



十問單: (Check if symptoms exists and write down you comments 鈎選有出現的症狀並寫下補充說明)

**Temperature 寒熱:** Body temp 體溫\_\_\_\_\_  Chills 畏寒  Aversion to wind 畏風  Aversion to hot 畏熱  Cold limbs 手足冷  
 Warm limbs 手足溫  Hot limbs 手足熱

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**Perspiration 流汗:**  Easy to sweat 易出汗  Hard to sweat 不易出汗  Spontaneous sweat 流汗不止  Sweat during sleep 夜間盜汗  
 Sweaty hand and feet 手足出汗

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**Sleep 睡眠:** Time to bed 上床時間\_\_\_\_\_ PM / AM ~ Wake up 起床時間\_\_\_\_\_ AM  Wake up during the night 晚上會醒來?  
How many times 醒來多少次? \_\_\_\_\_ Need to restroom 需要上廁所?  Yes  No When will you wake during the night 什麼時間醒來? \_\_\_\_\_

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**Energy / Emotion 精神情緒:**  Feel tire after wake up 睡醒仍累  Easy get tire 平時易累  Sleepy at day 白天想睡  Bad tempered 易怒  
 Irritable 煩躁  Depressive 憂鬱  Sad 悲傷  Tense 緊張  Panic 恐慌  Restless 坐立不安

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**Appetite 胃口:**  Good Appetite 食欲好  Eat a lot 吃的多  Easy get hungry 易餓  No appetite 不想吃  Bloating 脹氣  Hiccup 打嗝  
 Vomit 食入嘔吐  Pain when hungry 餓時痛  Pain when full 飽時痛  Indigestion 消化不良  Prefer cold food 喜冷食  Prefer warm food 喜溫食  
 Acid reflux 嘔酸  Fullness 脹滿

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**Thirst 口渴:**  Always thirsty 常口渴  Dry mouth 口乾  Drink a lot 喝很多  Drink very little 喝很少  Forgot to drink 常忘了喝  
 Don't want to drink 不想喝  Prefer cold drink 喜冷飲  Prefer warm drink 喜溫飲  
 Water 水  Coffee 咖啡  Tea 茶  Milk 牛奶  Juice 果汁  Soft Drink 汽水  Wine 酒

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**Bowel Health 大便:** \_\_\_\_\_ times 幾次 / \_\_\_\_\_ days 幾天;  Shaped 成形  Loose 鬆散  Diarrhea 腹瀉  Hard 硬  Soft 軟  
 Bloody/Black 便血  Hemorrhoid 痔瘡  Prolapse 脫肛  Pebble like stool 羊屎狀  Burning sensation 灼熱感  Sticky 大便黏  Smelly 有臭味

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**Urinary Health 小便:** \_\_\_\_\_ times 幾次 / day 每天;  Clear 清澈  Turbid 混濁  Light yellow 淡黃  Yellow 黃  Dark brown 褐色  
 Bloody 血尿  Pain 尿痛  Burning sensation 灼熱感  Frequent at night 夜間頻尿  Frequent at day 白天頻尿  Smelly 有臭味

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**Menstruation 月經:** Last Period 上次月經日期: \_\_\_\_\_; Period 多久來一次 \_\_\_\_\_ days 天 Duration 每次多少天: \_\_\_\_\_ days 天  
Cramp 經痛:  before 來前  on it 經期間  after 經後;  Mood swing 憂鬱;  Headache 頭痛  Huge amount 量大  Little amount 量少  
 Color dark 色暗  Color red 色紅  Clot 血塊: \_\_\_\_\_  
Discharge 帶下:  Clear 透明  White 白  Yellow 黃  With blood 有血絲  Smelly 有臭味  Itchy 癢  Huge amount 量大

**Pregnancy 懷孕:** \_\_\_\_\_ weeks 週數; \_\_\_\_\_

**身體部位問題: (Check if symptoms exists and write down you comments 鈎選有出現的症狀並寫下補充說明)**

**Head 頭面:**  Headache 頭痛  Migraine 偏頭痛  Forehead ache 前額痛  Occipital headache 後頭痛  Top of head ache 頭頂痛  
 Dizzy 頭暈  Head swollen 頭腫

**Eye 眼:**  Dry eye 眼乾  Eye pain 眼痛  Eye itchy 眼癢  Discharge or tear 眼分泌物  Eyelid swollen 眼瞼浮腫  Blur 視力模糊  
 Double vision 複視  Floater 飛蚊症

**Ear 耳:**  Inner ear pain 耳內痛  Ear swollen 耳腫  Discharge 耳分泌物  Ear ringing 耳鳴  Deaf 耳聾

**Nose 鼻:**  Stuffy nose 鼻塞  Runny nose 流鼻涕:  Clear 透明  White 白  Light yellow 淡黃  Dark Yellow 深黃  Sticky 黏稠  
 Nose pain 鼻痛  Nose swollen 鼻腫

**Mouth 口:**  Ulcer 口舌瘡  Toothache 牙痛  Bleeding gums 牙齦出血  Dry mouth 口乾  Bitter mouth 口苦

**Throat 喉:**  Throat pain 喉痛  Throat itchy 喉癢  Lose voice 聲啞  Phelgm/Sputum 喉中有痰  Difficult swallow 吞嚥困難

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**Neck/Shoulder 肩頸:**  Neck pain 頸痛  Stiff neck 落枕  Neck swollen 頸腫

Shoulder pain 肩痛:  Difficult lifting forward 前舉困難  Difficult lifting backward 後舉困難  Difficult lifting up 上舉困難

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**Chest 心胸:**  Palpitation 心悸  Chest tightness 胸悶  Chest pain 胸痛  Short breath 短氣  Inhale difficulty 吸氣困難

Exhale difficulty 吐氣困難  Breast mass 乳房腫塊  Breast swollen/pain 乳房腫痛  Breast discharge 乳房分泌  Flank pain 脇痛

**Cough 咳嗽:**  Dry cough 乾咳  Phelgm/Sputum 有痰:  Clear 透明  White 白  Light yellow 淡黃  Dark Yellow 深黃  Sticky 黏稠

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**Back/Waist 腰背:**  Upper back pain 上背痛  Lower back pain 下背痛  Spine pain 脊椎痛  Difficult bending down/up 俯仰困難

Difficult twist torso 扭腰困難  Sciatica 坐骨神經痛:  to front of thigh 至大腿前  to side of thigh 至大腿側  to back of thigh 至大腿後

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**Abdomen 腹部:**  Abdominal pain 腹痛:  Upper left 左上腹  Upper right 右上腹  Lower left 左下腹  Lower right 右下腹

Acute pain 刺痛  Dull pain 鈍痛  Worse when press 拒按  Relief when press 喜按  Testicular pain 睪丸痛  Scrotum swollen 陰囊腫

Itchy vulva 陰癢

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**Limbs 四肢:**  Upper arm pain 上臂痛  Forearm pain 前臂痛  Elbow pain 手肘痛  Wrist pain 手腕痛  Finger pain 手指痛

Finger swollen 手指腫  Nail pain 指甲痛  Carpal tunnel syndrome 腕道症候群  Hand weakness 手無力  Hand shaking 手攪抖

Thigh pain 大腿痛  Calf pain 小腿痛  Knee pain 膝痛  Leg weakness 腿無力  Ankle pain 腳踝痛  Ankle swollen 腳踝腫

Foot swollen 腳腫  Foot itchy 腳癢  Toe pain 腳趾痛  Toe swollen 腳趾腫  Toe nail pain 腳趾甲痛  Heel pain 足跟痛

Plantar fasciitis 足底筋膜炎

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**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_