**中医问诊单**

**Diagnostic Inquiry of Traditional Chinese Medicine**

(**只填三天内有的症状，疾病是动态的，老毛病也只能盯三天内症状。三天前一天，有痛不欲生的症状，这三天内没了，都不要填。**)

**(Past 3-day symptoms only. Disease is dynamic. Ignore any symptoms that did not happen in the past 3 days.)**

1. **基本情况 1.General Information**

填问诊单的日期：Today’s Date[ ]

出生年月日Date of birth： [ ] 性别Sex： [ ]

身高Height: [ CM] 体重Weight: [ kg]

1. **目前感觉到一切不适、跟正常人不一样的是什么？（不要有肚子咕咕叫，可能跟我要治的哮喘无关的这类想法，症状有无关，由医生判断，而非你判断。）有无其它伴随证状？此次问诊最想解除什么证候？如若是复诊，请把服药前后的所有症状变化详细说明**：

What are you experiencing that is uncomfortable or abnormal? List anything you are experiencing and leave the doctor to decide which are related. Are these accompanied by any symptoms? What is the biggest issue you want to solve now?

If this is after taking some medicine from this doctor, please note difference before & after you took the medicine.

**B、最初是如何引起的？ 患病多长时间了？**

How did you get this disease? How long you have this disease?

**C、以前得过什么病？做过那些治疗？有无住院史、家族史、手术史？外伤史？**

History of sickness, treatment, hospitalization, family sickness, surgery, wounded history.

**D、血统（华人注明老家省份，移民多久，出生地）Ethnic group (if Chinese: which province did you come from, how long did you live in China, how long did you live in Canada, birth place)**

**二、详细问诊病情 （可多选）2. Details Symptoms**

**眼白血丝Bloodshot on eye-white：** □无No □有yes □ 呈丝状呈糊状silky or blocky chunk if yes

**方位**location:

（方位：男左眼女右眼，以瞳孔为中心，以上面为12点钟下面为6点钟方面，请别人描述血丝方位、是由眼眶向瞳孔发展还是相向、血丝粗还是细、长还是短）(use clock position to describe where the bloodshot is located, pupil is in the center, get someone to observe the bloodshot length, thickness, direction, use left eye for man, right eye for woman to check)

**补充说明：Additional remark:**

**眼白色泽Color of eye-white：** □ 有青阴或青点blue or blue dots 部位location:

□有黑影或黑点 Black or black dots 部位location:

□ 有黄斑yellow spot 部位location:

□ 白亮光泽white, bright □昏暗无光dim

**补充说明：Additional remark:**

**面色Face Complexion：** □ 青greenish, □ 黄yellow , □ 赤red, □ 白white, □黑black, □ 水润moist, □ 暗晦dim, □枯涩dry

**补充说明：Additional remark:**

（一）寒热情况（可多选）(1) Fever and Cold ( can choose many)

1 、 **恶寒Aversion to cold**： □ 平时比一般人怕冷often aversion cold than normal people

□睡时双足不暖（睡前需热水泡脚后可慢慢转暖）feet are not warm when sleeping (soaking in hot water before sleeping can warm up feet)

□ 睡时整夜双足不暖（需厚被或电热器）feet are not warm whole night( need thicker or heated blanket) □ 平时容易感冒 、怕风. Catch a cold easily, don’t like the wind

□ 平时背部冷，添衣近火仍觉冷often feel back cold, cannot be relieved after putting on more clothes or staying close to fire □ 平时怕冷，但添衣近火能感暖back often feels cold, can be relieved after putting on more clothes or staying close to fire

**补充说明：Additional remark:**

2、**发热Fever/hot**：

□体温升高body temperature increased, □体温不高自觉热感feel hot without body temperature increased, □ 夏天特别怕热 aversion to heat in the summer, □ 夏天不怕热no aversion to heat in the summer

□ 发热下午为甚feel more hot in the afternoon, □ 午后或入夜自觉热感feel hot in the afternoon or in the night, □ 当前恶寒同时发热currently aversion cold and have fever

□当前寒热往来currently alternate cold and fever, □ 当前高热不退currently high fever, □ 当前低热持续 currently low fever continually

**补充说明：Additional remark:**

3、**长期偶有寒热往来Long-term alternate cold and fever：**

□ 昼热夜冷feel hot @daytime, cold @ night, □ 昼冷夜热 feel cold @ daytime, hot @ night □ 固定时间热feel hot @ certain time, □ 固定时间冷 feel cold @ certain time

