

## CONFIDENTIAL CONSULTATION QUESTIONNAIRE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work phone \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_

Occupation \_\_\_\_\_

***Some occupations expose people to toxic chemicals -graphic artist working with dyes or pigments, auto mechanics/auto body repair who work with paints or solvents, hair stylist, office workers who are exposed to toner from copiers, etc.  
Or have a high stress level- lawyers, sales, police, students***

E-mail Address \_\_\_\_\_

Referred by: Doctor \_\_\_\_\_ Google \_\_\_\_\_ Facebook \_\_\_\_\_ Instagram \_\_\_\_\_ Other Social Media \_\_\_\_\_

TV AD \_\_\_\_\_ Radio \_\_\_\_\_ Salon \_\_\_\_\_ Client referral \_\_\_\_\_ Other \_\_\_\_\_

### Medical History

Allergies \_\_\_\_\_ Are you allergic to shellfish? \_\_\_\_\_

General Health \_\_\_\_\_

Previous Surgery with General Anesthesia \_\_\_\_\_

***Especially recent surgery as general anesthesia or the stress of the surgery may cause a shed. Important to know if a woman has had a hysterectomy which will cause some hormonal shift even if she is on hormone replacement therapy.***

Do you have any of the following medical problems?

Stroke      Congestive Heart Failure      Irregular Heartbeat      Hypertension (High Blood Pressure)

Coronary Artery Disease      Anemia      Depression      Thyroid Disease

Endocrine Disorders      Diabetes      Liver Disease      Rosacea

***Congestive heart failure, Irregular heartbeat, coronary artery disease are all cardiac issues that may require permission from their cardiologist before treatment, especially if they are going to use a higher strength minoxidil. Minoxidil was originally used to lower blood pressure, and as a side effect was found to help hair growth. It is a linear dose drug so the higher the strength, the better it works.***

***Anemia and Thyroid disease (hypothyroid and hyperthyroid) may cause hair loss.***

***Diabetes – diabetics usually take longer to heal and if not controlled, may also cause poor circulation.***

***Depression and liver disease effect general health and medications given to treat these conditions may cause hair loss.***

Presently Undergoing Medical Treatment for \_\_\_\_\_

Stress: High \_\_\_\_\_ Medium \_\_\_\_\_ Low \_\_\_\_\_

***Stress is a big factor in hair loss, especially for women and may cause telogen effluvium. This condition even with treatment may take up to 16 weeks to reverse.***

**Medications:** Please list name of medication and dosage

Anti-coagulants \_\_\_\_\_ Anti-hypertensive \_\_\_\_\_

Hormones \_\_\_\_\_ Thyroid \_\_\_\_\_ Aspirin \_\_\_\_\_ Multivitamins \_\_\_\_\_

Radiation Therapy \_\_\_\_\_ Chemotherapy \_\_\_\_\_

Any medication you on - Please List \_\_\_\_\_

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***Many medications may cause hair loss as a side effect. Most common are anti -coagulants such as heparin, warfarin (Coumadin), Anti-depressants, hormones(birth control as well as HRT),some thyroid medications, and statins (cholesterol lowering drugs).***

***CLIENTS SHOULD NEVER STOP MEDICATIONS WIHTOUT CONSULTING THEIR DOCTOR!***

**Females Only**

Female issues: Yes No Post Menopausal: Yes No

Are you planning to get pregnant in the next 6 months? Yes No

Are you currently pregnant or nursing? Yes No

Do you take Contraceptive Pills? Yes No How long have you taken them \_\_\_\_\_

**Males Only**

Have you currently had or plan to take a PSA blood test for the screening of prostate cancer? Yes No

Do you have an enlarged prostate, prostate cancer? Yes No

***Men who have enlarged prostate or are being checked (PSA) for enlarged prostate, need to let their doctor know they are taking an “anti-androgen (saw palmetto) (XTC’s Supplements) or “Propecia™/Finasteride) as they may cause the PSA to have lower value than it really is.***

***The doctor may suggest he discontinue taking the supplement for a week or two, prior to having this test performed; for a more accurate reading of their level.***



## Nutrition:

Are you a vegetarian? Yes      No      How many daily servings of protein do you get? \_\_\_\_\_

Fruit \_\_\_\_\_      Vegetables \_\_\_\_\_

Caffeine \_\_\_\_\_      Carbohydrates \_\_\_\_\_      Protein \_\_\_\_\_

Lost weight recently? \_\_\_\_\_ How much? \_\_\_\_\_

*Diet is particularly important for healthy hair. An adequate protein intake is essential. How much a person needs per day is based on body weight at .8g per kilogram (2.2lbs). The only contraindication on this is a person who needs to restrict protein intake such as someone with kidney disease.*

*Vegetarians who do not eat any kind of animal protein will have a difficult time with adequate protein as there are two types of protein- complete (animal based such as meat, fish, and poultry which includes dairy products and eggs) and incomplete (nuts, legumes, soy, etc)*

*Fruits and vegetables are important, and people should eat a variety of colors for the best nutritional value. Caffeine (coffee, tea, colas, chocolate, energy drinks) interferes with how your body processes B vitamins so excessive use should be avoided.*

*Anyone who has lost a lot of weight in a short period of time (diet, gastric bypass or bariatric surgery) will lose hair.*

## Conditions of Hair and Scalp

Is your Scalp:      Dry      Oily      Normal      Dandruff

Any Redness or itchy scalp: Yes      No      Do you pull your hair? Yes      No

Any Bumps or raised areas: Yes      No

Recurrent attacks of patchy loss: Yes      No      Hair of different lengths      Yes      No

