



ENVIRONMENTAL TOXIC EXPOSURE PATIENT SURVEY

METALS: Check the diamond of any/ all that apply to you currently or in the past.

- ◇ **DENTAL** - Mercury amalgams (silver fillings), Root canals, Crowns, Bridge; MRI with contrast; Root canals, dental implants.
- ◇ **ORTHOPEDIC PROSTESIS** - Metal Joint replacement, screws, plates, rods, etc.
- ◇ **PERSONAL CARE PRODUCTS**- Antiperspirant deodorant, makeup, Hair dyes, Tattoos,
- ◇ **CULINARY**- Aluminum cookware, aluminum foil, canned foods, canned drinks, drink or cook with tap water, tuna dishes more than 1-2 times monthly.
- ◇ **ENVIRONMENTAL** - Home older than 1978, Exposure to cigarette smoke, work in metal manufacturing, live near or work in and industrial plant
- ◇ **MEDICAL**– Adherence to vaccination schedule, Chinese medicine herbs

MOLD: Check the diamond for any/ all that apply to you currently or in the past.

- ◇ Water leak/water damaged building, visible mold on surfaces in home or office, moldy or mildew odor in home/office, damp basement/crawl space, Flat roof or missing shingles, House located at the bottom of a hill/slope, standing water near home, condensation on windows or other surfaces, air conditioner, HVAC, feel sick or increase in allergy symptoms only when at home or at work

PLASTICS: Check the diamond for any/ all that apply to you currently or in the past.

- ◇ Drink regularly out of plastic bottles, store foods in plastic containers, steam vegetables or prepare foods in plastic, sea salt, request receipts for purchases, take out food in plastic containers, hot beverages in cups with plastic lids, composite fillings & retainers, cash receipts, medical equipment.

- ◇ ***RADIATION: Check the diamond for any/all that apply to you currently or in the past.***

Wi-Fi (home or car), cell phone, cordless phone, laptop, microwave, diagnostic imaging MRI,PET, CT Scans, frequent air travel, blue tooth, ear pods, fit bit.

- ◇ ***CHEMICAL: Check the diamond for any/all that apply to you currently or in the past.***

Household cleaners, perfume/cologne, air freshener plug-ins or sprays, scented dryer sheets, laundry/dishwasher detergents, flame retardant furniture and clothing, upholstery, synthetic mattress , dry cleaning, hygienic products (toothpaste, body wash, body lotion, bathing soap, shampoos, conditioners, sanitary products), nail polish/removers, eyelash glue, hair relaxers/perms, grooming products,