□ 时间不固定 no certain time □开始冷现在热start feel cold now feel hot

□开始热现在冷start feel hot now feel cold

**补充说明：Additional remark:**

（二）汗出情况(2). Sweating

□ 平时易汗出，活动后尤甚easy to sweat, especially after activity □ 平时不出汗often not sweat, □ 睡时汗出sweat when sleeping □ 醒后汗出或汗仍不止not stop sweating after wake-up

□因汗身凉而醒wake-up due to sweating cause body cool, □只是头有汗出only head sweating, □手足心汗出sweating at palms, soles, □汗出味道难闻sweating smelly

半身汗出half the body sweats（□左半身left body, □右半身right body, □上半身upper-body, □下半身lower-body）

汗有颜色sweating is colored（什么色？what color ）

汗出后精神如何：after sweating, how energetic are you/what is your energy level?

**补充说明：Additional remark:**

（三）周身不适情况：（3). General Uncomfortable:

**1、疼痛的部位pain location：**□头顶top of head, □头左侧left side of head, □头右侧right side of head, □前额部forehead

* 头后部back of head, □胸骨后痛back of chest pain, □左肋痛pain under-arm to waist (between breast and back) on left side,

□右肋痛 pain under-arm to waist (between breast and back) on right side

□双肋痛both sides between under-arm and waist, □浑身痛whole body pain, 上腹部upper abdominal（□ 左left, □中middle, □右right）

下腹部lower abdominal（□左left, □中middle, □右right）腰lower back/waist（□左left,

□中middle, □右right, □双both）

□ 四肢关节joints of arms or legs（注明哪一个indicate which one）

**补充说明：Additional remark:**

**疼痛的性质nature of pain：** 胀痛distending pain, 刺痛stabbing pain, 冷痛cold pain, 灼痛scorching pain, 隐痛dull pain, 绞痛colic pain, 持续痛constant pain.

重痛heavy pain, 空痛vacuous pain, 酸痛sore pain, 固定痛fixed pain, 走窜痛wandering pain, 挚痛dragging pain, 阵发痛come go pain，偶痛once a while pain,

**（请在补充说明中，详细说明各种疼痛的所发部位和症状变化时间规律特点）**

**补充说明：Additional remark: specify the pain, &how often it occurs.**

**2、疲乏情况lassitude/fatigue：**□乏力、汗出、口渴 lassitude, sweat, thirsty, □乏力、懒言<低声或无语>lassitude, lazy to speak<low voice or silent>

□纳差<吃得少或吃不下、不想吃>reduced appetite<eat less, or no desire to eat>

**补充说明：Additional remark:**

**3、头晕情况Vertigo：**□有yes, □无no, □目眩dizziness, □头晕伴有目眩vertigo + dizziness, □头重heaviness of head

偏头痛migraine（□两边both sides, □头顶top of head, □后脑back of head, □额前fore-head）

**补充说明：Additional remark:**

**4、胸闷情况Chest oppression/tightness/something stuck in chest**：□无no, □夜间加重worse in the night, □白天加重worse @ daytime, □情绪不好加重worse when emotional upsets

**补充说明：Additional remark:**

**5、耳鸣Tinnitus：**□近期突然有happened recently, □长期有happened for long time, □声音大sound loudly, □声音小sound low, □按耳声音觉小noise reduced by pressing ears,

□ 按耳声音不变noise same by pressing ears, □耳聋deafness,（□近期才出现occurred recently, □早年病后发生occurred long ago after sickness）

重听diapauses, （□近期才出现occurred recently, □持续很久occurred long ago）

**补充说明：Additional remark:**

**6：目Eyes：**目痒itching（□很痒very itch, □微痒slight itch）, 目痛pain （□剧痛unbearable pain, □微痛slightly pain, □眼眶痛pain on orbital bone）

□目眩dizziness, □ 黄昏视物不清 night blindness，□ 目涩（眼睛转动不理）eyeball roll difficulty， □视一物为二double vision, □有飞蚊flying object , □近视near eyesight, □远视 far-eyesight

