

## Tips for using the personal Survey

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1. Print it on your printer.
2. Fill it manually.
3. Scan it in **PDF format** and in **200 dpi only**. Failure to follow this procedure may occur problem during the uploading.
4. Save it under a comprehensible identity (your first and last names for example) on your computer desktop.
5. On the **Your consultation page**, section **Uploading forms**, yield as follows:
  - Fill in the **Name (required)**, **Email (required)** boxes;
  - click on the Browse box in the corresponding line and click again on your file which is on your computer's desktop (see § 5);
  - click on the **To Send** box.

*Your personal survey appears on the next page.*

NAMES - SURNAMES : .....

Date, place and time of birth (the hour of birth can be supplied by your local city hall)

ADDRESS : .....

PRIVATE PHONE NUMBER : ..... PRO : ..... MOBILE : .....

PROFESSION : ..... You come on behalf of : .....

E-MAIL ADDRESS : .....

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1<sup>st</sup> R.V. the : .....

USUAL WEIGHT :	SIZE :	BLOOD PRESSURE (Voltage) :	RIGHT-HANDED PERSON / LEFT-HANDED / ANNOYED LEFT-HD	BLOOD GROUP : RHESUS :
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Mark **in red** your symptoms, even past or occasional ones, then underline or highlight the most important ones. You can cross off, write and comment on this document.

### A - UPPER PART OF THE BODY

#### HAIR

- 1  dry
- 2  greasy
- 3  loss
- 4  dandruff
- 5  split ends
- 6  bad looking, shapeless

#### SCALP

- 7  itchy
- 8  breakouts
- 9  scars
- 10  scabs
- 11  greasy
- 12  dry

#### EARS

- 13  pain or discomfort
- 14  runny
- 15  eruptions
- 16  clogged ears
- 17  deafness
- 18  buzzing noise
- 19  a) whistling noise
- 20  b) hearing aids
- 21  itching
- 22  noise sensitivity
- 23  chronic ear infections

#### NOSE

- 24  bleeding
- 25  dryness
- 26  runny nose
- 27  inside the nose
- 28  outside the nose
- 29  irritant
- 30  non irritant
- 31  acute sense of smell
- 32  not enough
- 33  sneezes
- 34  scabs
- 35  breakouts
- 36  polyps
- 37  nasal septum deviation
- 38  stuffed up nose
- 39  scars

#### MOUTH

- 40  painful
- 41  dry
- 42  bitter
- 43  acidic
- 44  warm
- 45  salty
- 46  lack of saliva
- 47  excess of saliva
- 48  bad breath
- 49  mouth ulcers
- 50  drooling during the day / the night
- 51  sand sensation / dehydrated mouth
- 52  metallic taste
- 53  loss of taste
- 54  particular taste in the mouth
- 55  mucous disorder

#### TONGUE

- 56  pain or discomfort
- 57  heavy
- 58  stiff
- 59  spasms
- 60  tongue biting
- 61  dry
- 62  swollen
- 63  chapped
- 64  scars
- 65  ulcers

#### CHEEKS

- 66  pain or discomfort
- 67  do you bite your cheeks ?
- 68  mucous disorder

#### TEETH

- 69  pain or discomfort
- 70  teeth getting loose
- 71  friable
- 72  loose teeth
- 73  loss
- 74  root canal treatment
- 75  numerous caries
- 76  sensitive to cold and to heat
- 77  sensitive to cold / hot
- 78  do you grind ?
- 79  excess of tartar
- 80  implants
- 81  prosthesis
- 82  amalgam(s)
- 83  crown(s)
- 84  braces

#### GUMS

- 85  pain or discomfort
- 86  detachment
- 87  inflammation
- 88  easy bleeding
- 89  pyorrhea or receding of gums
- 90  ulcers

#### LIPS

- 91  dry
- 92  chapped
- 93  buttons pushins
- 94  cracked
- 95  do you bite your lips ?

