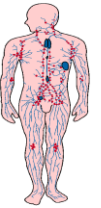


NEWCASTLE LYMPHOEDEMA & LIPOEDEMA CLINIC

Treatments • Education • Products
28 Cathrine Street, Kotara South NSW 2289
Ph: (02) 49 20 70 10

Email: newlymphclinic@bigpond.com

Website: www.newlymphclinic.com.au



**(Please print out, fill in answers, date & sign & keep a copy for your own records.
Bring this form with you along with any tests & scans.)**

Pre-Appointment Checklist

1. Blood Test:
Fasting Blood Glucose, HBA1C, fasting insulin levels
Thyroid
Liver Function, Vit B12 levels
Cholesterol panel
Protein and albumin levels
Inflammatory markers
2. List of Medications including supplements & what they are used for. (List on a separate piece of paper).
3. List of past and present surgeries. (List on a separate piece of paper), have you broken any bones?
4. Has your hair ever fallen out, either all together or in patches?
5. Do you bruise easily; have any spider or varicose veins? if so, Have you had them treated?, With whom and when?
6. Can you do any of the following? Including touching your tongue to your nose?



Kristin Osborn

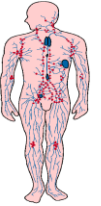
**Lymphoedema/Lipoedema/ Pre & Post Surgery Specialist Lymphatic Therapist,
Author “The Lymphatic-Friendly Diet”, Nutritionist, Owner NewLymSkin Products
ABN 57 797 956 591 Provider No 1-6119**

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7. Do you have any flushing, itching, nausea/vomiting, fatigue, high response to insect bites?
8. Have any allergies to medications, tape, latex, foods, and mould. Do you have any problems from temperature changes, infections, sunlight or rashes?
9. Do you have Fibromyalgia, IBS, Poly Cystic Ovary Syndrome, Autoimmunes, and Thyroid problems, Diabetes or Anxiety?
10. Do you Keloid scar?
11. Do you have sleep apnoea?
12. Do you have any foot or toe problems?
13. Do you have pain, itchy parts or numbness in limbs?
14. Is there someone in the family you can identify as looking the same as you?
15. Do you have exercise or mobility issues?
16. Do you get swelling, if so, what areas?
17. Do you have high Blood Pressure &/or Cholesterol?
18. Do you suffer from extreme cold hands, legs and feet?
19. Have you ever had Glandular Fever?

Signed:

Dated:

Kristin Osborn
Lymphoedema/Lipoedema/ Pre & Post Surgery Specialist Lymphatic Therapist,
Author “The Lymphatic-Friendly Diet”, Nutritionist, Owner NewLymSkin Products
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