

ARTHRITIS AND RHEUMATIC DISEASE ASSOCIATES, P.C.

PLEASE PRINT

PATIENT INFORMATION

NAME _____ TODAY'S DATE _____

AGE _____ DATE OF BIRTH _____ SS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE _____ BUSINESS PHONE _____ CELL PHONE _____

OCCUPATION _____

EMPLOYER _____ ADDRESS _____

NUMBER OF CHILDREN AND AGES _____

MARITAL STATUS: S M W D SEP SPOUSE'S NAME _____

SPOUSE'S EMPLOYER _____ ADDRESS _____

OCCUPATION _____

PATIENT REFERRED BY _____ PHONE # _____

ADDRESS _____

PERSON RESPONSIBLE IF PATIENT IS A MINOR OR STUDENT:

NAME _____ ADDRESS _____

PHONE _____ OCCUPATION _____ SS# _____

EMPLOYER _____ BUSINESS PHONE _____

BUSINESS ADDRESS _____

PLEASE COMPLETE THE FOLLOWING INSURANCE INFORMATION. THIS INFORMATION IS NEEDED IN THE EVENT THE PATIENT WERE HOSPITALIZED. ALSO, PLEASE SIGN BACK OF THIS SHEET.

INSURANCE COMPANY _____

ADDRESS _____ PHONE _____

POLICY # OR I.D.# _____ GROUP # _____ CODE # _____

POLICYHOLDER'S NAME _____ SS# _____

POLICYHOLDER'S DOB _____ SIGNATURE _____

IN ORDER TO CONTROL OUR COSTS OF BILLING, WE REQUEST THAT OFFICE VISITS BE PAID AT THE TIME SERVICE IS RENDERED. WE WOULD RATHER CONTROL OUR BILLING COSTS THAN BE FORCED TO RAISE OUR FEES.

AUTHORIZATION TO LEAVE MESSAGES

In an effort to protect our patients' rights to medical confidentiality, we will leave messages for patients only when they have given their permission. Please indicate your preference regarding the leaving of messages below.

I, _____, grant permission to a representative of Arthritis and Rheumatic Disease Associates, P.C., to do the following:

Leave a message on my answering machine/voice mail or with anyone in my household who answers the telephone.

YES

NO

Some reasons we might leave a message are to confirm the time and date of an appointment or to leave tests results.

If you do not want us to leave messages for you, please check NO above. A YES above indicates your consent.

Your signature below acts as your authorization.

Signature

Date

Print name

OSTEOPOROSIS QUESTIONNAIRE

PLEASE FILL IN NAME AND DATE

Date _____

Dominant Leg R L

Mr. Mrs. Ms. Miss Dr.

Name _____ Wt _____ Ht _____

Address _____ Sex _____ Age _____

Referring Physician _____ DOB _____ SS# _____

Instructions: If you can answer YES to any of the following statements, CIRCLE THE NUMBER.

1. I have scoliosis (curvature) of the spine.
2. I have had abdominal surgery or spinal surgery with metal clips, staples or rods left in place.
3. I have had hip surgery with metal pins or an artificial hip joint. If so, state which side _____.
4. I am now pregnant.
5. I have had an isotope study such as a bone scan or a thyroid scan in the last month.
6. My ethnic background is Northern European (France, Germany Poland, etc.), British, or Asian-Pacific.
7. I have a family history of osteoporosis or a family history of hip fracture. Specify: _____.
8. I have been told that my bone x-rays show osteoporosis or osteopenia (If so, circle one).
9. I have fractured a wrist, spine, hip, upper arm or upper leg. If your answer was yes, please indicate which bone was fractured and at what age _____ Any other fracture: _____.
10. I participate in regular exercise. State type and frequency _____.
11. I drink three or more alcoholic beverages daily.
12. I drink five or more cups of caffeinated coffee or tea daily.
13. I drink five or more caffeinated sodas daily.
14. I smoke or used to smoke 2 or more packs of cigarettes per WEEK. (If quit, _____ years ago).
15. My recent dietary intake of dairy products (glass of milk, serving of yogurt, cheese, etc.) is limited to fewer than 2 servings per day.
16. Between childhood and the age of 30, I did not drink milk on a daily or frequent basis.
17. I have a known dietary allergy or intolerance to milk or milk products.
18. I currently take calcium supplements Brand: _____ Milligrams daily: _____ for _____ months/years.
19. I have taken a corticosteroid medication (cortisone-like drugs such as prednisone, dexamethasone, etc.).
20. I have one or several of the following chronic medical conditions: Inflammatory arthritis such as rheumatoid arthritis, inflammatory bowel disease or a history of having surgical removal of part of my bowel, chronic liver or renal (kidney) disease.
21. I have taken one or several of the following medications (please circle the names of those taken): methotrexate, heparin injections, anticonvulsants (as would be used to combat epilepsy), Lupron depot, antacids containing aluminum, chemotherapy for cancer, lithium, INH, thyroid.
22. I have been diagnosed as having a disease of the parathyroid glands. Please specify _____.
23. I have a history of having an elevated blood level of calcium.
24. I have lost 1½ inches or more in height. What was your full adult height? _____.
25. I have a history of blood clots or phlebitis.
26. I have a history of an eating disorder (such as anorexia nervosa).
27. Please list all of the medications you are taking: _____