#### EYES (without glasses or lenses)

- 96  pain or discomfort
- 97  bulgin eyes
- 98  red
- 99  excess of tears
- 100  itchy

- 101  poor far vision
- 102  poor close vision
- 103  presbyopia
- 104  myopia
- 105  astigmatism
- 106  sensitive to bright light
- 107  difficulty in seeing at night
- 108  in distinguishing colors
- 109  do you see bright colors ?
- 110  do you see stars ?
- 111  do you see floating dots ?
- 112  frequents blinking
- 113  cannot open or close the eyes
- 114  chronic conjunctivitis
- 115  eyelash disorder
- 116  eyebrow disorder
- 117  swollen eyelids
- 118  styes
- 119  retina disorders
- 120  glasses or lens
- 121  history of glaucoma
- 122  history of surgery

#### FACE-HEAD

- 123  swollen face
- 124  hot flushes
- 125  empty head sensation
- 126  heavy head
- 127  dizziness
- 128  skin face problems
- 129  bags under the eyes
- 130  facial neuralgia
- 131  facial paralysis / Bell's palsy
- 132  sinusitis
- 133  problem in the chin
- 134  headache
- 135  chronic headache
- 136  facial hair disorders
- 137  jaw problems
- 138  dental articulation problems
- 139  blush easily
- 140  acne rosacea
- 141  paleness
- 142  scars

### B - SPINE

- 1  pain or discomfort
- 2  at rest
- 3  during an effort
- 4  shifting
- 5  localised
- 6  cannot:
- 7  at night
- 8  during the day
- 9  bend forward
- 10  ben backwards
- 11  sideways
- 12  cold
- 13  warm
- 14  spasms/stiffness
- 15  laxity
- 16  remain standing up for an extended time
- 17  turn around
- 18  get up
- 19  bayonet posture
- 20  fall or injuries / accident
- 21  pain in the coccyx

**THIS QUESTIONNAIRE IS GUARANTEED STRICTLY CONFIDENTIAL**

## C - CERVICAL AND CEPHALIC AREAS

### THROAT, LARYNX, PHARYNX

- 1  pain or discomfort
- 2  swollen                      3  tight
- 4  dry                                5  warm
- 6  «frog in the throat »
- 7  spasms
- 8  larynx disorder
- 9  angina pectoris
- 10  difficulty in swallowing
- 11  choke often
- 12  can't stand rollnecks
- 13  hoarseness
- 14  loss of voice
- 15  anxiety in the throat?
- 16  trembling voice
- 17  pain or discomfort while talking
- 18  frequent throat clearing

### NECK

- 19  pain or discomfort
- 20  cannot turn the head round
- 21  stiff neck
- 22  frequent cricks in the neck
- 23  cracking sounds
- 24  ganglions
- 25  swollen neck
- 26  injuries or accident

### THORAX

- pain or discomfort in:
- 27  the rib / thoracic cage
  - 28  the shoulder-blades area
  - 29  the collar-bones area
  - 30  oppression or cramps
  - 31  discomfort in the armpit area
  - 32  oppressed breathing
- difficulties:
- 33  with exhalation    34  with inhalation
  - 35  abnormal sounds when breathing
  - 36  frequent yawning
- crises:
- 37  hiccup attacks    38  sigh attacks
  - 39  palpitations        40  arrhythmia
  - 41  at rest                42  during an effort

### CHEST

- 43  pain or discomfort
- 44  oppressed    45  pain across the chest
- 46  burning sensation    47  heat
- 48  cold                      49  tickling sensation
- 50  pricking pain
- 51  stabbing pain in the heart area
- 52  can't stand being oppressed at the chest
- 53  lump in the chest
- 54  out of breath at rest
- 55  out of breath during an effort

### COUGH

- 56  coughing fits
- 57  in the morning    58  at night
- 59  dry                      60  loose
- 61  chronic                62  occasional
- 63  do you spit a lot?
- 64  in cold weather    65  in warm weather
- 66  after a meal        67  during an effort
- 68  humid conditions    69  windy conditions
- 70  at rest                71  during an effort
- 72  when lying down
- 73  when you change position or when the temperature fluctuates

### SPITS

- 74  sticky                      75  watery
- 76  light-coloured    77  coloured
- 78  bloody
- 79  difficulty in expectoration
- 80  in the morning    81  during the day

### KNOWN DISEASES

- 82  lungs                      83  ribs
- 84  bronchia                85  pericardium
- 86  pharynx                87  larynx
- 88  heart                      89  pleura
- 90  thoracic arteries
- 91  others

## D - ABDOMEN AND PELVIS

### KNOWN DISEASES

- 1  stomach                2  liver
- 3  gall-bladder
- 4  spleen                      5  pancreas
- 6  colon
- 7  small intestine    8  anus
- 9  kidneys                10  bladder
- 11  renal colics
- 12  other diseases of the abdomen and the diaphragm

