



HEALTH QUESTIONNAIRE FOR IN THE COMPANY OF GUIDES CLIENTS

The information included in this form is strictly confidential and will be used only by Alan Oram, D.O. to assist In The Company of Guides with the health and well-being of participants during ITCOG trips. Please respond as candidly and honestly as you can.

Name		
Age	Weight	Height
Trip		
Allergies to medications: No If yes, please list the medication and the type of allergic response (e.g., rash, swelling, etc.)		
Name of medications that you currently take. Prescriptions or over the counter medications.		
PAST MEDICAL HISTORY		
Have you been hospitalized in the past 5 years for medical problems? No Yes		
Do you have a history of: Heart Disease Coronary artery disease Atrial fibrillation High blood pressure Other	Neurological disorders CVA TIA Seizure Other Gastrointestinal Peptic Ulcer Lower GI Bleeding Diverticulitis Pancreatitis Hepatitis Other High Altitude Illness Acute Mountain Sickness (AMS) High Altitude Cerebral Edema (HACE) High Altitude Pulmonary Edema (HAPE) Temporary Blindness at Altitude	Orthopedic problems Major joint dislocations (e.g., Shoulder) Fractures requiring surgical care Joint reconstruction, ACL repair Joint replacement Chronic ligament or tendon problems Foot problems Cold weather injuries; Frostbite, Raynaud's, etc. Mental Health/Psychiatric Issues Anxiety Depression Other
Bleeding disorders Blood clots—Deep vein thrombosis (DVT), Pulmonary emboli (PE) Anemia Other bleeding disorders Diabetes Insulin dependent (Type 1) Non-Insulin Dependent (Type 2) Pulmonary or respiratory illness Asthma Sleep Apnea Recent Pneumonia Other		



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FITNESS

How often do you train for strength and cardiovascular fitness?

- Daily
- Every other day
- Weekly
- When you feel like it

Do you have a personal trainer and does someone monitor your training?

- No
- Yes

Do you have any limitations or problems with intense exercise such as chest pain, orthopedic problems?

- No
- Yes

Do you use any of the following? Describe use

Tobacco

Alcohol

Recreational drugs

Do you have any specific questions or concerns that you would like addressed pre-trip?