**补充说明：Additional remark:**

（四）、饮食、口味情况 （ 4 ）Diet, Taste in mouth without eating

**1、饮食Diet：**□食欲一般appetite normal, □食欲不振appetite reduced, □食欲较好very good, □食不多久即饿hungry soon after eat

□喜清淡饮食prefer light food, □喜干躁饮食prefer dry food, □饮食喜甜prefer sweet, □饮食喜咸prefer salty,

□ 饮食喜酸prefer sour, □饮食喜辣prefer hot spice, □饮食喜温、热prefer hot\warm □饮食喜冷、凉 prefer cold\cool

**补充说明：Additional remark:**

**2、口味taste in the mouth：**□口淡乏味bland, □口苦bitter（ □晨起when get up in the morning, □夜半mid-night, □全天口苦whole day）

□口甜sweet, □口咸salty, □口腻sticky & greasy

**补充说明：Additional remark:**

**3、口渴Thirst：** □ 口渴饮水较多thirst &drink lot, □口渴但不欲饮水thirst but no desire to drink, □口渴饮水多而不解渴thirst & drink lot but still feel thirst, □口渴饮水多反而更渴thirst & drink lot but feel more thirsty, □口渴喜冷饮thirst prefer cold drink, □口渴喜热饮thirst prefer warm drink,

□ 按“养生”被习惯喝温饮drink warm water according to “specialist”,

**补充说明：Additional remark:**

**4、口感Feeling of mouth**：□口粘腻sticky & greasy, □口干dryness, □偶而咽喉干躁sometimes dry throat, □咽喉干躁明显obviously throat dryness,

□夜半时咽干dry-throat @mid-night, □睡觉流口水drool when sleeping

**补充说明：Additional remark:**

**5、最近饮食饥饱味口情况如何？How is the hunger, diet feeling recently?**

（五）二便情况（5、）Urination and Defecation（past 3 days only）

**1、大便Defecate：**□大便每天一次once a day, □大便每天二次twice a day, □大便每天二次以上more than two times a day,

□大便二天一次once every two days, □大便三天一次once every 3 days, □ 大便近三天没来no for past 3 days, □大便多天没来但肚腹不帐no defecate for days but no abdominal fullness,

□大便偏干dry stool, □大便稀溏或完谷不化loose & undigested, □大便先干后稀dry and then loose and liquid

□大便硬如算盘子呈颗粒状feces hard like stones, □大便软而成条形soft & formed,

□大便排解迅速defecate fast,

□大便排解正常defecate normal, □大便排解困难difficulty, □大便排解粘腻、不爽、下坠sticky, not smooth, dragging feeling

□大便时肛门灼热scorching sensation of anus in defecation, □ 大便成方条形square stool, □大便含暗红色 dark red stool,

□大便头或尾有鲜红色血fresh blood @beginning or end of stool, □大便沉水stool under water, □大便浮水面stool floating over water, □大便色黑 stool is black

□大便色偏土黄stool dark yellow, □大便色青或绿blue or green, □便完不久又有便意frequent desire to defecate

□ 肛门热scorching sensation of anus, □肛门痒itch of anus, □大便失禁incontinence of stool, □有脱肛prolapse of the anus , □有外痔external hemorrhoids

**补充说明：Additional remark:**

**2、小便**（尿色为起床第一泡）：Urination (color based on first one in the morning)

□小便清淡urine clear, □小便色微黄light yellow, □小便色深dark yellow, □小便不畅obstructive urination, □喝完水后很快就想小便urinate right after drinking water

□小便淋漓不尽dripping discharge, □刚解完不久又想再解frequent desire to urinate, □无夜起小便no urinate in the night, □夜起小便一次one urination in the night,

□夜起小便二次twice urination in the night, □夜起小便二次以上more than 2 times, □小便时涩痛或余沥不尽urination with pain, or dripping

□尿床pee in the bed, □尿失禁incontinence of urine (pee uncontrollably), □漏尿leakage of urine, □尿血hematuria (blood in urine)

**补充说明：Additional remark:**

（六）睡眠情况：（6）、 Sleep

**1、失眠Insomnia：**□不易入睡difficulty in falling asleep, □睡后易醒easiness to wake up,

□醒后再难入睡difficulty in falling asleep again after wake-up, □醒后能迅速再入睡easy to go back to sleep after wake-up,

□ 时时惊醒easiness to be disturbed/wake up, □无梦no dream, □少梦（偶而做梦、醒后记不清楚）few dreams(dream once a while, do not remember details)