### ABDOMEN AND STOMACH AREA

- 13  painful skin
- 14  itchy skin
- 15  hernia of the muscle wall

- 16  cramps                      17  scars
- 18  pain or discomfort
- 19  spasms                      20  heaviness
- 21  burning sensation
- 22  miscellaneous pain
- 23  pain in the lower abdomen
- 24  abdominal bloating
- 25  frequent acid or bitter attacks
- 26  do you have acid air reflux?
- 27  history of hiatal hernia

### PAIN

- discomfort, swelling:
- 28  on the sides    29  in the groin

- 31  in the umbilical region

### ANUS AND PERINEUM

- 32  pain or discomfort
- 33  haemorrhoids
- 34  cold                      35  warm
- 36  dryness
- 37  itching sensation
- 38  chapped skin    39  fistulas
- 40  prolapse                41  burning sensation
- 42  discharges            43  heaviness
- 44  mistaken urge to go to the toilet

## E - UPPER LIMBS

### SHOULDERS

- 1  pain or discomfort, calcification
- 2  at night                      3  during the day
- 4  cold sensation    5  warm sensation
- 6  stiffness                7  blocking
- 8  swelling                9  luxation

### ARMS

- 10  pain or discomfort
- 11  tight sensation    12  spasm

### ELBOWS

- 13  pain or discomfort
- 14  cold                      15  heat
- 16  stiffness                17  blocking
- 18  eruptions
- 19  itches
- 20  slackening            21  spasm

### FOREARMS

- 22  pain or discomfort
- 23  numbness

### WRISTS

- 24  pain or discomfort
- 25  cold sensation    26  warm sensation
- 27  stiffness                28  outbreak
- 29  deformation        30  cysts

### HANDS

- 31  pain or discomfort
- 32  stiffness
- 33  warm palms
- 34  moist hands
- 35  deformation        36  scabs

### EXTREMITIES

- 37  stiff                      38  cold
- 39  red                        40  pale

- 41  painful                      42  deformation
- 43  swollen                44  burning sensation
- 45  do you bite your nails?
- 46  do you eat the skin around the nails
- 47  nail disorder
- 48  marks on nails

### THE WHOLE MEMBER

- 49  loss of the tactile sense
- 50  muscle spam
- 51  tingling sensations
- 52  numbness
- 53  paralysis
- 54  cracks                      55  fractures
- 56  cracking joints
- 57  swelling                58  œdema
- 59  scars                      60  neuralgias
- 61  history of surgery

## F - LOWER LIMBS

### PUBIS - PELVIS

- 1  pain or discomfort  
2  fracture

### BUTTOCKS

- 3  pain or discomfort  
4  cold                      5  spasm

### HIPS

- 6  pain or discomfort  
7  during an effort    8  at rest  
9  limitation of movement  
10  stiffness                      11  burning sensation  
12  history of dislocation  
13  prosthesis

### THIGHS

- 14  pain or discomfort  
15  cramps                      16  cold  
17  cellulitis

### KNEES

- 18  pain or discomfort  
19  during an effort    20  at rest

- 21  stiffness                      22  limitation  
23  cold                              24  warm  
25  unstable                      26  swelling  
27  pain in popliteal hollow  
28  blocking                      29  prosthesis  
30  ligaments and disorder

### LEGS AND CALF OF LEGS

- 31  pain or discomfort  
32  cramps                      33  swelling  
34  atrophy

### ANKLES

- 35  pain or discomfort  
36  swelling  
37  frequent ankle twist  
38  unstable                      39  squeezing pressure

### FEET

- 40  pain or discomfort  
41  warm feet                      42  painful  
43  pain in the heels

- 44  cold feet                      45  warm sole  
46  mycosis/athlete's foot    47  corns  
48  wears inner soles  
49  nails problems  
50  cramps                      51  red colour  
52  pain in the toes  
53  swollen feet  
54  pain in the big toe  
55  abnormal perspiration

### LOWER LIMB IN GENERAL

- 56  paralysis                      57  atrophy  
58  spasms                      59  no strength  
60  pricking sensation    61  slackening  
62  numbness                      63  cramps  
64  veins                              65  varicosity  
66  fractures                      67  cracking  
68  pain in the joints  
69  pain in the legs  
70  nervous tics at night  
71  scars                              72  neuralgias  
73  history of surgery

## G - EVALUATION OF THE METABOLISM AND IN GENERAL

### EATING HABITS

- 1  fast eater  
2  slow digestion  
3  always thirsty                      4  never thirsty  
5  cold drinks craving  
6  do you crave hot drinks?  
7  never hungry                      8  always starving  
9  do not want to eat  
10  good appetite  
11  tendency to put on weight  
12  difficulty to put on weight  
cannot stand  
13  raw vegetables                      14  dairy products  
15  acidic foods                      16  piquant foods  
17  bloody meat  
18  starchy foods                      19  others .....

