

Patient Health Snapshot



Name: _____

Address: _____

Telephone: _____

Email: _____

Birth date: _____

Primary physician: _____

Physician's Phone: _____

Other physicians: _____

This pamphlet was created to help patients take a more active role in their health-care by keeping track of:

- past and present health issues
- routine health maintenance activities
- medications, doses, and reasons for taking them
- testing and procedures

and may be used as a tool for:

- initiating discussion with your physicians
- communicating health information easily with other healthcare providers



Please bring this with you to all healthcare visits and hospitalizations.


The Carolinas Center
for Medical Excellence


NORTH CAROLINA
MEDICAL SOCIETY



North Carolina Academy
of Family Physicians, Inc

More pamphlets are available at the **PRC**, the North Carolina Medical Society's Physician and Patient Resource Center at www.ncmsprc.org under Patient Resources or call the Member Resource Center at 919-833-3836.

Patient Recommendations**

Patients 65 and older

- Get the pneumococcal vaccine (pneumonia shot)

Patients 50 years and older

- Get the flu shot annually
- Have your stool checked for blood (hemocult) annually AND undergo a flexible sigmoidoscopy every 5 years
- OR get a colonoscopy every 10 years if normal
- Discuss an aspirin regimen with your doctor for heart disease prevention

Women 40 years and older

- Get a mammogram every 1-2 years

All Women

- Undergo a pap smear every three years or at your doctor's recommendation
- Get a breast exam annually by 40 years of age
- Get a bone density screening test by age 65

All Men

- Start having your cholesterol and lipids checked at age 35
- Get a rectal/prostate exam each year starting at age 50
- Discuss having a blood test for prostate cancer (PSA) with your doctor if you are 50 or older

Patients who will be undergoing major surgery

- Avoid shaving of the surgical site for days prior to the surgery
- Stop smoking before surgery if there is time
- Keep blood sugars in good control if you have diabetes
- Check with your doctor about how to take certain medications (hypoglycemics, insulin), and whether to stop an (aspirin, blood thinners) for the day of surgery

Patients who smoke

- Ask your doctor about medications and resources to help you quit

Patients who are overweight

- Ask your doctor about resources and things you can do to help lose weight

Patients with diabetes

- Have a dilated eye exam performed annually by a professional
- Check your feet daily and during doctor visits
- Have your urine checked annually for microalbumin
- Get a blood test for sugar control every 3-6 months (HbA1c)
- Have your cholesterol and lipids checked each year
- Maintain blood pressure less than 130/80
- Get an annual flu shot
- Get a one-time pneumococcal vaccine
- Talk with your doctor about whether you should be taking an ACE-inhibitor or ARB-type medication

Patients with heart disease (heart attack/coronary disease)

- Keep blood pressure less than 140/90
- Take aspirin or alternative for platelets*
- Take a statin drug for cholesterol*
- Know your lipid profile (your cholesterol level)
- Take a beta blocker if you have had a heart attack in the past*

Patients with heart failure

- Know your ejection fraction (EF) or if your heart function is decreased
- Take an ACE inhibitor or similar medicine if your heart function is decreased*
- Weigh yourself at each office visit and daily at home

Patients with asthma

- Take an inhaled corticosteroid or alternative long-acting agent if symptoms are persistent*
- Talk with your doctor about any increase in your symptoms or a need for increased use of medication

Patients who feel depressed

- Depression is very common and treatable. Talk with your doctor about medications and resources to help you

* As prescribed by your physician.

** These recommendations are guidelines and apply to most people. Only you and your physician can determine what is best for you.