□ 多梦（梦寐纷纭）dreaminess, □恶梦（有时会从梦中惊醒）nightmare(sometimes wake up)

**补充说明：Additional remark:**

**2、晨醒后wake-up in the morning：**□精力充沛energetic, □早晨醒后意犹未尽还想多躺一会儿 want stay in bed in the morning after wake-up

**补充说明：Additional remark:**

**3嗜睡somnolence (sleepiness/drowsiness)：**□困倦易睡somnolence accompanied lassitude, □朦胧不清醒heaviness of head & eyes, □饭后神疲困倦易睡somnolence after eating

**补充说明：Additional remark:**

**4、梦dream：**□多梦lots, □少梦few dreams、□无梦no dream, □有梦、醒来不记得dreams, don’t remember,

有梦、常做同样的梦dreams, often have same dream（□飞flying, □摔跤falling down,

□掉下坑falling in hole, □打架fighting, □吵架argument,

□杀人killing, □被杀be killed, □有血have blood, □坐船sitting in the boat, □在水里in the water, □火fire, □吃饭eating □做房子make toy house ……）

如果可能的话请详细描绘常做的梦境：describe the dreams if possible:

**补充说明：Additional remark:**

（七）劳逸、情志情况：(7)、 Physical strength,

**1、劳逸physical strength：**□身体消瘦emaciation/skinny, □身体肥胖obesity, □容易疲劳easy to tired, □ 困倦乏力laziness & dispiritedness, □腰膝酸软soar @ back & knees,

□动则气喘（或上楼、或跑步时）panting after physical activity (running) □平时不爱活动normally don’t like movement, □喜欢坐着或躺着prefer sitting or lying down

**补充说明：Additional remark:**

**2、情志（他人感觉）：** Mental (other people’s feeling)

□遇事理智、冷静handle things calm & reasonable, □遇事冲动、易怒impulsive, easy angry, □性格外向、乐观开朗extroversion, happy

□ 性格内向introversion □抑郁depressed □多愁善感emotional □爱叹息则舒sigh lots, □烦躁不安dysphoria

**补充说明：Additional remark:**

（八）舌诊情况(8)、Tongue( not necessary to know how to describe if you can take a photo, under natural light, no direct sunlight, with mouth open naturally , tongue stretch out little, one for top of tongue, one for low bottom of tongue)

**1、舌体tongue body：**□舌体正常normal □舌体瘦小slim □舌体胖大bulgy □边有齿痕tooth-marked margins

**补充说明：Additional remark:**

**2、舌质tongue color：（无舌苔部分和舌苔间显露出的舌头肉质）**

□舌质正常normal □舌质淡light-reddish □舌质红red □舌青紫cyanotic & purplish □舌绛红deep red

□舌尖红tip red □舌边红margin red □舌质暗淡dim □舌头上有瘀斑ecchymosis (blood stasis mark) on tongue

**补充说明：Additional remark:**

**3：舌苔tongue fur**：□舌苔薄thin □舌苔厚thick □无舌苔no fur □花剥苔exfoliating tongue fur □舌苔白white tongue fur □舌苔黄yellow □舌苔灰grey

□舌苔黑grayish black □舌苔水滑excessive dampness slippery □舌苔干燥dry □舌苔腐腻greasy putrid

**补充说明：Additional remark:**

**4：舌底筋脉collaterals (veins) of bottom of tongue：**

□只现一条one □两条two □两条粗并有很多细络two with fine veins □筋粗vein thick □筋细vein thin □筋扭结veins twist

□筋青紫veins cyanotic purplish □筋黑vein black □筋紫红veins dark red

**补充说明：Additional remark:**

（九）男女科情况：(9), Andropathy or Gynecology

**1、月经Menstruation：**□问诊时是否在经期on period while inquiry □月经时间每月准时而至period on time every month

□月经时间提前（7天以上）period early(7 days earlier) □月经时间推后（7天以上）delay(7days delay)

□月经先后不定not on time □月经量正常amount normal, □月经量偏少amount less □月经量偏多amount increase

□月经淋漓不尽，断断续续scanty □月经颜色淡红blood pale □月经颜色鲜红blood red

□月经颜色污黯brownish □月经颜色呈黑色black □月经有紫黑色块状物with black clot

□月经前3---5天胸肋胀痛breast & under-arm and waist distending pain 3-5 days before period