- 20  feels less good right after meals  
21  feels less good long after meals  
22  vomiting                      23  nausea

### tendencies for:

- 24  alcohol                      25  smoking

### URINES

- 26  frequently                      27  rarely  
28  less abundant                      29  abundant  
30  painful                              31  burning  
32  light colored                      33  troubled  
34  rather dark colour    35  red  
36  with sugar                      37  albumine  
38  uncontrollable loss  
39  only drops  
40  need to rush to urinate  
41  abnormal flow  
42  do you get up at night to urinate?  
43  history of enuresis  
44  urine jet flow weak

### STOOLS

- 45  include traces of medicaments  
46  frequent                              47  rare  
48  dry stools                              49  soft  
50  loose                                      51  not formed  
52  painful                                      53  non digested  
54  light colored                      55  dark colored  
56  diarrhea

- 57  constipation without the urge to defecate  
58  constipation with the urge to defecate  
59  alternation diarrhoea-constipation

### SWELLING AND DISTENSION

- 60  related to your period  
61  occasional                      62  permanent  
63  after the meals  
64  when annoyed  
65  with intestinal gurglings  
66  with wind                      67  with belching

### PERSPIRATION

- 68  difficult                              69  easy  
70  during the day                      71  during the night  
72  hot                                      73  cold  
74  malodorous  
75  oily                                      76  acidic  
77  effortless  
78  excessive when active

### SKIN

- 79  cellulitis                              80  swollen  
81  warts                                      82  breakouts  
83  outgrowths                      84  flabby  
85  oily                                      86  dry  
87  warm                                      88  cold  
89  itching                                      90  rashes  
91  cracks                                      92  ulcers  
93  abnormal marks  
94  acne during your period  
95  elasticity + wrinkles

### SLEEP TIME

- 96  impossible    97  agitated    97bis  light sleep  
98  difficulty in falling asleep  
99  wake up at night    100  nightmares  
101  abundant dreams  
102  sleepy after a meal  
103  tendency to nap during the day  
104  do you need a lot of sleep?  
105  difficulty to wake up  
106  do you snore?  
107  like sleeping on the stomach  
108  on the sides  
109  somnambulism

### YOU FEEL BETTER

- 110  in the morning                      111  at noon  
112  in the afternoon                      113  in the evening  
114  when you remain quiet  
115  when you are active and work out  
116  when you lie down  
117  when you go to bed after a meal  
118  after having been to the toilet

### DO YOU HAVE A TENDENCY

- 119  to be easily breathless  
120  to have tremors  
121  to shiver                              122  to have fever  
123  to be anaemic  
124  to suddenly feel exhausted  
125  to have high blood pressure  
126  to have drops in blood pressure  
127  to water retention  
128  to feel sick  
129  to have blood tests abnormalities  
130  to wake up tired  
131  to faint  
132  react with alcoholic drinks  
133  to cry easily  
134  to heal slowly  
135  to chronic infections  
136  to ganglions                      137  to allergies  
138  to bleedings  
139  to bruise easily  
140  to feel pain in the whole body  
141  to feel slackening in the the joints  
142  to feel dizzy  
143  to balance disorders  
144  to have term memory disorders  
145  to have long term memory disorders  
146  do you suffer from a lack of coordination  
147  to feel warm inside the body  
148  to feel cold inside the body  
149  to fell your body heavy  
150  to fell tired                      151  to have tics  
152  to have swollen ganglions  
153  to have allergies  
154  to expose yourself to the sun  
155  to have epilepsy                      156  to have convulsions

## SURGERIES

1. .... 2. ....  
3. .... 4. ....  
5. .... 6. ....

## ARE YOU TAKING ANY MEDICATION ? IF SO LIST BELOW

1. .... 2. ....  
3. .... 4. ....  
5. .... 6. ....

