



# Optimal Health & Wellness Center

INTERGRATIVE • MEDICAL • NATUROPATHIC • DIAGNOSTIC • CHIROPRACTIC • ACUPUNCTURE

## Vitamin Injection Intake Form

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

Email: \_\_\_\_\_

Date of birth (mm/dd/yy): \_\_\_\_\_ Gender: M / F (circle one)

Preferred phone: \_\_\_\_\_

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

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

Emergency contact name: \_\_\_\_\_ Contact number: \_\_\_\_\_

What are your main health concerns?

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Please check if you have any of the following:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Fatigue           | <input type="checkbox"/> Low depressed mood      | <input type="checkbox"/> Pernicious Anemia              |
| <input type="checkbox"/> Weight issues     | <input type="checkbox"/> Irritability/moodiness  | <input type="checkbox"/> Pregnant/trying to be pregnant |
| <input type="checkbox"/> Heart Disease     | <input type="checkbox"/> Diabetes                | <input type="checkbox"/> Memory Loss/Alzheimer's        |
| <input type="checkbox"/> Sleep disorders   | <input type="checkbox"/> Osteoporosis            | <input type="checkbox"/> Tendonitis                     |
| <input type="checkbox"/> Asthma            | <input type="checkbox"/> Allergies               | <input type="checkbox"/> Immunosuppression              |
| <input type="checkbox"/> Thyroid disorders | <input type="checkbox"/> IBS/Inflammatory Bowels | <input type="checkbox"/> Numbness or tingling of body   |

How did you hear about this service?

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> Groupon/Living Social | <input type="checkbox"/> Facebook           | <input type="checkbox"/> Website      |
| <input type="checkbox"/> Walk-In               | <input type="checkbox"/> Referred by: _____ | <input type="checkbox"/> Other: _____ |

Informed Consent for Treatment

I have read the information regarding risks and benefits of vitamin injections on the back page and have had a chance to ask questions on the treatment. I understand the possible complications of injection therapy are minor bruising and bleeding at injected sites, dizziness, headaches and possible fainting from the site of blood. I understand that there may be a slight chance for sensitivities and reactions to the vitamin injection solution. I hereby release Optimal Health & Wellness and its associates from all liabilities regarding my treatment with vitamin injections.

**Patient signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **B12 Facts:**

- Vitamin B12 injections are typically used as a treatment for a certain type of anemia (pernicious anemia). In this type of anemia, people lack intrinsic factor in the stomach which is necessary for the absorption of the vitamin.
- Vegetarians (especially vegans) are also given shots of B12 since their diet is low in animal products, the primary source of B12.
- People with chronic fatigue or anemia require monthly injections of vitamin B12 usually because the oral form is not dependable.
- Vitamin B12 shots are most effective when taken at regular intervals (usually monthly). A regular schedule to receive the injections can be customized to each individual.
- The body's ability to absorb vitamin B12 is reduced with increasing age. Older people are often detected to have a more potent vitamin B12 deficiency, even in cases where they do not suffer from pernicious anemia.
- Methylcobalamin (Hydroxy B12) is a unique form of vitamin B12, which is more readily converted into the coenzyme forms than conventional cyanocobalamin. Methylcobalamin also readily binds body stores of cyanide.
- Deficiency of vitamin B12 can lead to abnormal neurologic and psychiatric symptoms including ataxia (shaky movements and unsteady gait), muscle weakness, spasticity, incontinence, hypotension, vision problems, dementia, psychoses, and mood disturbances.

**Initial Here:**\_\_\_\_\_

## **Benefits of B12:**

- More energy, mental alertness and stamina for everyday tasks.
- Healthier immune system.
- Improves sleep.
- Increases metabolism, thereby aiding in weight loss.
- Improves mood stabilization.
- Reduces allergies, stress and depression.
- Lessens frequency and severity of migraines and headaches.
- Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes.

**Initial Here:**\_\_\_\_\_

## **Possible Side Effects of B12:**

- A vitamin B12 shot is safe and generally has no side effects, even in higher doses.
- Some redness and swelling at the injection site may occur. This should start to get better within 48 hours.
- In rare cases, B12 can cause diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- Sensitivity to cobalt and/or cobalamin is a contraindication.
- People with chronic liver and/or kidney dysfunction should not take frequent B12 injections.
- Interactions with drugs: Chloramphenicol can impede on the red blood cell producing properties of B12.
- Other drugs that decrease or reduce absorption of B12: antibiotics, cobalt irradiation, colchicine, colestipol, H2-blockers, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors such as Prevacid, Losec, Aciphex, Pantoloc, and Zidovudine.
- B12 is contraindicated in Leber's disease, a hereditary optic nerve atrophic condition.

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