□月经前3---5天小腹胀痛low abdominal distending pain 3-5 days before period

□月经来时有刺痛感sharp pain during period □已经绝经menopause

**补充说明：Additional remark:**

**2、带下Vaginal Discharge：**□带下色白、量多、质清稀、无臭味white, plenty, thin, no smell

□带下色黄、量多、质粘稠、味臭秽yellow, plenty of, thick, foul

□ 带下色红粘稠或红白相间、微有臭味pink/red sticky, smell □带下如豆腐状、 鼻涕样milky block, like snivel

**补充说明：Additional remark:**

**3、胎产情况pregnancy：**□有孕史pregnant before □无孕史no pregnancy □有流产史miscarriage before □习惯性流产recurrent miscarriage

□哺乳时少乳或无乳lack or no milk while breast feeding □近期有药物避孕use pill for birth control recently

母乳喂养期小孩子baby on breast feeding（□有严重发烧serious fever □有湿疹eczema □ 有厌食anorexia）

□ 无性欲no sex desire □性欲旺sex desire strong

**补充说明：Additional remark:**

**男子Andropathy：** 遗精seminal emission（□有梦with dreams □无梦no dream）□滑精spontaneous emission □早泄immature ejaculation □博起无力weak erection

□ 阳萎erect disability 睾丸痛penis pain（□遇冷加剧worse when cold □ 一侧偏痛one side pain more）□月内性生活高于十次10 times more in 1 month

□ 半年内无性生活no sex in half year □无性欲no sex desire □性欲旺sex desire strong

**补充说明：Additional remark:**

（十）五脏证状 (10) Five viscera Syndrome

**1、肝Liver：**□ 两胁下痛pain under-arm to waist (between breast and back) □痛引小腹pain stretch to small abdomen □目视不明eyesight cloudy □耳鸣tinnitus □心有恐惧feel scared □耳聋deafness

□ 面颊肿cheek swell □耳后肿ear back swell □关节肿痛joints swell □肌肉容易抽筋muscle easy convulsion(cramps) □头晕vertigo □干呕retch

**补充说明：Additional remark:**

**2、**心Heart**：**□心胸内痛chest pain □胁下支满distension under-arm to waist (between breast and back) □胸背肩胛间痛pain on chest-back, should □多悲伤more sadness □多自笑self-laughing (unconscious laughing)

□ 胸腹胁下与腰相引而痛chest, abdomen low waist linked pain □两臂内痛inner part of arm pain □眩晕晕倒vertigo, faint □不受惊而悸palpitation

**补充说明：Additional remark:**

**3、脾Spleen：**□腹痛abdominal pain □食后腹泄diarrhea after eating □ 四肢倦怠萎软tiredness of legs &arms □腹满肠鸣abdominal distension, borborygmic (stomach growling) □溏泻loose stool

□食不消化indigested □身重body heavy □饥饿感hungry feeling □肉痛flesh pain □足痿不收不能步履can’t control feet while walking

□行动多抽筋spasm while moving □脚下痛pain on foot □手握不利hand can’t hold things □手麻hand numb

**补充说明：Additional remark:**

**4、肺Lung：**□鼻息不利breath difficulty □喘咳cough □咳喘逆气cough, adverse flow breath □端肩喘息raised-shoulder breathing □背痛back pain

□汗出恶风sweat, aversion wind □胸中痛inner chest pain □气短short breath □耳聋deafness □咽干dry throat □皮肤痛skin pain

□发寒热cold fever □汗出sweating □咳动肩背cough linked to back & shoulder □有痰鸣sputum whistle

**补充说明：Additional remark:**

**5、肾Kidney：**□四肢逆冷cold on arms and legs □腹满abdomen fullness □面色正黑blackish complexion □小便不利urine abnormal □大便难difficult to defecate

□ 腹大胫肿big stomach, swell legs □身重body heavy□嗜睡somnolence □腰痛waist pain □腹痛abdominal pain □腰骶痛waist & sacrum pain

□膝挛knee pain □足根痛heel pain □骨痛按之不解bone pain, can’t release by pressure □肩背项强痛stiff &pain on shoulder & neck □眩晕晕倒vertigo, faint

