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Patient's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date \_\_\_\_\_

Check your main symptoms:

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Sneezing                 | <input type="checkbox"/> headache                       | <input type="checkbox"/> sore throats |
| <input type="checkbox"/> runny nose               | <input type="checkbox"/> itchy, watery eyes             | <input type="checkbox"/> hoarseness   |
| <input type="checkbox"/> stuffy nose              | <input type="checkbox"/> asthma                         | <input type="checkbox"/> skin rashes  |
| <input type="checkbox"/> post nasal-drainage      | <input type="checkbox"/> cough                          | <input type="checkbox"/> eczema       |
| <input type="checkbox"/> sinus infections         | <input type="checkbox"/> chest infections               | <input type="checkbox"/> itchy skin   |
| <input type="checkbox"/> blocked or infected ears | <input type="checkbox"/> stomach or intestinal distress | <input type="checkbox"/> hives        |

How long have you been having these symptoms? \_\_\_\_\_

Are they worse at certain times of the year? \_\_\_\_\_ at different times of the day? \_\_\_\_\_

Are they worse or better when you travel elsewhere? \_\_\_\_\_

What are you currently taking for your symptoms? \_\_\_\_\_

What medicines have you taken that did *not* help or had side effects? \_\_\_\_\_

How much school or work have you missed this year due to this problem? \_\_\_\_\_

Do you have a family history of allergies? (If yes, who and what type?) \_\_\_\_\_

Home Environment Check the boxes that describe your home.

- |                                     |   |   |  |
|-------------------------------------|---|---|--|
| <input type="checkbox"/> dogs       | <input type="checkbox"/> central heat/air | <input type="checkbox"/> venetian blinds      | <input type="checkbox"/> some damp areas                       |
| <input type="checkbox"/> cats       | <input type="checkbox"/> new home         | <input type="checkbox"/> lots of house plants | <input type="checkbox"/> fluffy comforters/blankets            |
| <input type="checkbox"/> other pets | <input type="checkbox"/> older home       | <input type="checkbox"/> lots of books        | <input type="checkbox"/> someone smokes                        |
| <input type="checkbox"/> carpeted   | <input type="checkbox"/> ceiling fans     | <input type="checkbox"/> lots of magazines    | <input type="checkbox"/> my bathroom is attached to my bedroom |

Work or School Environment:

If you work outside the home, check the boxes that describe your work.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> office building | <input type="checkbox"/> good ventilation system  | <input type="checkbox"/> I feel better at work  |
| <input type="checkbox"/> outdoors        | <input type="checkbox"/> older ventilation system | <input type="checkbox"/> I feel worse at work   |
| <input type="checkbox"/> retail          | <input type="checkbox"/> fans are used a lot      | <input type="checkbox"/> solvents/odors at work |
| <input type="checkbox"/> factory         | <input type="checkbox"/> people smoke a lot       | <input type="checkbox"/> it is dusty at work    |

Do you seem to react to foods? (Which ones?) \_\_\_\_\_

Do weather changes bother you? \_\_\_\_\_

Do irritants (perfumes, cigarette smoke, hairspray, paint, etc.) aggravate your symptoms? \_\_\_\_\_

Are you allergic to drugs or insect stings? (Describe reactions.) \_\_\_\_\_

I have had skin tests before.       I have taken shots before. The shots helped a lot / a little / not at all (circle one).

List all medication you take on a regular basis: \_\_\_\_\_

Do you smoke? \_\_\_\_\_

Do you have high blood pressure? \_\_\_\_\_

Do you have heart trouble? \_\_\_\_\_

Do you have diabetes? \_\_\_\_\_

List any hospitalizations you have had

List places you have lived:

Ages or Years

Age or Year                      Reason for Hospitalization

Age or Year	Reason for Hospitalization	Places Lived	Ages or Years