OSTEOPOROSIS QUESTIONNAIRE

ANSWER ONLY IF YOU ARE FEMALE

28. At what age did you begin your menstrual periods? _____
29. What is your menopausal status? (check one) _____ Pre-menopausal _____
Possible early menopause _____ Going through menopause now _____ Post-menopausal
30. At what age did you complete menopause? _____
31. Did you undergo a hysterectomy? _____ Yes _____ No If so, at what age? _____
32. Are you currently receiving estrogen replacement therapy? _____ Yes _____ No
(a) If yes, what kind, what dosage, and for how long? _____
33. Have you had breast cancer? _____ Yes _____ No
34. Do you have a family history of breast cancer? _____ Yes _____ No Who? _____
35. Do you have a family history of coronary heart disease? _____ Yes _____ No Who? _____

WHAT IS YOUR CALCIUM INTAKE?

Name _____ Sex: F _____ M _____ Age _____

Please answer the questions only.

Please do not complete this side.

1. On average, how many 8 oz. glasses of milk (whole milk, reduced-fat milk, skin milk or lactose-free milk) do you drink?
_____ less than one glass per day _____ 1 glass per day No. of glasses x 300 _____
_____ 2 glasses per day _____ more
2. On average, how often do you eat a serving (1/2 cup cooked) of deep-green vegetables (broccoli, kale, collard greens, etc.)?
_____ daily _____ 3x a week _____ weekly _____ never No. of servings x 150 _____
3. On average, how often do you eat a serving (1 oz.) of hard cheese (parmesan, cheddar, swiss, etc.)?
_____ daily _____ 3x a week _____ weekly _____ never No. of servings x 200 _____
4. On average, how often do you eat a serving (1 cup) of yogurt?
_____ daily _____ 3x a week _____ weekly _____ never No. of cups x 400 _____
5. On average, how often do you eat a serving (1/2 cup; approximately 1 large scoop) of premium or low-fat ice cream?
_____ daily _____ 3x a week _____ weekly _____ never No. of 1/2 cups x 85 _____
6. Do you eat any calcium-fortified foods such as cereals, juice, cottage cheese, or breakfast bars?
_____ yes _____ no If yes, how often do you eat them?
_____ daily _____ 3x week _____ weekly No. of servings x 200 _____
7. On average, how often do you eat a serving (3 oz.) of canned salmon or sardines (including bones)?
_____ daily _____ 3x week _____ weekly _____ never No. of servings x 150 _____
8. How many alcoholic beverages do you have in an average day?*(one alcoholic beverage equals: 5 oz. of wine, 12 oz. of beer; 1.5 oz. of hard liquor) Wine: _____ 1 _____ 2 _____ more Beer: _____ 1 _____ 2 _____ more
Liquor: _____ 1 _____ 2 _____ more
9. What medications do you currently take?* _____

10. Do you take any multivitamin supplements? _____ yes _____ no
If yes, which one? _____ No. tabs/day _____ No. of tablets x mg/tab _____
11. Do you take a calcium supplement? _____ yes _____ no
If yes, what type? _____ No. tabs/day _____ No. of tablets x mg/tab _____

*Certain medications and alcohol can reduce a patient's calcium level.

Compiled by Pat Baird, MA, RD, FADA

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NOTICE OF PRIVACY PRACTICES ACKNOWLEDGMENT

I understand that under the Health Insurance Portability & Accountability Act of 1996 ("HIPPA"), I have certain rights to privacy regarding my protected health information. I understand that this information can and will be used to:

- Conduct, plan and direct my treatment and follow-up among the multiple healthcare providers who may be involved in that treatment directly and indirectly.
- Obtain payment from third-party payers.
- Conduct normal healthcare operations such as quality assessments and physician certifications.

I acknowledge that I have received your *Notice of Privacy Practices* containing a more complete description of the uses and disclosures of my health information. I understand that this organization has the right to change its *Notice of Privacy Practices* from time to time and that I may contact this organization at any time at the address above to obtain a current copy of the *Notice of Privacy Practices*.

I understand that I may request in writing that you restrict how my private information is used or disclosed to carry out treatment, payment, or health care operations. I also understand that you are not required to agree to my requested restrictions, but if you do, then you are bound to abide by such restrictions.

Patient Name: _____

Relationship to Patient: _____

Signature: _____

Date: _____

OFFICE USE ONLY

Attempted to obtain the patient's signature in acknowledgement on this Notice of Privacy Practices Acknowledgment, but was unable to do so as documented below:

Date: _____ Initials: _____ Reason: _____