## H - LOWER BACK, KIDNEYS AREA

- 1  pain or discomfort 2  stiffness  
3  when active 4  at rest  
5  hammering pain  
6  hammering sensation 7  cold sensation  
8  burning sensation 9  rupture sensation  
10  contracture type  
11  heavy sensation 12  swelling sensation  
13  impossibility to lie down on the back

## I - HISTORY OF DISEASES (ONESELF AND RELATIVES)

- 1  parent's diseases. 2  grandparent's diseases. | 3  during childhood | 4  during youth

## J - FOR MEN

- 1  married 2  separated  
3  widowed 4  single  
5  cohabitation 6  homosexual  
7  trouble of the testicles  
8  penis disorders 9  erection trouble  
10  early ejaculation  
11  seminal liquid leak during the night  
12  low sexual drive  
13  sterility 14  others  
15  venereal diseases (STD)

## K - FOR WOMEN

- 1  married 2  separated  
3  widowed 4  single  
5  cohabitation 6  homosexual

### PERIODS

(without pill and before menopause)

- 7  irregular  
8  painful 9  uncomfortable  
10  short duration 11  long duration  
12  small amount 13  large amount  
14  late 15  early arrival  
16  dark red  
17  with clots 18  liquid

### PAIN AND DISTENSION / TENDERNESS (related to your period)

- 19  before 20  during 21  after

- 22  during ovulation 23  in the breasts  
24  during intercourse

### VAGINAL DISCHARGE

- 25  liquid 26  thick  
27  malodorous  
28  yellow 29  white

### PROVOKED ABORTION (nbr:.....)

### MISCARRIAGE (nbr:.....)

### PREGNANCY (nbr:.....)

- 30  difficult  
31  improved general well-being  
32  deteriorated general well-being

### CHILDBIRTH (nbr:.....)

- 33  natural 34  induced  
35  epidural 36  episiotomy

### SUBJECT TO:

- 37  frigidity  
38  lack of sexual desire  
39  little or no sexual relations

### DISEASES

- 40  ovaries 41  uterus  
42  fallopian tubes 43  vagina  
44  vulva 45  breasts  
46  vulva itching  
47  dates of your first period: .....  
48  menopause - year: ..... month....  
49  usual means of contraception :  
.....  
50  others: .....  
51  venereal diseases (STD)

## L - PERSONALITY OR DOMINANT TENDENCY

You can mark several answers. Underline the most important one.

### YOU LIKE:

check

### YOU DISLIKE:

check

- 1  spring 2  summer 3  winter  
4  autumn 5  red  
6  yellow 7  white 8  black  
9  the sea 10  mountains  
11  countryside 12  the wind  
13  warmth 14  the heat 15  dryness  
16  the cold 17  humidity

### WHICH TASTES DO YOU PARTICULARLY LIKE:

- 18  pungent 19  sour  
20  acid 21  bitter  
22  sweet 23  salty  
24  spicy

### YOU ARE SENSITIVE TO:

- 25  seasonal changes  
26  meteorological influence  
27  thunder 28  rain 29  snow  
30  electromagnetic influences

### HAVE A TENDENCY:

- 31  be sorrowful  
32  unstable  
33  worry 34  be solitary  
35  live in the past  
36  be under therapeutic

### ARE YOU ESPECIALLY:

- 37  irascible 38  joyful  
39  reflective 40  concerned  
41  anxious 42  émotional  
43  sad 44  frightened  
45  easily upset  
46  selfish 47  altruist  
48  dépressive 49  euphoric  
50  shy 51  ashamed  
52  jealous 53  irritable  
54  aggressive 55  slanderer  
56  not conformist 57  imaginative  
58  indecisive 59  worried  
60  lack of will 61  stubborn  
62  curious 63  anxious  
64  doubtful 65  patient  
66  perfectionist 67  artist  
68  subject to depressions  
69  misanthropist 70  enthusiast  
71  intuitive 72  sensual

### HAVE A TENDENCY TO:

- 73  seek company  
74  overestimate yourself  
to be afraid of:  
75  the future 76  death or dying  
77  require lots of attention and care  
78  be mentally alert, to have high awareness

### DO YOU FEEL:

- 79  stressed at work  
80  always agitated  
81  you lack self-confidence  
82  easily agressed  
83  you lack audacity  
84  incoherent 85  feel guilty  
86  appalled by injustice (shocked)  
87  you lack social abilities 88  on nerves  
89  you lack sociability

### DO YOU HAVE:

- 90  memory loss  
91  difficulty with concentration  
92  difficulty in developping your ideas  
93  a tendency to have regrets  
94  a tendency to feel guilty  
95  a tendency to complain and to moan  
96  ideas about suicide  
97  obsessions or fixed ideas  
98  tendency to feel lazy  
99  do you feel frightened by the crowd  
100  a sensation that time passes too slowly  
101  do you find it difficult to start new activities  
102  do you find it difficult to finish current activities  
103  a tendency to feel a lack of initiative  
104  a tendency to feel susceptible