

Do you use any protein supplements, muscle building supplements or steroids? If so, please specify. _____

On a scale of 1-10, how do you rate the amount of stress your acne causes you? _____
1- No stress at all 5-moderate stress 10-extreme stress

What bothers you most about your breakouts? _____

Is there anything that seems to make your acne flare? _____

Are there any particular acne treatments you are interested in discussing today?
 topical treatments/creams oral antibiotics hormonal treatments isotretinoin
 other _____

Females:

Do you have regular menstrual periods? _____

Do you breakout worse during or around your periods? _____

Are you taking or have you taken oral contraceptives or other hormonal treatments? If so, please list and note if medications were helpful. _____

