

The *To Do List* before your first office visit.

If you haven't been to my webpage drchelson.com, please go there and

- 1) Download the intake and symptoms forms, print out, and fill them out before you come in for your appt.
- 2) I want to see any and all medications and / or supplements you are taking, even if it is now and again, so put them in a bag, box what ever it takes, but bring them please.
- 3) If you have had any lab work done in the last year, please bring that also.
- 4) I would also like to see a 7-day diet diary with everything you ate or drank each day. Feel free to add notes such as; I had this headache, or I felt so good today, maybe had a brain fog, or just plain old tired all day. Now this journal doesn't have to be an Excel spreadsheet, but you can type it, or jot it down on napkins, as long as it's accurate. This will not be a test, so please don't change one thing you eat, or don't eat for me. This activity is for your benefit, and to provide clues in learning more about you.
- 5) Between now and your appointment, I might suggest you begin thinking about questions you want to ask, maybe about YOU. Anything that pops into your head between now and your appointment, perhaps you had mono, never got vaccines, travelled out of the country etc. Anything that was significant throughout your life whether physical or emotional, write it down. Again, no need for a word doc. just a form that's easiest for you.

In a perfect world, it would be great if I could look over any of this information before I see you, to be more prepared, and to have more time to listen, instead of read about you. This is not a requirement, but if you have the capability to scan or fax any of this to me beforehand, that would be great! Any questions you might have before our appointment, please feel free to email your question to me.

If your first visit is for acupuncture only, do #1) and 5) please, and we will cover the rest at a later time. Wear loose, comfortable clothes, make sure you are fully hydrated, and have had something nutritious to eat within an hour or two before your treatment. Most important, try not to make treatment appointments right before you have to rush off somewhere, or go back to work. You will want some stress free time to relax, and let the treatment continue to work.

Just an FYI, I am located about 2.5 miles south from the light at Houghton and Spanish Trail. Turn left onto Civano Blvd, then right onto S. Thunder Sky Way. My name is out front as is the address.

Look forward to meeting you, and working together on your health concerns

Sincerely Dr. Debora Chelson