

Leslie Oldershaw, L.Ac. & Associates
Acupuncture, Nutrition, & Herbal Medicine

www.leslieoldershaw.com

Ph. 510-595-1175

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1331 Grand Avenue

Piedmont, CA 94610

Welcome to Our Practice

Thank you for choosing our office to meet your health care needs. In addition to acupuncture, you will have access to nutritional counseling, herbal medicine, lifestyle counseling, and a broad array of diagnostic testing. Our goal is to provide a safe, healing environment and to support you in your pursuit of optimal well-being.

Your initial visit will take up to two hours. Please plan your schedule accordingly. We will do a thorough health interview and history, and then partner with you to develop a personalized treatment plan. You will have ample time to ask any questions you may have.

Please note that because this time has been reserved especially for you, we request notification of any scheduling changes a minimum of two business days prior to the first appointment, and one business day prior to established patient visits. Any missed appointments are billed at the regular appointment rate.

Directions to our office are in this packet.

To help us better serve you, please take some time to complete and sign the enclosed forms before arriving at your first appointment. If you have recent laboratory test results that you would like to review at the initial appointment, please bring copies, or make arrangements to have them faxed to our office.

If you have any questions, feel free to call us.

We look forward to meeting you soon,

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New Patient Health Packet

This packet contains everything you need to get started, including information about our practice, our policies, directions to the office, and new patient forms.

The forms in this packet are for those coming in for a standard health evaluation. These forms ask for detailed information, so please allow some time to fill them out prior to your initial visit.

A note on labs - in our practice we make use of a comprehensive set of lab tests to evaluate your health. We can order any labs that you might need. Please bring any previous lab results that you would like us to review with you to your initial appointment, or make arrangements to have them faxed to our office.

We look forward to meeting you soon,

Leslie Oldershaw, L. Ac. & Associates

About Our Services

We specialize in offering a highly integrated approach to health and wellness, utilizing the best that both Eastern and Western medicine has to offer. Much of what makes our practice unique is a comprehensive process that combines the holistic paradigm of traditional Chinese medicine with the best tools of modern Western science. We begin with a thorough assessment, then create an integrated treatment strategy designed to bring about effective results.

We offer our patients a wide variety of modalities to meet their health care needs:

- Acupuncture
- Herbal Medicine
- Nutritional Counseling & Support
- Lifestyle Counseling
- Stress Management
- First Line Therapy
- Neuro-Emotional Technique
- Diagnostic Testing

Please note: These modalities are described in detail on the “Services” page of our website.

About Leslie

Leslie Oldershaw is a licensed acupuncturist, nutritionist, and herbalist providing comprehensive care integrating Eastern and Western medicine to best serve the needs of her patients. Having studied health and nutrition for over 30 years, Leslie earned her Bachelor of Science degree in 1987 from the University of California at Berkeley, and her Master's degree in 1993 from the American College of Traditional Chinese Medicine in San Francisco, with advanced training in women's health and fertility. Leslie is nationally board certified in acupuncture and licensed as a primary care provider by the state of California.

As an undergraduate completing a pre-med curriculum, Leslie's academic focus was on a combination of biochemistry and ecosystems, thus cultivating an appreciation for the interactions that comprise a healthy, highly functional and dynamic living system. This foundation readily supported her study of the holistic paradigm of traditional Chinese medicine. Bringing the best of both worlds together for her patients, Leslie offers a blend of integrative medicine that consists of the holistic infrastructure offered by traditional Chinese medicine combined with modern Western medical science.

A prolific writer and engaging public speaker, Leslie's passion for teaching has inspired numerous articles on the subjects of acupuncture, women's health, and fertility, and she frequently lectures on these subjects. Leslie maintains a private practice in Piedmont, California, and directs the program for acupuncture services at the East Bay Fertility Center in Dublin, California.

Office Policies and Procedures

Initial Appointments:

- Please allow up to two hours for your initial visit.
- Please arrive 10 minutes early, with your forms completed.
- Any scheduling changes for initial appointments must be made at least 2 business days in advance. Initial appointments that are missed or rescheduled within 2 business days will be charged at the full visit rate.

Cancellations and Changes:

- If you need to reschedule an appointment, please notify us a minimum of 1 business day prior to your scheduled time, so we have time to schedule someone else that is waiting for an appointment slot.
- If your appointment is on Monday, please notify our office of changes or cancellations no later than noon on the previous Friday.
- Patients who miss their appointment or cancel less than 1 business day prior to their appointment will be required to pay for the missed visit. Missed appointments will be billed to credit card on file.
- Please be respectful to patients on the waiting list, and kindly give us as much advance notice as possible if you need to reschedule.

Your Visits:

- We value our patients' time. In order to keep on schedule, we request that you arrive on time for your appointments. If you arrive more than 10 minutes late for your appointment, it does not allow the necessary time to effectively conduct a treatment and we will need to reschedule you, and will treat it as a missed appointment. We will make every effort to reschedule you ASAP, and if at all possible we will work you into our schedule for that day, contingent on space availability. Please allow sufficient travel time and take traffic conditions into consideration.
- There are occasions where extenuating circumstances arise and we may be delayed for a brief time. This will not affect the length of your visit. Please accept our apologies for any inconvenience.
- Please allow enough time for your complete visit. If you know you need to leave our office by a specific time, please let us know when you first arrive and we will do our best to accommodate you.

Herbs, Supplements & Prescriptions:

- If for any reason you are unable to take your prescribed items as directed or have questions about their use, please let our office know as soon as possible.
- Unopened bottles in resalable condition can be returned for office credit within 30 days of purchase.
- The following items cannot be returned: refrigerated items, special order items, custom formulas.

Payment:

- Payment is due at the time of your appointment, unless alternate arrangements have been made.
- Accepted methods of payment are: **Visa, MasterCard, Check and Cash.**
- We require all patients to have a current signed credit card authorization form on file to secure your appointments and fulfill your mail-order prescriptions.

Insurance:

In order to help control your health care costs, our office does not directly bill insurance companies. A "Superbill" receipt (form detailing diagnostic codes and fees) can be provided to you for each visit. This receipt can be submitted to your insurance carrier. Based on the terms of your policy, you will be reimbursed directly by your insurance carrier. If you have a healthcare savings account or flexible spending plan, we'll be glad to provide you with documentation for your expenditures that you can submit for reimbursement.

Directions

We are located at 1331 Grand Ave. in Piedmont near the corner of Grand Ave. and Sunnyside. If you are traveling up Grand Ave. from Oakland, the numbers will change as you cross over the city line (at the ACE Hardware). The numbers coming from the 580 freeway will be in the 3000s in Oakland, and then drop to the 1200s in Piedmont. Our building is a medical duplex with “Dental by Design” in the front. Our office is in the back and can be reached either from Grand Ave. or from the rear via a driveway off Sunnyside. To enter from Grand Ave., go up the front stairs and walk back past the dental office on the right. You can also enter from the driveway off Sunnyside at the back of the building by following the path around the right side to our door. This back entrance is flat, with no stairs.

From Berkeley and North:

Take I80 West to 580 East. Exit at Grand Ave. Turn left and go under the freeway. Continue up Grand Ave. for 8-10 blocks. We’re on the left, just past the Ace Hardware, and across from the Kehilla Community Synagogue.

From Oakland and South on 580:

Take 580 West to Grand Ave. Exit and turn left at the light. Continue up Grand Ave. for 8-10 blocks. We’re on the left, just past the Ace Hardware, and across from the Kehilla Community Synagogue.

From Oakland and South on 880:

Go north on 880 to Oakland. Take 980 to 580 East. Exit at Grand Ave. Turn left at the light and continue up Grand Ave. for 8-10 blocks. We’re on the left, just past the Ace Hardware, and across from the Kehilla Community Synagogue.

From Orinda & East:

Take Hwy 24 West to the Broadway exit. Take Broadway down towards Oakland, and at the first huge intersection turn left onto Pleasant Valley. Follow Pleasant Valley across Piedmont Ave., and as it winds around it becomes Grand Ave. Look for a stoplight at Oakland Ave., and continue three more blocks. We are on the right.

From San Francisco:

Cross the Bay Bridge on I-80 East. Once across the bridge follow signs to 580 East, towards Hayward. Continue on 580 East and exit at Grand Ave. Turn left at the light and continue up Grand Ave. for 8-10 blocks. We’re on the left, just past the ACE Hardware.

Parking

- ❑ There is parking on Grand Avenue as well as on Sunnyside. All street parking is meter free!!

- ❑ Please do not park in the synagogue parking lot across the street.

- ❑ The parking lot under the building is reserved for staff only during the day. You may park here any day after 5:00 pm, and all day on Fridays, Saturdays, and Sundays.

- ❑ There is a blue handicap spot in the back of the building. Access is from Sunnyside. Please note that if you use the spot, you must back all the way out of the driveway and back onto Sunnyside.

- ❑ If you have any difficulty climbing stairs, please know that there are two flights of stairs coming in from the front of the building and Grand Avenue. However, if you are able to park on Sunnyside near our driveway, there are no stairs at the back of our building. If you are concerned about access, please call us and we can give you information regarding the official handicap space. If you don't have a Handicap placard, we can make arrangements for an additional space that provides easy access to our front door.

Patient Information

Today's date: _____

Name: _____ Birthdate: _____ Age: _____

Preferred name: _____ Gender: _____ Place of birth: _____

Marital status: _____ Number of children: _____

Occupation: _____ Employer: _____

Please see the Patient Authorization sheet for mailing address, email, and phone numbers.

Emergency contact:

Name: _____ Phone: _____ Relationship: _____

How did you hear about our clinic: _____

May we send a thank you card: Yes No

Primary treating physician: _____ Phone: _____

OB/Gyn: _____ Phone: _____

Reproductive endocrinologist: _____ Phone: _____

Other specialist: _____ Phone: _____

Other specialist: _____ Phone: _____

Other specialist: _____ Phone: _____

Have you ever been treated with acupuncture? Yes No

If yes, condition treated? _____

**Patient Authorization for Appointment Reminders,
Scheduling-Related Matters, Related Health Services,
and/or Related Health Products**

It is our desire for our staff to use your name, address, e-mail address and/or telephone number for the purpose of contacting you to remind you about scheduled appointments or other appointment-related issues. We would also like to advise you about health-related meetings, workshops, and products.

The use of this information is intended to make your experience with our office more efficient, productive and enhance your access to quality health care. If you choose not to authorize this information use, your decision will have no adverse effect on your care from Leslie Oldershaw, L.Ac., or on your relationship with our staff.

Mailing address

City

State

Zip

E-Mail address

Please indicate which number to use for:

Messages

Don't Call

Home Telephone: _____

Work Telephone: _____

Cell Telephone: _____

E-mail Address: _____

Would you like to be on our mailing list?

Y

N

Would you like to receive e-mail newsletters?

Y

N

Your signature indicates your authorization of this activity.

Name (printed)

Signature

Date

You may revoke this authorization at any time. Please advise us in writing of your desire to withdraw your authorization. Please allow a reasonable processing time for the change in our system to be completed.

Informed Consent to Care and Treatment

I hereby request and consent to the performance of acupuncture treatments and other Eastern Medicine procedures, including various physical modalities, on me (or on the patient named below, for whom I am legally responsible) by licensed acupuncturists who now or in the future treat me while employed by or associated with or serving as back-up in the offices of Leslie Oldershaw and Associates.

I understand that methods of treatment may include, but are not limited to, acupuncture, infrared therapy, electrical stimulation, massage, herbal medicine and nutritional counseling. I have had the opportunity to discuss with the treating physician or other clinic personnel the nature and purpose of acupuncture treatments and other procedures.

I have been informed that acupuncture is a generally safe method of treatment, but as with all medical procedures, it may have some side effects, including bruising, numbness or tingling near the needle sites that may last a few days, and dizziness or fainting. Unusual risks of acupuncture include nerve damage, and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although this office uses sterile disposable needles and maintains a clean and safe environment. I understand that while this document describes the major risks of treatment, other side effects and risks may occur.

The herbs and nutritional supplements (which are from plant, animal, and mineral sources) that have been recommended are traditionally considered safe in the practice of Eastern medicine, although some may be toxic in large doses. I will immediately notify a member of the clinical staff of any unanticipated or unpleasant effects associated with the consumption of herbs or nutritional supplements. I understand that some herbs or supplements may be inappropriate during pregnancy. I will notify a clinical staff member who is caring for me if I am or become pregnant.

I do not expect the clinical staff to be able to anticipate and explain all risks and complications of treatment, and I wish to rely on the clinical staff to exercise judgment during the course of the treatment which the clinical staff thinks at the time, based upon the facts then known, is in my best interests. I understand that results are not guaranteed.

I have read, or have had read to me, the above consent to care and treatment. I have also had an opportunity to ask questions about its content, and by signing below I agree to the above-named procedures. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Patient name (printed)	Patient signature	Date
Patient's representative (printed)	Representative's signature	Relationship

Health History

Name: _____ Today's Date: _____

Reason for visit: Please list your 5 major health concerns in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

Major hospitalizations, surgeries, illnesses, injuries:

Year	Surgery, illness, injury	Outcome
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Circle the level of stress you are experiencing on a scale of 1 to 10 (1 being the lowest):

1 2 3 4 5 6 7 8 9 10

Identify the major causes of stress (e.g., changes in job, work, residence or finances, legal problems):

Height: _____ Weight: _____ BMI: _____

Do you consider yourself: Under-weight Over-weight Just right

Have you experienced unexpected weight gain or weight loss of greater than 10 pounds in the last three months?

Yes No If yes, how much? _____

Do you smoke? Yes No If yes, how much per day? _____ Per week? _____

Medical History

Please check any current or past conditions.

- Arthritis
- Allergies/hay fever
- Asthma
- Alcoholism
- Blood pressure problems
- Bronchitis
- Cancer
- Chronic fatigue syndrome
- Carpal tunnel syndrome
- Cholesterol elevated
- Circulatory problems
- Cloudy thinking
- Colitis
- Constipation
- Debilitating fatigue
- Dental problems
- Depression
- Diabetes
- Diarrhea, chronic
- Diverticulitis
- Dizziness, chronic
- Drug addiction
- Drug use
- Eating disorder
- Epilepsy
- Emphysema
- Eyes, ears, nose, throat problems
- Environmental sensitivities
- Fibromyalgia
- Food intolerance
- Gastric reflux
- Genetic disorder
- Gout
- Headaches, migraines
- Headaches, stress
- Heart disease
- Infection, chronic
- Inflammatory bowel disease
- Insomnia, chronic
- Irritable bowel disease
- Kidney or bladder disease
- Liver or gallbladder disease (stones)
- Nausea, chronic
- Vomiting, chronic

- Neurological problems
 - Panic attacks
 - Pain, chronic
 - Shortness of breath
 - Sinus problems
 - Stroke
 - Thyroid trouble
 - Obesity
 - Osteoporosis
 - Seasonal affect disorder
 - Skin problems
 - Ulcer
 - Urinary tract infection
 - Varicose veins
 - Other
- _____
- _____

Family Health History (Parents & Siblings):

- Arthritis
- Asthma
- Autoimmune conditions
- Cancer
- Diabetes
- Drug addiction
- Heart disease
- Obesity
- Stroke
- Other

Exercise:

- 5-7 days per week
 - 3-4 days per week
 - 1-2 days per week
 - 45 minutes or more duration per workout
 - 30-45 minutes duration per workout
 - Less than 30 minutes
 - Walk
 - Run, jog, or jump rope
 - Weight lift
 - Swim
 - Cycle
 - Yoga
 - Other
- _____

Nutrition and Diet:

- Omnivore (animal & vegetable sources)
 - Vegetarian
 - Vegan
 - Processed foods
 - Whole foods
 - Specific food restrictions:
 - Dairy
 - Wheat
 - Eggs
 - Soy
 - All Gluten
 - Other
- _____

Food Frequency

How many servings per day?

- _____ Fruits
- _____ Vegetables
- _____ Grains
- _____ Beans and peas
- _____ Nuts and seeds
- _____ Dairy
- _____ Eggs
- _____ Meat
- _____ Poultry
- _____ Fish

Eating Habits:

- Skip breakfast
- Eat three meals/day
- Eat two meals/day
- Eat one meal/day
- Graze (small frequent meals)
- Eat constantly whether hungry or not
- Generally eat on the run
- How many times do you eat out per week?

- How many alcoholic beverages do you consume in a week?

- How many caffeinated beverages do you consume per day?

Would You Like To:

- Have more energy
- Be stronger
- Have more endurance
- Increase your sex drive
- Be thinner
- Be more muscular
- Improve your complexion
- Have stronger nails
- Have healthier hair
- Be less moody
- Be less depressed
- Be less indecisive
- Feel more motivated
- Be more organized
- Think more clearly and be more focused
- Improve memory
- Not be dependent on over the counter medications like aspirin, ibuprofen, anti-histamines, sleeping aids, etc
- Stop using laxatives or stool softeners
- Be free of pain
- Sleep better
- Have agreeable breath
- Have agreeable body odor
- Have stronger teeth
- Get less colds and flues
- Get rid of your allergies
- Reduce your risk of inherited disease tendencies (i.e. cancer, heart disease, etc.)

Gynecological Herstory

Please check any current or past conditions.

- Abdominal bloating
- Abdominal pain
- Acne
- Anemia
- Birth control pills
- Breast distention
- Breast pain
- Cancer
- Constipation
- Depression
- Dry skin
- Endometriosis
- Excessive facial hair
- Excessive body hair
- Fatigue
- Fibroids
- Fibrocystic breasts
- Frequent urination
- Hair loss
- Headaches
- Hemorrhoids
- Hot flashes
- HRT
- Infertility treatments
- Irregular periods
- Irritability
- Itchy skin
- IUD
- Low back pain
- Menopause, age _____
- Mood swings
- Night sweats
- Pain at ovulation
- Pain with intercourse
- Pelvic inflammatory disease
- Pelvic pain
- Pelvic surgery
- Date: _____
- Date: _____
- Date: _____
- Perimenopause
- Polycystic ovarian syndrome (PCOS)
- Polyps
- PMS
- Spotting
- STDs
- Thyroid issues

- Urinary tract infections
- Vaginal dryness
- Water retention
- Yeast infections
- Number of pregnancies:

- Number of children:

Menses

- Age you started having periods _____
- # Days of flow _____
- # Days from first day of cycle to the next first day _____
- First day of your last period?

Please check that which best describes your average menses:

- Amount of blood
 - Light
 - Medium
 - Heavy
- Color of blood
 - Pale
 - Medium red
 - Dark
 - Brown
- Clots
 - Small
 - Large
 - A few
 - Many
- Cramps
 - Mild
 - Moderate
 - Severe
 - Before bleeding
 - With bleeding
 - Cramps last 1 day
 - Cramps last 2 days
 - Cramps last more than 2 days
 - Pain meds

Medications & Supplements

Please list any known allergies:

Please list all current medications that you are taking:

Start date:	Item:	Amount:	Frequency:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please list all current vitamin supplements and herbs that you are taking:

Start date:	Item:	Amount:	Frequency:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____