

SCAN THE BODY FORM

DATE:

It is important to regularly assess your health!

PART OF BODY	ISSUE	CAUSE	WHEN DO YOU EXPERIENCE PAIN?	HOW ARE YOU TREATING IT?	OTHER REMEDIES AVAILABLE?	SEE A DOCTOR?
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Examples are provided below:

Head	Migraines	Change of vision	Bright lights	Pain relievers, ice therapy	Relaxation techniques, acupuncture	Yes
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Jaw	TMJ	Teeth grinding	Mouth is wide open	Pain relievers, mouthguard	Surgery if necessary	Yes
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