



**Low Carb Health Questionnaire**

**First Name** ..... **Surname** .....

**D.O.B** ..... **Medicare No** ..... **Ref** .....

**Address** ..... **Postcode** .....

**Phone No (H)** ..... **(W)** ..... **(M)** .....

**Email Address** .....

**Occupation** ..... **Sex:** Female / Male

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**Allergies** – Please list all food and medications that you are allergic to.

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**Medications** – Please list current medications, strengths and dosages.

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**Height** .....cm **Previous maximum weight**.....kg **Present Weight** ..... Kg

Previous diets.....  
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**Past Medical History** – Have you ever had any of the following?

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|--|---|--|
| <input type="checkbox"/> High Blood Pressure         | <input type="checkbox"/> Diabetes                     | <input type="checkbox"/> Heart Disorder                |
| <input type="checkbox"/> Muscle or Joint Disorder    | <input type="checkbox"/> Gastro – intestinal Disorder | <input type="checkbox"/> Gynecological / Breast        |
| <input type="checkbox"/> Blood Disorder              | <input type="checkbox"/> Bone Disorder                | <input type="checkbox"/> Mental / Psychiatric Disorder |
| <input type="checkbox"/> Ear Nose or Throat Disorder | <input type="checkbox"/> Neurological Disorder        | <input type="checkbox"/> Respiratory Disorder          |
| <input type="checkbox"/> Skin Disorder               |   |  |

If yes to any of the above please describe and give approximate year .....  
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**Operations** .....  
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**Family History** Please list all known illnesses and causes of death in known family relatives with particular attention to **heart, blood pressure, diabetes, cancer and stroke.**

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**When was your last:**

Cholesterol &/or Sugar Test .....

Which Laboratory.....

Thank you for your assistance.

**Dr. S Dudakov**

**M.B.B.S.**