**补充说明：Additional remark:**

（十一）全身具体部位感觉情况：(11)Exact locations of Whole Body

**1、面Face：**□红red □黄□白white □黑black □青purple（他人远看，面部整体颜色感觉from other people’s observing from distance）

**补充说明：Additional remark:**

**2、眼**eye**：**□瞳仁色灰pupil grey □白睛色青eye white bluish □色黄yellow □有血丝fine blood veins □有瘀斑blood stasis macules (ecchymosis)

□眼球隆起exophthalmos(eyeball stick out) □白晴有黑点black dots on eye-white □眼下睑色青lower eyelid blue □上下眼皮肿upper & lower eyelids swell

**补充说明：Additional remark:**

**3、舌Tongue：**□肥大plump □瘦slim □尖红tip red □滑湿slippery & watery □有齿痕tooth mark □干dry □苔腻greasy fur

□ 黄苔yellow tongue fur □白苔white tongue fur □中有裂纹fissured □舌下筋脉曲张 □颤抖 veins twist on bottom of tongue

**补充说明：Additional remark:**

4、齿Teeth：□ 整齐aligned □龃龉discord □有缝big space □颜色黄或黑yellow/black

□齿痛tooth pain □松动tooth shake □有斑spots □无力weakness

**补充说明：Additional remark:**

**5、耳Ear：**□鸣tinnitus □聋deaf □痒itch □痛pain □流水discharge water □流脓purulent discharge

□左left □右right

**补充说明：Additional remark:**

**6、目Eye：**□干涩dry □昏花blear □眩晕dizziness □流泪tearing □痛pain □痒itch

□怕光scared light □怕风scared wind □左left □右right

**补充说明：Additional remark:**

**7、口Mouth：**□苦bitter □干dry □酸sour □无味bland □溃疡ulcer □流涎salivation □唇干lips dry

**补充说明：Additional remark:**

**8、鼻Nose：**□不通stuffy □流清涕clear snivel □脓涕turbid snivel □鼻肿nose swell

□凉cold □热hot □左孔left nose □右孔right nose

**补充说明：Additional remark:**

**9、咽Throat：**□干dry □痛pain □痒itch □吞咽困难hard to swallow □稀痰易咳出thin sputum easy to cough out □浓痰能咳出thick sputum easy to cough out □痰难咳出sputum hard to expectorate □呼吸有痰鸣breath with sputum wheezing □痰带血丝sputum with blood silk □痰如白沫入水即化sputum whitish, melt in water

睡觉打呼噜snore （□声大影响他人loud to disturb other people □经常有often snoring □只累时有only snoring when tired）

**补充说明：Additional remark:**

**10、胸Chest：**□满stuff □闷oppression □胀distending □痛pain □骨痛bone pain □热hot □凉cool

**补充说明：Additional remark:**

**11、乳Breast：**□胀distending □痛pain □增生hyperplasia □肿块lump □左left □右right

**补充说明：Additional remark:**

**12、胁**under-arm to waist (between breast and back)**：**□ 胀distending □痛pain □热hot □凉cool □左left □右right

**补充说明：Additional remark:**

**13、小腹**（脐以下正中腹部）small abdomen：□胀distending □满stuff □痛pain □肿swell □硬hard

**补充说明：Additional remark:**

**14、少腹**（小腹两边靠大腿部分）lower abdomen：□胀distending □满stuff □痛pain □肿swell □硬hard

**补充说明：Additional remark:**

**15、男子外阴man vulva：**□肿swell □胀distending □痛pain □热hot □凉cool □炙burning □坠胀prolapsed & distending □挛缩dragging tightening

**补充说明：Additional remark:**

**16、心Heart：**□烦dysphoria □悸palpitation □慌flustered □紧 tighten □痛pain □凉cool □热hot

**补充说明：Additional remark:**

**17、心下**（心窝下方腹腔附近）lower heart：(between heart & abdomen) □满stuff □闷oppression □堵obstruction □胀distending □烧burning

**补充说明：Additional remark:**

**18、胃Stomach**：□胀distending □痛pain □满stuff □酸sour □凉cool □ 热hot

**补充说明：Additional remark:**

**19、头Head**：□痛headache □晕vertigo □麻numb □木stiff □昏dizziness □沉重heavy

**补充说明：Additional remark:**

**20、颈项Neck：**□僵stiff □痛pain □酸重ache heavy □不能转动can‘t turn

**补充说明：Additional remark:**

**21、肩Shoulder：**□痛pain □凝stiff □沉重heavy □萎缩shrink □凉cool □热hot

□左left □右right

**补充说明：Additional remark:**

**22、臂Arm：**□痛pain □麻numb □木stiff □胀distending □酸ache □颤shaking

□凉cool □热hot □左left □右right

**补充说明：Additional remark:**

**23、手Hand：**□掌心凉 palms cool □掌心热palms hot □干dry □出汗sweat □麻numb

□颤tremor □指痛finger pain

□甲痛nail pain □萎缩shrink □手指青黑finger blue/black □手背筋粗扭结veins on back of hand twist □左left □右right

