

## D: PAIN Related Issues

Finding the nature and causal factors involved in pain conditions is an important part of an effective treatment. Treatment of the local area is important, but without an understanding of the conditions underlying the pain, the long-term effects may be limited.

- 44 Pain that is better with the application of heat
- 45 Pain that is improved with pressure on the area
- 46 Pain that is aggravated with pressure on the area
- 47 Pain that is aggravated with damp weather
- 48 Pain associated with abdominal bloating, fullness a/or distention
- 49 Pain that is sharp and/or stabbing
- 50 Pain that moves from location to location
- 51 Dull pain that is worse with fatigue

### BACK PAIN:

- 52 Chronic dull pain
- 53 Acute

## E: ELIMINATION: Urine & Stool/Bowel Movement

Questions about stool and urination are usually the ones considered most unrelated by patients. As an example, it is often difficult to understand how the quality of ones stool can be related to their knee pain. Asking questions about the elimination system provides important indications about the functioning of the Kidneys and the digestive system. Weak kidneys, for example, are often related to lower back and knee pain in Chinese medicine and a poorly functioning digestive system can lead to internal dampness which can also settle in the joints and cause pain.

### URINE: (compare to your fluid intake)

- 54 Incontinence
- 55 Retention of Urine (noticeably less qty than your intake)
- 56 Incomplete urination
- 57 Pain with urination
- 58 Pale colored urine
- 59 Dark colored urine
- 60 Copious amounts of urine
- 61 Scanty urination

### STOOL / BOWEL MOVEMENT:

- 62 Constipation or Dry Stool
- 63 Constipation (difficult to pass or incomplete feeling)
- 64 Small stools
- 65 Infrequent but not dry bowel movements
- 66 Alternating Diarrhea/loose stool and Constipation
- 67 Chronic diarrhea / loose stool
- 68 Urgent diarrhea with burning sensation
- 69 Diarrhea after eating a meal
- 70 Early morning diarrhea
- 71 Discomfort improves after a bowel movement

## F: DIGESTION: Thirst, Appetite & Tastes

Questions about appetite and tastes are helpful in understanding the quality of the digestive system as well as whether a person has an underlying cold/deficiency syndrome or a heat/excess one.

### THIRST:

- 72 Lack of thirst a/or desire for warm liquids
- 73 Strong thirst esp. for cold liquids
- 74 Dry mouth w/desire to sip liquids
- 75 Thirst without desire to drink

### APPETITE:

- 76 Lack of appetite
- 77 Insatiable appetite
- 78 Fullness, bloating a/or distention after eating
- 79 Preference for warm/hot foods
- 80 Preference for cold/cool foods

### TASTES in your mouth other than when eating:

- 81 Bitter taste
- 82 Sweet taste
- 83 Sour taste
- 84 Salty taste
- 85 Pungent taste
- 86 Metallic taste
- 87 Lack of taste

## G: SLEEP: Quality and Habits

Sleep is an important part of a persons overall health. The inability to get a good nights rest usually involves TCM assessment which would indicate other issues as well. (TCM) Heart Blood Deficiency, for example, may involve other symptoms which effect the person during the day such as poor concentration and anxiety.

- 88 Difficulty falling asleep but sleeps well
- 89 Wakes often
- 90 Nightmares a/or violent dreams
- 91 Restless sleeping after eating late

## H: THORAX & ABDOMINAL AREA

Pain may arise in the thorax and abdominal areas in physical conditions involving the heart, lungs, digestive system and liver. A western medical diagnosis is usually helpful in these conditions, however, pain in these areas does not always involve an underlying physical problem. Pain in the hypochondriac region, for example, may be related to a physical liver problem or - from a TCM perspective - is indicative of some LV Qi Stagnation issues. LV Qi Stagnation may present with hypochondriac pain and symptoms of depression but does not indicate any physical problems with the Liver.

- 92 Pain in the chest area
- 93 Pain in the chest w/cough
- 94 Costal Pain (upper rib chest area)
- 95 Hypochondriac Pain (around lower ribs and sides)
- 96 Epigastric Pain (upper abdomen)
- 97 Lower abdominal Pain

## I : GYNECOLOGICAL ISSUES (if applicable)

The status of a women's menstrual cycle is an important indicator of her overall health. Whether we are addressing a gynecological condition such as irregular menstruation or a non-gynecological related condition, the information from the questions below is extremely valuable in forming an appropriate diagnosis.

- 98 Early Periods
- 99 Late Periods
- 100 Irregular Periods
- 101 Heavy Periods
- 102 Scanty Periods
- 103 Bright or Dark Red Blood
- 104 Pale Blood
- 105 Blood Clots
- 106 Leukorrhea: Vaginal discharge
- 107 White color
- 108 Yellow color
- 109 Green or Red/White color