Areas of hair loss: All over scalp      Front      Crown

Any loss of hair on body? Yes      No      What area? \_\_\_\_\_

At what age did you notice hair loss? \_\_\_\_\_ Was loss sudden? \_\_\_\_\_ or Gradual? \_\_\_\_\_

*Some of this information you will notice when you examine the scalp. Dandruff may be a sign of an allergic reaction or an excessively dry scalp.*

*Redness, bumps, raised areas or itching may be a sign of an infection (bacterial or fungal) as well as insect bites or more serious problems such as melanoma. Any raised rash, scaly areas (raised white scaly areas may be psoriasis) or open cuts/wounds should be referred to their physician or a dermatologist.*

*Patchy areas on scalp, eyebrow, facial hair (men), may be alopecia areata. This is usually a sudden hair loss that may progress to Totalis (all the scalp hair) or universalis (all body hair). It is thought to be an auto immune disease and usually happens to someone under increased stress. It may only be an allergic reaction but the cause is not really understood. Hair loss may be a symptom of a disease such as lupus and I usually recommend that people with alopecia areata see their doctor to rule out a serious auto immune disease.*

*Another cause of patchy loss would be scarring alopecia. This is usually seen as a red area that may have some drainage. When it heals, it is very smooth with no hair. A diagnosis of scarring alopecia is usually done by biopsy of the area by a dermatologist. There are no follicles in the scarred areas and regrowth is not*

*possible. The hairs around these areas may be strengthened with treatment and may make these areas easier to hide with other hair.*

*There may also be chemical (perms, strong chemicals) or physical scaring (heat, accident) where regrowth may not be possible.*

*Occasionally a person with Trichotillomania will come for treatment. These people pull out their hair, eyebrows, eyelashes and may benefit from counseling to find out the cause of this abusive type of behavior. If they continue to pull out their hair, the loss may become permanent.*

Is your hair loss getting worse \_\_\_\_\_ How many hairs lost per day? \_\_\_\_\_

*Some hair loss is normal. Normally approximately 10% of the hair is in the growth stage and a person may lose 50 to 100 hairs daily and still be considered normal. It is when people see hair all over their pillow, sink and clothes that there is real concern and they seek treatment. People like animals, do occasionally shed and is not cause for alarm as long as they are replacing those hairs which would be visible with the capilloscope.*

What kind of shampoo do you use? \_\_\_\_\_ conditioner \_\_\_\_\_

*Shampoos without sodium laureth sulfate (SLS) or DEA are safer and healthier. SLS may cause irritation and DEA when it sits on the shelf in a cosmetic product may react with other ingredients to form a potent carcinogen called nitrosodiethanolamide (NDEA). These ingredients are added to shampoo because they emulsify the product and provide a rich lather that people think necessary to have "clean" hair.*

How many times per week do you shampoo? \_\_\_\_\_

Do you use a hair dryer? Yes No What temperature? Hot Medium Cool

*Hair may be damaged with excessive heat.*

When hair is wet, do you use a towel to rub dry? Yes No

*Wet hair is more vulnerable and thin, weak hair may be damaged when vigorous rubbed.*

Is your hair loss concern caused by any medical problems or medications that you are aware of? \_\_\_\_\_

**HEREDITY** Does hair loss run in your family? Yes\_\_\_\_ No\_\_\_\_

	BALD	THINNING HAIR	NOT BALD	UNKNOWN
Parents				
Grandparents				
Siblings				
Aunt				
Uncle				

*If someone indicates they have no family history of hair loss, ask how far back they are going. Hair loss may skip a generation, and is carried on several genes so it may randomly show up in family members or carry down from generation to generation on a regular basis.*

**What options have you researched for your hair loss (Including over the counter and prescriptions)?**

Transplants                      Scalp Treatments                      Hair Replacement or weaves

Over the counter products                      Prescription products                      Avacor

Minoxidil\_\_\_\_\_%      Other \_\_\_\_\_      Clubs or Hair Loss Clinics\_\_\_\_\_

**How much does your hair loss bother you?**      Slightly\_\_\_\_ Moderately \_\_\_\_ Highly\_\_\_\_

**Did you tell anyone that you were coming here today?** Yes\_\_\_\_ No\_\_\_\_

**Would you like to consider using prescription topicals and pills if you could get better results? Keep in mind, prescription products in general increase the cost of the program.** Yes\_\_\_\_ No\_\_\_\_

**What are your goals and expectations?**

Prevent further loss \_\_\_\_ Gain back hair quickly\_\_\_\_

Gradually gain back some hair\_\_\_\_ Other \_\_\_\_\_

**Knowing that treatment and/or surgical options may take 6 months or more to show success, are you willing to wait that long?** Yes      No

**Please indicate where hair loss bothers you the most.**

No variation in hair style

Going outside on windy days

Social Life

Seeing old friends

Participating in sports

Overall appearance

Conscious of appearance at work

Seeing pictures/videos

Wearing hats when going out

Swimming or getting caught in the rain

Overall self esteem

Meeting new people

People make comments

## Consent for treatment

I am being evaluated at \_\_\_\_\_ and understand I will first undergo a comprehensive preliminary evaluation by one of our experienced thinning hair consultants. This evaluation will determine if I am a suitable candidate and I understand that the cost of the initial evaluation is \_\_\_\_\_. All other follow up appointments are included with my laser program. This preliminary evaluation will include a complete and thorough hair and scalp analysis, questionnaire, and scalp evaluation including standard photography (no face seen), and microscopic photography. Further evaluation will consist of monthly or quarterly digital and capilloscope pictures for which I give my consent for all the above. I further understand that each person is different and like any treatment, results will vary depending on a large number of factors. I acknowledge that it is my responsibility to inform the company of any changes in my condition, no matter how slight.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_