



WELCOME LETTER

Welcome to East Winds Acupuncture; we look forward to working with you on your journey to health.

We are committed to helping you and will focus our efforts toward assuring you a pleasant experience as well as an excellent outcome. We feel that it is vital that you commit yourself to the “plan” that we recommend for you upon your first visit with us.

On that note we ask that you comply with the following cancellation policies.

- We reserve the right to charge you for appointments cancelled or broken without 24 hours advance notice, at full cost of treatment.
 - Appointment cancellations should be made 24 hours in advance of your scheduled appointment time. We understand emergencies do arise. We simply ask that you extend the courtesy to fellow patients, by letting us that you need to cancel. This will allow us to open your time slot for another patient as well as reschedule your appointment.
- Your care is important to us and we make every effort to accommodate your busy schedule. However, if you are more than 10 minutes late for an appointment, and it cannot be rescheduled the same day, you have the option of accepting a shortened acupuncture session, or paying for a missed appointment.

As of January 1st, 2015 we will require a credit card when scheduling all New Patient appointments. If you do not show for your appointment, your card will be charged 50% of the new patient fee which will be a total of \$67.50.

Our goal is to help you and many other patients experience the benefits of acupuncture and Oriental Medicine. We block off two hours for all new patients. If you no-show without giving 24 hours’ notice, that time is not available for another patient who may need an appointment. We know you understand.

Our goal is high quality, efficient care, and to accommodate all patients who would like to be seen by Dr. Diane.

Please sign this form and bring it with you completed health history forms. It is important that you fill ALL sections and pages of these forms so we don’t waste precious one on one time with Dr. Diane.

Thank you.

Sincerely;
Diane Cridennda L.Ac FABORM NCCAOM

Date: _____

Patient Name (print): _____ Patient Signature _____

Treatment(s) you have received for this Condition 1) _____

 2) _____ 3) _____

**SYMPTOMS – NOTE: For each symptom you currently have, rate its severity from 1-10 (10 being the worst).
 Leave blank if Not Applicable. Circle choice if two choices are given.**

LIVER / GALLBLADDER			
_____ Irritability / Anger	_____ Poor Memory	_____ Low Resistance to Colds or Flu	
_____ Depression / Stress	_____ Loss of Hair	_____ Sneezing	
_____ Headaches / Migraines	_____ Hearing Problems	_____ Mild Fever Comes & goes	
_____ Visual Problems	_____ Cavities	_____ Smokes Cigarettes	
_____ Red / Dry / Itchy Eyes	_____ Fear	_____ Emphysema	
_____ Gall Stones	_____ Hot Flash/ Night Sweating	_____ Bronchitis	
_____ Dizziness	_____ Do you crave: Salty	_____ Black / Blood in Stools	
_____ Blurred Vision		_____ Constipation	
_____ Feeling of Lump in Throat	HEART/SMALL INTESTING		
_____ Clenching of Teeth at Night	_____ Heart Palpitations	_____ IBS	
_____ Muscle Cramping / Twitching	_____ Chest Pain	_____ Colitis/ Spastic Colon	
_____ Tension	_____ Insomnia / Sleep Problems	_____ Diarrhea	
_____ Joints/Neck/Shoulder Pain/Tight	_____ Easily Startled	_____ Do you Crave : Pungent	
_____ Poor Circulation	_____ Restlessness / Agitation		
	_____ Vivid Dreams	SPLEEN / STOMACH	
_____ Soft / Brittle Nails	_____ Lack of Joy in Life	_____ Heaviness Anywhere in the Body	
_____ Emotional Eater	_____ Do you crave: Bitter	_____ Fatigue on a Scale of 1(low) –10 (high)	
_____ Bad Taste		_____ Hard to get up in the Morning	
_____ Bad Breath	LUNG / LARGE INTESTINE		_____ Muscles Feel Tired Often
_____ Do you Crave: Sour	_____ Bloody Cough	_____ Edema (swelling) <input type="checkbox"/> hands <input type="checkbox"/> feet	
	_____ Dry Cough	_____ Easily Bruising & Bleeding	
KIDNEY/ URINARY BLADDER			_____ Bad Breath
_____ Urinary Problems	_____ Cough with Sputum	_____ Nausea/ Vomiting	
_____ Bladder Infection	_____ Nasal Discharge / Circle Color -	_____ Difficulty Digesting Fatty Foods	
_____ Dropped Bladder	_____ White Yellow Green	_____ Nausea/ Vomiting	
_____ Incontinence	_____ Post Nasal Drip / Circle Color:	_____ Gas / Belching	
_____ Lack of Bladder Control	_____ White Yellow Green	_____ Hemorrhoids	
_____ Weakness/ Pain in Low Back	_____ Sinus Infection/ Congestion	_____ Constipation	
_____ Decrease Bone Density	_____ Itchy, Red, or Painful Throat	_____ Diarrhea	
_____ Feel Cold Easily	_____ Dry Mouth/ Throat/ Nose	_____ Abdominal Pain	
_____ Cold Hands	_____ Skin Rashes / Hives	_____ Indigestion / Heartburn	
_____ Cold Feet	_____ Snoring	_____ Over - Thinking	
_____ Low Sex Drive / Libido	_____ Grief / Sadness	_____ Tendency to Gain Weight	
_____ Excess Sexual Desire	_____ Shortness of Breath	_____ Brain Foggy	
	_____ Allergies / Asthma	_____ Do you Crave: Sweet	