**补充说明：Additional remark:**

**24、背Back：**□痛pain □酸sore □重heavy □胀distending □凉cool □热hot □左left

□右right □全背whole back □靠颈部near neck □后心一小块spot on chest of back □肩胛骨on fan bone

**补充说明：Additional remark:**

**25、腰Waist：**□酸sore □重heavy □痛pain □胀distending □凉cool □热hot □左left □右right □中间middle

**补充说明：Additional remark:**

**26、腿Legs**：□酸sore □重heavy □痛pain □胀distending □凉cool □热hot □左left

□右right

□麻numb □木stiff □僵rigidity □软soft □抽筋cramp □内侧inside □外侧outside

**补充说明：Additional remark:**

**27、膝Knee：**□酸sore □重heavy □痛pain □胀distending □凉cool □热hot □左left

□右right □软soft □骨痛bone ache

**补充说明：Additional remark:**

**28、足Foot：**□脚心凉sole cool □脚心热sole hot □干dry □出汗sweat □麻numb □颤tremor

□ 趾痛toe pain □甲痛toe nail pain □萎缩shrink □趾变青黑toe black □左left □右right

**补充说明：Additional remark:**

**29、足跟Heel：**□酸sore □重heavy □痛pain □胀distending □凉cool □热hot □左left □右right □皮肤皲裂skin chapped

**补充说明：Additional remark:**

**30、足趾Toe：**□酸sore □重heavy□痛pain□胀distending □有趾变黑toe black □凉cool □热hot □左left □右right

**补充说明：Additional remark:**

（十二）发病规律情况：(12)、Occurrence regularity of sickness (how often the sickness occurs)

**1、病情无规律 No regularity. (No routine)**

**补充说明：Additional remark:**

**2、 病情发作规律情况**：Occurrence regularly (sickness comes on certain routine):

□病情冬季加重worse in winter □病情冬季减轻reduced in winter □病情夏季加重worse in summer □病情夏季减轻reduced in summer □病情下午加重worse in the afternoon □病情夜晚加重worse in night

□病情遇热加重worse when it’s hot □病情遇冷加重worse when it’s cold □病情活动后加重

worse after activity

□ 病情活动后减轻reduced after activity □病情休息后加重worse after rest □病情休息后减轻 reduced after rest

□病情饮酒后加重worse after drink alcohol □病情饮酒后减轻reduced after drink alcihol □病情与情绪有明显关系sickness related to emotion

**补充说明：Additional remark:**

（十三）青春痘或脸上新长疙瘩 （ 13）、Acne or pimple on face:

**1、 痘发部位**（最初及目前最严重分别写明）location (specify the locations of starting or current worst spot)

□鼻子周围around nose □嘴角周围around corners of mouth □左脸颊left cheek □右脸颊right cheek □额头forehead

□人中philtrum □下巴chin □全脸whole face

**补充说明：Additional remark:**

**2、痘色Acne color：**□ 红red □头部有小白点white spot on top □暗红dark red □有溃烂（非人为挤破）festered (not caused by squeezed)

**补充说明：Additional remark:**

（十 四）皮肤病变 （ 14）、Skin disorders

如果外表皮肤长有疮、癣、疱、肿、瘤、伤口，请将所发位置、大小、色泽、流脓 色、有无臭味、知道是何原因发起，何时发起，初发在哪，继发在哪、按压有何变化、按压痛 还是非按压都痛、什么样的痛、病区变化情况等填写如下：

If there is any skin change (macules, carbuncle, phlegmon, boil furuncle, wound, etc.), specify the location, size, color, discharge (color, smell), why, when, where it start, and then where it goes, how it changes with (without) pressure, pain, pain with pressure ……..

（十五） 还有详尽事宜上面未列出，请自行填写如下：

（15）、Anything not included above: