have the following symptoms?	No Symptom Never	Few or Sometimes	Moderate or Regularly	Much Or Often	Always or Extreme
Poor tolerance to stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tired during day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue or Mood improved with sugar/sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<hr/>					
Salt Cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nausea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inflammatory disease (arthritis, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allergies to food or medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown spots or increased pigmentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Eczema, psoriasis or dandruff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Weak or tired when standing up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Urinate often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### MEL

Do you ever have the following symptoms?	No Symptom Never	Few or Sometimes	Moderate or Regularly	Much Or Often	Always or Extreme
Poor sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty falling asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Awakening at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excessive pondering of problems at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Waking up tired (too little sleep)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**GH**

<b>Do you ever have the following symptoms?</b>	<b>No Symptom Never</b>	<b>Few or Sometimes</b>	<b>Moderate or Regularly</b>	<b>Much Or Often</b>	<b>Always or Extreme</b>
Thinning Hair	[ ]	[ ]	[ ]	[ ]	[ ]
Thinning Skin	[ ]	[ ]	[ ]	[ ]	[ ]
Longitudinal lines on nails	[ ]	[ ]	[ ]	[ ]	[ ]
Premature wrinkling on face	[ ]	[ ]	[ ]	[ ]	[ ]
Loose or sagging skin	[ ]	[ ]	[ ]	[ ]	[ ]
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Thinning lips	[ ]	[ ]	[ ]	[ ]	[ ]
Overweight	[ ]	[ ]	[ ]	[ ]	[ ]
Decreased muscle strength or tone	[ ]	[ ]	[ ]	[ ]	[ ]
Flabby muscles (Triceps of arm or other)	[ ]	[ ]	[ ]	[ ]	[ ]
Wrinkled hands	[ ]	[ ]	[ ]	[ ]	[ ]
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Flabby dropping belly	[ ]	[ ]	[ ]	[ ]	[ ]
Often sick	[ ]	[ ]	[ ]	[ ]	[ ]
Easily exhausted	[ ]	[ ]	[ ]	[ ]	[ ]
Difficult to do daily required tasks	[ ]	[ ]	[ ]	[ ]	[ ]
Poor motivation for required tasks	[ ]	[ ]	[ ]	[ ]	[ ]
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Constant tiredness	[ ]	[ ]	[ ]	[ ]	[ ]
Difficult to stay up late	[ ]	[ ]	[ ]	[ ]	[ ]
Difficult to recover after staying up late	[ ]	[ ]	[ ]	[ ]	[ ]
Need for a lot of sleep (over 10 hours)	[ ]	[ ]	[ ]	[ ]	[ ]
Low resistance to stress	[ ]	[ ]	[ ]	[ ]	[ ]
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**THY**

<b>Do you ever have the following symptoms?</b>	<b>No Symptom Never</b>	<b>Few or Sometimes</b>	<b>Moderate or Regularly</b>	<b>Much Or Often</b>	<b>Always or Extreme</b>
Sensitive to cold	[ ]	[ ]	[ ]	[ ]	[ ]
Cold hands or feet	[ ]	[ ]	[ ]	[ ]	[ ]
Generalized fatigue	[ ]	[ ]	[ ]	[ ]	[ ]
Fatigue unless exercising	[ ]	[ ]	[ ]	[ ]	[ ]
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Sleepy during day	[ ]	[ ]	[ ]	[ ]	[ ]
Distracted easily	[ ]	[ ]	[ ]	[ ]	[ ]
Poor motivation for required tasks	[ ]	[ ]	[ ]	[ ]	[ ]

Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Headaches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Water retention	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constant swollen eyelids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swollen eyes in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swollen calves/feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty losing weight despite dieting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bedwetting as a child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow heart palpations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle cramps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carpal tunnel syndrome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Stiff joints in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint pain worsens with cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoarse voice in the morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry skin (general/ feet or elbows)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow growing or brittle nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Diffuse hair loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle achiness or soreness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low body temperature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diminished sweating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tingling or numbness in extremities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hoarse voice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decreased hearing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Course skin (rough skin)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## YEAST QUESTIONNAIRE

The total score for this section gives us the probability of yeast overgrowth being a significant factor in your case.

	<u>Point Score</u>
_____ Have you been treated for acne with tetracycline, erythromycin, or any other antibiotic for one month or longer?	50
_____ Have you taken antibiotics for any type of infection for more than two consecutive months, or in shorter courses over three times in a twelve-month period?	50
_____ Have you ever taken an antibiotic – even for a single course?	6
_____ Have you ever had prostatitis or vaginitis?	25
_____ Have you ever been pregnant?	5
_____ Have you taken birth control pills?	15
_____ Have you taken Corticosteroids such as Prednisone, Cortef, or Medrol?	15
_____ When you are exposed to perfumes, insecticides, or other odors or chemicals, do you experience wheezing, burning eyes, or any other distress?	15
_____ Are your symptoms worse on damp or humid days or in moldy places?	20
_____ Have you ever had a fungal infection, such as jock itch, athlete's foot, or a nail or skin infection, that was difficult to treat?	20
_____ Do you crave sugar or bread?	20
_____ Does tobacco smoke cause you discomfort (e.g. wheezing, burning eyes)?	10

Please add your points and record your Total Score \_\_\_\_\_

**Female Symptoms (TO BE COMPLETED BY FEMALES ONLY)**

**E**

Do you ever have the following symptoms?	No Symptom Never	Few or Sometimes	Moderate or regularly	Much or often	Always or extreme
Older looking than age	[ ]	[ ]	[ ]	[ ]	[ ]
Loss of attention to details	[ ]	[ ]	[ ]	[ ]	[ ]
Bleeding gums or poor teeth	[ ]	[ ]	[ ]	[ ]	[ ]
Fatigue throughout the day	[ ]	[ ]	[ ]	[ ]	[ ]
Poor recovery from physical exercise	[ ]	[ ]	[ ]	[ ]	[ ]
Depressed	[ ]	[ ]	[ ]	[ ]	[ ]
Poor memory	[ ]	[ ]	[ ]	[ ]	[ ]
Hot flashes	[ ]	[ ]	[ ]	[ ]	[ ]
Excessive sweating	[ ]	[ ]	[ ]	[ ]	[ ]
Dry eyes	[ ]	[ ]	[ ]	[ ]	[ ]
Dry vagina	[ ]	[ ]	[ ]	[ ]	[ ]
Pain during intercourse	[ ]	[ ]	[ ]	[ ]	[ ]
Pale skin	[ ]	[ ]	[ ]	[ ]	[ ]
Wrinkles around eye/forehead/mouth	[ ]	[ ]	[ ]	[ ]	[ ]
New body hair	[ ]	[ ]	[ ]	[ ]	[ ]
Dropping breasts	[ ]	[ ]	[ ]	[ ]	[ ]
Bladder infections	[ ]	[ ]	[ ]	[ ]	[ ]
Urinary incontinence	[ ]	[ ]	[ ]	[ ]	[ ]
First menstruation before 12 or after 15	[ ]	[ ]	[ ]	[ ]	[ ]
Depression before menstruation	[ ]	[ ]	[ ]	[ ]	[ ]

**P**

Do you ever have the following symptoms?	No Symptom Never	Few or Sometimes	Moderate or regularly	Much or often	Always or extreme
Irritable before menstruation (PMS)	[ ]	[ ]	[ ]	[ ]	[ ]
Swollen breasts/belly before menstruation	[ ]	[ ]	[ ]	[ ]	[ ]
Breast cysts	[ ]	[ ]	[ ]	[ ]	[ ]
Fibroids of uterus	[ ]	[ ]	[ ]	[ ]	[ ]
Endometriosis	[ ]	[ ]	[ ]	[ ]	[ ]
General irritability	[ ]	[ ]	[ ]	[ ]	[ ]
Generalized anxiety	[ ]	[ ]	[ ]	[ ]	[ ]

**T**

Do you ever have the following symptoms?	No Symptom Never	Few or Sometimes	Moderate or regularly	Much or often	Always or extreme
Too emotional	[ ]	[ ]	[ ]	[ ]	[ ]
Too rigid	[ ]	[ ]	[ ]	[ ]	[ ]
Poor strength	[ ]	[ ]	[ ]	[ ]	[ ]
Low libido (sex drive)	[ ]	[ ]	[ ]	[ ]	[ ]
Difficulty achieving orgasm	[ ]	[ ]	[ ]	[ ]	[ ]
Poor muscle tone	[ ]	[ ]	[ ]	[ ]	[ ]
Excessive fat	[ ]	[ ]	[ ]	[ ]	[ ]
Cellulite	[ ]	[ ]	[ ]	[ ]	[ ]
Varicose veins	[ ]	[ ]	[ ]	[ ]	[ ]
Hemorrhoids	[ ]	[ ]	[ ]	[ ]	[ ]
Bruising easily	[ ]	[ ]	[ ]	[ ]	[ ]



**Male Symptoms ( TO BE COMPLETED BY MALES ONLY)**

T

Do you ever have the following symptoms?	No Symptom Never	Few or Sometimes	Moderate or regularly	Much or often	Always or extreme
Older looking than age	[ ]	[ ]	[ ]	[ ]	[ ]
Loss of feeling of well-being	[ ]	[ ]	[ ]	[ ]	[ ]
Loss of attention to details	[ ]	[ ]	[ ]	[ ]	[ ]
Poorly motivated	[ ]	[ ]	[ ]	[ ]	[ ]
Excessive fat	[ ]	[ ]	[ ]	[ ]	[ ]
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Fatigue	[ ]	[ ]	[ ]	[ ]	[ ]
Loss of muscle mass or strength	[ ]	[ ]	[ ]	[ ]	[ ]
Poor recovery from physical activity	[ ]	[ ]	[ ]	[ ]	[ ]
Poor endurance	[ ]	[ ]	[ ]	[ ]	[ ]
Poor motivation for required tasks	[ ]	[ ]	[ ]	[ ]	[ ]
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Depression	[ ]	[ ]	[ ]	[ ]	[ ]
Passive	[ ]	[ ]	[ ]	[ ]	[ ]
Decreased memory	[ ]	[ ]	[ ]	[ ]	[ ]
Irritable	[ ]	[ ]	[ ]	[ ]	[ ]
Too emotional	[ ]	[ ]	[ ]	[ ]	[ ]
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Rigid	[ ]	[ ]	[ ]	[ ]	[ ]
Hair loss	[ ]	[ ]	[ ]	[ ]	[ ]
Poor beard growth	[ ]	[ ]	[ ]	[ ]	[ ]
Scarce body hair	[ ]	[ ]	[ ]	[ ]	[ ]
Bleeding gums or poor teeth	[ ]	[ ]	[ ]	[ ]	[ ]
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Dry eyes	[ ]	[ ]	[ ]	[ ]	[ ]
Pale skin	[ ]	[ ]	[ ]	[ ]	[ ]
Wrinkles on face/ palm of hand	[ ]	[ ]	[ ]	[ ]	[ ]
Poor endurance	[ ]	[ ]	[ ]	[ ]	[ ]
Varicose veins	[ ]	[ ]	[ ]	[ ]	[ ]
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Hemorrhoids	[ ]	[ ]	[ ]	[ ]	[ ]
Easy bruising	[ ]	[ ]	[ ]	[ ]	[ ]
Poor wound healing	[ ]	[ ]	[ ]	[ ]	[ ]
Poor muscle tone (triceps or other)	[ ]	[ ]	[ ]	[ ]	[ ]
Joint pains	[ ]	[ ]	[ ]	[ ]	[ ]
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Intense sweating	[ ]	[ ]	[ ]	[ ]	[ ]
Urination problems	[ ]	[ ]	[ ]	[ ]	[ ]
Urinary incontinence	[ ]	[ ]	[ ]	[ ]	[ ]
Loss of urine after urination	[ ]	[ ]	[ ]	[ ]	[ ]
Swollen prostate	[ ]	[ ]	[ ]	[ ]	[ ]
<hr/>					
Poor libido (sex drive)	[ ]	[ ]	[ ]	[ ]	[ ]
Difficulty achieving orgasm	[ ]	[ ]	[ ]	[ ]	[ ]
Decreased ability to maintain erection	[ ]	[ ]	[ ]	[ ]	[ ]
Decreased erections frequency of firmness	[ ]	[ ]	[ ]	[ ]	[ ]



2100 Wharton St-Suite 315, Pittsburgh, PA 15203      20399 Route 19-Suite 120, Cranberry Twp, PA 16066 Phone: 412-432-7909      Fax: 412-202-2304

## POLICIES AND PROCEDURES

In the interests of ensuring a smooth process for patient care, please review the following information:

To maximize the time with the provider, **ARRIVE 15 minutes prior to your appointment** to take vitals and complete paperwork. Out of respect for all of our patients' time, if a patient is late the visit may be shortened to accommodate subsequent scheduled patients. Longer appointment times are available with the provider (please contact our office for details).

### General Office Hours

Monday 8:30 am – 4:00 pm  
Tuesday 9:30 am - 5:00 pm  
Wednesday 8:30 am – 4:00 pm  
Thursday 8:30 am - 4:00 pm  
Friday 9:30 am – 3:30 pm *\*Southside location only*  
*\*(Cranberry location open until 5:30 Monday - Thursday)*

**CANCELLATION POLICY:** If a patient cancels or reschedules within 48 hours of the appointment or fails to keep the appointment, there will be a \$75 fee.

**PATIENT COMPLIANCE:** All patients agree to schedule office visits at intervals recommended by the provider who reserves the right to withhold refilling of medications if patients do not follow the recommended office visit/appointment schedule.

**SUBMITTING TO INSURANCE:** Although The Hormone Center providers do not participate with any insurance programs patients receive itemized invoices with insurance claim codes for possible reimbursement. Since the providers have opted out of all Medicare/Tricare programs, **patients are NOT permitted to submit claims to any Medicare or Tricare programs for reimbursement.**

**QUESTIONS FOR THE PROVIDERS:** To ensure timely response, questions for all providers should be communicated through the registered nurse. Please email our nurse ([nurse@hormonecenter.net](mailto:nurse@hormonecenter.net)) or call the office during regular office hours.

**PRESCRIPTION REFILLS:** Patients should first contact their pharmacist who will submit a request to our office. Allow 48 hours for all refill requests. You may request prescription refills through our office via email [prescription@hormonecenter.net](mailto:prescription@hormonecenter.net) or phone. **Requests made after 1:00 pm on Thursday will be reviewed on Monday.**

**SUPPLEMENT ORDERS:** Our preferred method of receiving supplement orders is via email at [supplement@hormonecenter.net](mailto:supplement@hormonecenter.net) or at the next visit. Phone orders can be placed during regular office hours Monday through Friday. **Orders placed after 3:00 p.m. on Friday will be handled on Monday.**

I have read, understood and agree to abide by the above policies and procedures. This consent form is valid until all or part is revoked in writing.

\_\_\_\_\_  
Patient Name (Printed)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

**The Hormone Center  
Skin Beautiful Medical Spa**

**CONSENT FOR TREATMENT**

I request treatment by The Hormone Center (THC), Skin Beautiful Medical Spa (SBMS) and/or SB Medical Weight Loss ("SBMWL") physician or designee. I understand that I have the right, as a patient, to be informed about my condition and the recommended treatment to be used so that I can make an informed decision whether or not to undergo the treatment after I have been told both the potential benefits, risks, and hazards involved.

Some treatments used at THC/SBMS/SBMWL are considered "off label" use by the Food and Drug Administration. In the United States, the regulations of the FDA permit physicians to prescribe or use approved medications for other than their intended indications. This practice is known as "off-label use" or "unlabeled uses". Such uses are not indicative of inappropriate usage but are legal and common. To access for information on off-label uses, please visit the FDA's website: [www.fda.gov/eder](http://www.fda.gov/eder)

I agree to comply with any pre-treatment, treatment and post treatment instructions as indicated by the medical provider. I agree to immediately report any adverse reaction or problem to THC/CFF/SBMS/SBMWL.

I understand that THC/SBMS/SBMWL medical providers are not my Primary Care Provider (PCP). I understand that I will need a PCP to monitor any ongoing medical problems.

I understand that THC/SBMS/SBMWL does not accept insurance company payments for possible treatment nor does THC/CFF/SBMS/SBMWL coordinate document submission for potential insurance company reimbursement. Any attempt to be reimbursed by an insurance company is solely the patient's responsibility.

Although THC/SBMS/SBMWL is not subject to the Health Insurance Portability and Accountability Act (HIPAA), we follow HIPAA guidelines regarding patient privacy. We will not release your health information without your consent unless subpoenaed by a court of law.

I have read and understand this consent form and agree to its terms. I understand that payments for procedures at THC/SBMS/SBMWL are non-refundable and that it is possible that these procedure treatments may be of little or no help at all. I have had the opportunity to ask any questions about the treatment including: outcomes, risks, complications and alternative therapies. I further understand that THC/SBMS/SBMWL cannot guarantee the results and will not hold its employees responsible for the individual results of the treatment that I have requested. I also understand that any follow-up treatments required will be at my own expense. This consent form is valid until all or part is revoked in writing.

\_\_\_\_\_  
Patient Name (Printed)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Date

**The Hormone Center &  
Skin Beautiful Medical Spa**

2100 Wharton St-Suite 315, Pittsburgh, PA 15203

20399 Rt 19-Suite 120 Pittsburgh, PA 16066

Phone: 412.432.7909 • Fax: 412.202.2304

**Payment, Blood Draw and Photo Consent Form**

**Patient Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**PAYMENT POLICY**

I understand that all fees are due at the time of service, unless otherwise specified by the provider.

I understand that there is a 48 hour cancellation policy that I will be charged \$75 for either not showing for an appointment or for canceling/rescheduling an appointment within 48 hours of said appointment.

**BLOOD DRAW CONSENT**

In the instance that my provider is accidentally exposed to my bodily fluids (i.e., needle stick), I consent to have my blood drawn and tested for HIV and Hepatitis. The results of this testing will remain confidential as required by law.

**PHOTOS**

By checking one of the boxes below I give the provider permission to use my photographs in the following manner:

- I only want my photos used in the medical chart  
Fibromyalgia and Bio-Identical Hormone patients: this is only a face shot for our photo recognition program in our patient system.
- I do not want any photos taken  
*Medspa patients:* I understand that by not having any photos taken I will not have documentation of before and after results of my treatment.
- Unrestricted use of photographs  
This may include lectures, before and after pictures, website, etc.

**COMMUNICATION VIA EMAIL AND/OR TEXT**

By checking the boxes below I consent to communication/notification of the following:

- Medical information specific to my medical history, diagnosis, treatments and/or recommendations
- Appointment reminder
- Receive monthly specials for Skin Beautiful Medical Spa

**For Email Notifications** enter Email Address: \_\_\_\_\_@\_\_\_\_\_.

**For Text Notifications** enter CELL PHONE # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ **\*Choose carrier below**

- Verizon  AT&T  Cingular  Sprint  T-Mobile

**This consent form is valid until all or part is revoked in writing.**

\_\_\_\_\_  
**Patient's Name**

\_\_\_\_\_  
**Signature (Parent or Guardian if under 18)**

\_\_\_\_\_  
**Date**





**Naturopath Consent**

I understand that I am here about nutrition and better health practices and that I will be offered information about food supplements and herbs as a guide to general good health and this is considered a personal ministry and spiritual counseling. I understand that I am taking full responsibility for all decisions concerning my health and hereby release Jeanie Anderson N.D. and The Hormone Center in their service from any liability whatsoever.

I fully understand that Jeanie Anderson N.D. is not a medical doctor or practitioner and I am not here for medical-diagnostic purposes or treatment procedures. I am not on this visit or any subsequent visit as an agent for federal, state, or local agencies or on a mission of entrapment or investigation.

The services performed by Jeanie Anderson N.D. is at all times restricted to the subject of nutrition matters intended for the maintenance of the best possible state of nutritional health and do not involve the diagnosing, treatment or prescribing of remedies for disease.

I understand that harmonic quads (zappers) have been demonstrated by research to kill some parasites, that zappers have not been approved by the AMA for use on humans, that no medical claims are made or implied by the manufacturer or by Jeanie Anderson and The Hormone Center in their services and that zappers should not be used by people with pacemakers or other electrical devices that may be implanted in the body.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date