MEDICATIONS – Please list all prescription medications you use. Include those which you may only use occasionally. Remember inhalers, eye drops, nose sprays, and topical creams. NOTE: If need more space, use page 6 under 'Notes/Anything Else'

Prescription Name	Purpose	How Long	Dose	How Often	Last Dose

On a scale of 1-10, rate your commitment to get rid of the problem(s) and feel better _____

Have you had acupuncture before? _____

If yes, who and where? _____

Any concerns or fears about the needles? _____ If yes, what? _____

What are your goals from your acupuncture visits? 1. _____
 2. _____
 3. _____

PERSONAL MEDICAL & FAMILY HEALTH HISTORY

Please indicate those that are current health problems for yourself and your family members with a "C" under the appropriate person's column. "P" should be used to indicate a past problem. Leave blank those that do not apply. If you require more space, use the space below.

	You	Father	Mother	Spouse	Brother(s)	Sister(s)	Children
Age							
AIDS / HIV							
Alcohol Abuse							
Anxiety							
Anorexia / Bulimia							
Arthritis							
Asthma / Hay Fever / Allergy							
Back Trouble							
Bursitis							
Cancer							
Constipation							
Depression							
Diabetes							
Digestive Trouble							
Headaches							
Heart Trouble							
Hepatitis							
High Blood Pressure							
Immune Disorder							
Insomnia							
Kidney Trouble							
Liver Trouble							
Migraine							
Neck Pain							
Thyroid Disorder							
Suicidal Tendencies/self/others							
Tobacco							
Weight Problem							
Other Emotional Problems: _____							
Other: _____							

If any of the above family members are deceased, please list their age at death and cause.

SURGERIES (Including the removal of wisdom teeth)

Date or Age	Type Of Surgery	Location of Scar

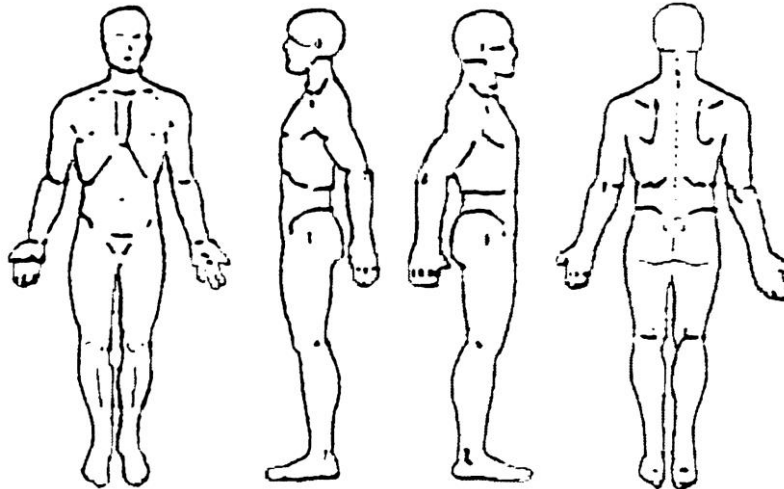
MUSCULOSKELETAL

- Muscle Cramps – Where?
- Joint Swelling – Where?
- What Makes this Better? :

- Muscle Pain / Rheumatism – Where?
- Tendonitis – Where?

- Arthritis – Where?
- Bursitis – Where?

Please mark problem areas on diagram:



<p>Location of Pain</p> <p>Is the Pain</p> <p><input type="checkbox"/> Sharp <input type="checkbox"/> Burning <input type="checkbox"/> Aching</p> <p><input type="checkbox"/> Fixed <input type="checkbox"/> Numbness</p> <p><input type="checkbox"/> Tingling <input type="checkbox"/> Other: _____</p> <p>On a Scale of 1 (Low) – 10 (unbearable):</p> <p>Is the Pain Better With:</p> <p><input type="checkbox"/> Rest <input type="checkbox"/> Activity <input type="checkbox"/> Ice</p> <p><input type="checkbox"/> Heat <input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Massage <input type="checkbox"/> Chiropractic</p>	<p>Location of Pain</p> <p>Is the Pain</p> <p><input type="checkbox"/> Sharp <input type="checkbox"/> Burning <input type="checkbox"/> Aching</p> <p><input type="checkbox"/> Fixed <input type="checkbox"/> Numbness</p> <p><input type="checkbox"/> Tingling <input type="checkbox"/> Other: _____</p> <p>On a Scale of 1 (Low) – 10 (unbearable):</p> <p>Is the Pain Better With:</p> <p><input type="checkbox"/> Rest <input type="checkbox"/> Activity <input type="checkbox"/> Ice</p> <p><input type="checkbox"/> Heat <input type="checkbox"/> Other: _____</p> <p><input type="checkbox"/> Massage <input type="checkbox"/> Chiropractic</p>
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For Men and Women DIET INFORMATION

Please describe your appetite:

Strong Normal Poor

Do you hunger quickly?

Yes No

Please describe your diet (avoid bad fats, low-carb, high protein, vegetarian)

Please list what you ate yesterday

Breakfast : _____

Lunch : _____

Dinner : _____

Snacks : _____

How much water do you drink per day? _____

Other fluids _____

Please describe your thirst

Strong Normal Poor

If you eat any of the following , please check and list how much per week:

Candy _____

Cookies/ Baked Goods _____

Chocolate _____

White flour bread _____

Soda – Regular/ Diet _____

Milk _____

Cheese _____

Alcohol _____

Fast Food _____

Protein _____

Dark Green Vegetables _____

Fruit _____

Other _____

Are there any foods that you eat

that make you feel

Bad/gas/bloating/indigestion? _____

Please list food allergies that

have been diagnosed: _____

Female Fertility Form

Date ____/____/____	Age	Body Type	Height:	Weight:	Complexion:	Occupation:
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Are you being treated by: _____

LMP: _____ Cycle Duration _____
 RE & I Clinic / Fertility Specialist: RMFC / CCRM / FCC / Conceptions / CU
 Other OBGYN doctor _____ Start Date: _____ Month/Year

Western Diagnosis _____

1. How many times per week do you have intercourse? _____ x per week
2. Do you use lube for vaginal dryness? _____

3. Fertility treatments (including cancelled cycles):

Date	Natural, IUI IVF, Other	Medication Used	# of Mature Eggs / Follicles	Pregnancy Yes/No	If Miscarried, Indicate at which Week	Other Comments and Locations

4. Your Diagnostics / Date

Elevated FSH	Uterine Fibroids / Polyps	Endometriosis / Adhesions	PCOS	POF	Low Progesterone Level	PID	STD's	Herpes

Others: _____

5. If you have PCOS, are you taking:

Glucophage	Fortamet	How long?	Are you taking extra B-Complex Vitamins?

6. Female Health:

PID	Chlamydia	STD's	Herpes	Antisperm Antibodies	Others

7. Procedures performed / Dates

Laparoscopy	HSG-Hysterosalpingogram	Others:

8. Lab Results/ Dates

FSH Level Day 3	HCG	Prolactin	TSH	T3:	T4:	Free T4:	OAR	Others

9. Lab Results on File Y / N

9. Supplements and/or Vitamins?

Date	Prenatal	Fish Oil	Greens Plus	Antioxidants	Royal Jelly/ Propolis	Additional Folic Acid	Others

10. Planned ART / Date:

IUI w/ Injectables	IUI w/ Oral Meds	Clomid	IVF	PGD/CCS	Femara letrozole	other

11. Fertility History / Dates

Pregnancies	Children	Miscarriages	Abortions	Ectopics	D&C	Abnormal Pap Smear	Others

12. Other:

<p>Age at which menses began? _____</p> <p>Oral Contraceptive Pill? _____ How long? _____</p> <p>List name of birth control _____</p> <p>How long have you tried to conceive? _____</p> <p>Clomid challenge test? _____</p> <p>Date: _____</p> <p>Day 3 _____ at Day 10 _____ at _____ (month/year)</p> <p>Recurrent yeast infections? _____ How often? _____</p>	<p>Natural Ovulation Y / N</p> <p>Which day of your cycle are you on today _____ to _____</p> <p>Typically, how many days are there from one period to the next _____ to _____ days?</p> <p>Today is which day of your cycle? _____</p> <p>Current month treatment plan _____ (Natural, IUI, IVF, Any Tests, etc.)</p>
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13. PMS

	10 Days Before	1 Week Before	2-3 Days Before
Breast Tenderness			
Depression			
Fatigue			
Low Back Pain			
Face Break Out			
Other			

14. Menstrual History

Symptoms (please check each day)	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6-7
Do you have Back Pain?						
Cramps (Light, Medium, Severe)						
Color (Light Red / Red / Dark Red / Brown)						
How Heavy is Flow (Light, Normal, Heavy)						
Is there Clotting?						
Is there Spotting?						

15. Is partner currently being treated by us?

Y / N

16. Partner's Name _____

17. Western Diagnosis of the partner: _____

18. Do we have copies of labs / sperm analysis

Y / N

19. Results for Sperm Analysis:

Date	Count	Morphology	Motility	Volume

20. Male Reproductive History/ Date:

Varicocele	Vasectomy	Vasectomy Reversal	SDSA/ DNA	Anti- Sperm Antibodies	Others

21. Following Fertility:

Basal Body Temperature Chart	Y / N	Avoid Ice cold Foods.....	Y / N
Timed Sex	Y / N	Avoid Tampons.....	Y / N
Stress Reduction	Y / N	Femoral Massage	Y / N
Diet Principals :		Visualization.....	Y / N
<input type="checkbox"/> Yin		Meditation	Y / N
<input type="checkbox"/> Yang		Yoga	Y / N
<input type="checkbox"/> Blood		Qi Gong.....	Y / N
<input type="checkbox"/> Qi		Deep Breathing.....	Y / N
<u>Ovulation</u>		Journaling.....	Y / N
(LH) Luteinizing Hormone Sticks	Y / N	Foot Soaks.....	Y / N
(OPK) Ovulation Predictor Kit	Y / N	Feminine Hygiene.....	Y / N
Relationship / Sex	Y / N	Detox.....	Y / N
		Type of Detox	
		Feng Shui.....	Y / N



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NEW PATIENTS: Please do not come hungry.
Do not scrub, scrape or brush your tongue.
We need to see it in its natural state.
It is Ok to brush your teeth. Plan to be here **at least 2**
hours for your initial intake and treatment.

Disclosure & Fee Schedule

Acupuncture Fee Schedule: fees due upon service

\$135.00 Initial Visit (health history, evaluation & treatment)
\$80.00 Follow-up Acupuncture Visit
\$70.00 Herbal Consult
\$130.00 Lab Interpretation & Consult
\$85.00 Pre or Post transfer during office hours
\$100.00 On Call (outside of office hours)
\$160.00 On Site IVF pre or post transfer
\$15.00 Per 15 minutes phone/email consultation
\$70.00 Initial Visit for Pediatrics
\$50.00 Sho Ni Shin/ Gua Sha (Pediatrics)
\$ 1.00 /per min. Moxa/Cupping & other
Acupuncture Modalities
\$150.00 (+ \$5.00 per mile) House Call Treatments

Discount Packages

100% transferable and 100% refundable**

24 Visits \$1,560 (\$65 per treatment)
12 Visits \$840 (\$70 per treatment)
6 Visits \$450 (\$75 per treatment)

Herbs & Supplements

purchased separately*

All sales on Herbs and or Supplements are final.
All Special Order herbs or supplements require
payment in full prior to ordering and are subject to a
50% restocking fee if returned.

Miscellaneous

\$80.00 Abdominal Massage

CANCELLATION POLICY:

We reserve the right to charge you for appointments cancelled or broken without 24 hours advance notice.

If you are more than 10 minutes late for an appointment, and it can't be rescheduled the same day, you have the option of accepting a shortened acupuncture session, or paying for a missed appointment.

We allow a one-time grace with a GOOD reason.

PROFESSIONAL AND ETHICAL STANDARDS:

You, the patient are entitled to receive information regarding methods of therapy, techniques used and duration of therapy. As a patient you may seek a second opinion from another health care professional, and may terminate therapy at any time. In a professional relationship, sexual intimacy is not appropriate and should be reported to the division of regulations (address provided below)

The practice of acupuncture is regulated by the Department of Regulatory Agencies. Questions or complaints should be addressed to:

**Jenny Davis- Office of Acupuncture Licensing
1560 Broadway, Suite 1340, Denver, Colorado 80202-5140
303-894-7851 fax 303-894-7802**

We comply with all rules and regulations promulgated by the Department of Health and Environment, especially those related to proper sanitation of acupuncture offices. We use disposable needles only.

PATIENT POLICY:

We will recommend a treatment plan according to your specific needs. Some conditions require more treatments than others. In order for you to experience a successful course of treatment for your problems, it is important that you commit to and follow this treatment plan

TREATMENT:

Acupuncture has been explained to me as a treatment consisting of the insertion of needles through the skin at specific points on the surface of the body (small amounts of electrical current may be applied to the needles). The purpose of acupuncture has been explained as the alleviation of symptoms or disorders.

I understand that complications may result from an acupuncture treatment. Among these possible complications are: areas of anesthesia, fainting, weakness, nausea, hematoma, infection, pain and discomfort, pneumothorax, and aggravation of present symptoms. Being tired, hungry, or stressed can on occasion make the body more sensitive to the acupuncture treatment. Please tell your provider if you have any conditions that may inhibit blood clotting, such as hemophilia or Coumadin use. Please use caution when walking with bare feet in the treatment room.

Acupuncture, acupressure, Moxa, cupping therapy, and nutritional or herbal counseling are considered experimental procedures and are not considered a substitute for Western Medicine. Therapies and advice offered shall not be construed by the client to be a diagnosis of treatment of any disease or injury. We recommend that you consult your physician for any serious conditions and receive at least two medical opinions. It is your right and responsibility for your own body.

I further understand and agree to hold harmless, to indemnify and protect against court action the individual therapist as well as the management and owners of this of this clinic, in the event of accidental injury on these premises.

DIANE K. CRIDENND A EDUCATION AND EXPERIENCE:

- St. John's School of Radiologic Technology, St. Paul, MN. Graduated 1972
- International Institute of Chinese Medicine, Santa Fe, New Mexico – Graduated 1995 with a Masters of Oriental Medicine degree. This degree includes classroom and clinical training in acupuncture, moxibustion, cupping, electrical stimulation and nutritional counseling. Total hours of study were 1942 and 129.5 college credits.
- China Study Program at the Sino-Japanese Friendship Hospital, Beijing, China, summer of 1995. Studies included acupuncture, herbology, qi gong and tui na.
- February 1996 certified by the National Commission for the Certification of Acupuncturists – Certificate #9511018410.
- Colorado licensed and member of the Acupuncture Association of Colorado. Colorado license #337.
- Conducting and presenting research on combining acupuncture with high tech fertility.
- Founding Member of the ABORM (American Board of Oriental Reproductive Medicine)

SARA SUPINSKY

- Graduated from Southwest Acupuncture College Boulder Co in 2012 where she completed her Masters of Science in Oriental Medicine.
- She also completed a clinical internship in China at Heilongjiang University (Harbin) focused on women's health and pediatrics.
- Nationally certified by National Commission for the Certification of Acupuncturists

KRISTIE NAKASATO:

- Master in Traditional Chinese Medicine (MTCM), Five Branches University, Santa Cruz, California, 2012- more than 3200 hours of academic and clinical training
- Licensed acupuncturist in Colorado (2017), and licensed in California (2012) as a primary care provider
- Diplomate of Oriental Medicine, NCCAOM (National Certification Commission of Acupuncture and Oriental Medicine), 2013
- Fellow of American Board of Oriental Reproductive Medicine (FABORM), 2016- a certification for skilled Chinese medicine clinicians specializing in fertility and pregnancy
- Certified in Clean Needle Technique, CCAOM (Council of Colleges of Acupuncture and Oriental Medicine), 2008

PAYMENT:

Payment is expected at time of service unless other arrangements have been made. Your signature on this document indicates you agree to pay for any other outstanding bills incurred by this office.

PLEASE INITIAL THE BOXES BELOW

A photocopy of this form shall be deemed as valid as the original.

I understand that if I am going to be more than 10 minutes late, EWA will suggest that I reschedule.

Additionally, if I can be seen on the same day I will not be charged.

I understand that all sales are final on Herbs & Supplements and am subject to a 50% restocking fee if returned.

I understand that if I choose not to use the remainder of a package pricing, I will be reimbursed

according to the usual fee structure that is not discounted. I also understand that this may cause a balance to be paid.

No exceptions.

I HAVE READ AND UNDERSTAND ALL THE ABOVE INFORMATION.

_____ or _____

Patient Signature

Guardian Signature

Date

Email has been helpful for many of our patients as a way to check in for quick answers to simple questions and to have brief consultations between visits. However, when significant time is involved in evaluating and responding to these consultation requests, we now charge \$10.00 for every 5 min. increment. This allows us to continue offering email as an option for patient communication. This fee applies only to patients' health related questions between office visits. There is no charge for brief questions with simple answers (such as yes, no, etc.), for supplement/herb orders or other administrative tasks. Thanks for understanding.