



A Personal Medical History

By Pamela Taylor

Outskirts Press, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Your Personal Medical History. Keep an ongoing record of your medical history (your medical diagnoses, blood type, medication list and updates, physicians contact information, emergency contacts and their contact information, a list of allergies, a record of your daily vital signs, a log of your food intake and exercise routine, shots and vaccinations received, tests you ve undergone and the results, a list of your surgeries, information on your insurance policies, notes taken during doctors visits and hospitalizations with discharge orders, treatments received, and a list of health care provider options) along with important documents (a copy of your insurance cards, a Living Will, Power of Attorney, etc.) all in one handy book. Bring your medical history book with you to doctors appointments and to the hospital to write notes. Review previous entries periodically to look for patterns and for cause and effect relationships between reoccurrences of illnesses and symptoms, medication changes and reactions, treatments and results, etc. Never put your life or the life of someone you love totally in the hands of other people without...



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Reviews

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-- **Natalie Abbott**

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-- **Rene Olson**

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Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



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