

## Picture of Health

Keeping an up-to-date health record has become increasingly important, as over the years, you will probably have many doctors and medical professionals involved in your care. A health record helps all doctors know your health history, and can help you receive better care.

**Checkups and test records** – Keep a record with dates and results about the following:

- Blood pressure
- Blood sugar
- Bone density
- Cholesterol
- Dental visits
- Hearing
- Tuberculosis
- Vision
- Weight

**Keep track of cancer tests** – write the name of the test, date and results for:

- Colorectal cancer test
- Mammogram
- Pap test
- Prostate cancer test/exam
- Oral cancer exam

**Record of immunizations and shots** – Write down the important immunizations and the date you received them:

- Tetanus-Diphtheria (most people need every 10 years)
- Measles-Mumps-Rubella - for adult women born after 1956 and able to become pregnant (should have at least once)
- Flu (most people should have every year after age 50)
- Pneumonia (Once at age 65)
- Hepatitis B (should have if at risk)

**Drugs and medicines** – Write down the name of each medicine you take, the reason you take it, and when you start and stop taking it.

Source: Agency for Healthcare Research and Quality (AHRQ)