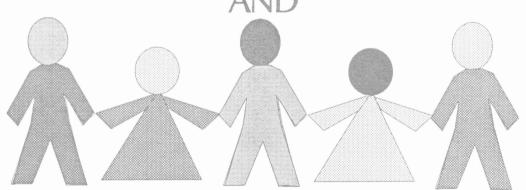




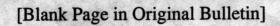
FAMILY HEALTH AND



MEDICAL RECORD



Texas Agricultural Extension Service • Zerle L. Carpenter, Director The Texas A&M University System • College Station, Texas



CONTENTS

Introduction	
Health Care Providers	
Health Insurance Policies	
Your Family Health History	5
Spouse's Family Health History	
Adult Health Information	
Children's Birth Information	11
Children's Birth Information	
Immunization Record	
Childhood Diseases	15
Major Illness or Surgery	
Major Illness or Surgery	17
Alleray/Sensitivity Record	18
Medical and Dental Checkups	19
Medications	21
X-ray Examinations	22
Questions I Want to Ask the Doctor	23
Notes	25

Family Name:	
Address:	
Telephone:	

Can you answer "yes" to all of these questions?

- Do you know the important health and medical events for each of your family members?
- Do you have a complete listing of all the shots and x-rays your children have received, and when they received them?
- Do you accurately remember your own childhood illnesses and injuries?
- Do you know about special health problems of your parents?

If you answered "no" to one or more of the questions, this booklet will be of help to you.

To remember the details about your family's health, a system of recordkeeping is helpful. This Family Health and Medical Record booklet provides a way for you to keep track of health information about your family.

If families used only one doctor and one dentist, they would each keep a health record for your family. Many families, however, use more than one doctor. Often the children have a pediatrician and the mother, a gynecologist. Perhaps there is a different doctor for the father. This same family might also use more than one dentist or a dentist and an orthodontist. In cases like this, one way to have a single health record for the entire family is to keep it yourself.

Families without a health record face a problem when they move. They have no health records for a new doctor, dentist, or for the children when they enter their new school.

In addition to the value of keeping a family health record for filling out applications for school, jobs, and insurance, such a record has other important advantages. Your health record or this *Family Health and Medical Record* may spare you the expense of copying records of past medical tests and procedures. It will help a new doctor develop health histories for your family members. It can also give information that may help you get faster and more accurate health and medical care.

If you have children, a health record can improve your effectiveness as a parent. A health record will provide you more information about your child so when a need arises you will be better able to get help. In an emergency, it can tell the doctor about what medications your child is allergic to, or how long ago your child had a tetanus shot. In later life, your child will have an accurate record of injuries, illnesses, and other events that they otherwise might have forgotten.

How you use the *Family Health and Medical Record* will determine its real value. When a family member visits a doctor or dentist, make sure they take this booklet with them. This will help keep the record accurate and up-to-date.

Keep this booklet in a safe and handy place. It will be a useful and valuable record for many years.

HEALTH CARE PROVIDERS

Providers	Address	Telephone
Doctors:	charwise might have forgotten. Heathrand Madical Record win determine he jeaf val.	
gran, emargonoy, il can tell Maurichiis badra teranys sinc	an angles agrees sense se mangles nove a resseyou was be the contos agrees sehat medicalums your child is allen to the later life; your child will have no a cuttain record	pic to, or how long age
LAND WAS COLLEGE OF A		
and Madisial Broper may sp. dures. It will help a new do	ess) esitionspense of copying repords of pirst medit ctor davate, thesiti histories for your timily may be per	
An indicate production of the property of	the print invertent edvantenes. Your salls more	TOTAL FOR TOTAL FOLKS.
production work to service	communication problem with an experience of the second communication of the second com	
Dentist/Orthodontist:	the species of a design of the second section of the second section of the second seco	
it feetiles trock atty and tembre how	Mary Little Francis (Francis) They world Feat to be beat the per Meat.	u salbin ita kont
s meterrormos um accara inglit and Medicel Record mur facello	bood let provides a way for you to kaap track of haald	

Hospital/Clinic:	nors (au	reserve i lateralia del la deservación del
shide Your father, his o	nather, but	Constitution of the entrugates
biner lamely the picture had selected dimeases he	remaining the second se	STALL FOR DELINE M. LESSAN FRENCH
Others:		
	HEALTH INSURANCE	POLICIES
Person Insured	Company	Policy Number
grendprenta, etc.)	AND A STATE OF THE PARTY OF THE	St. Action William
THE HALL THE THE PARTY OF THE P	BALL USG SOU- DISTRICTOR'S	the telephone

THE BOOK SUCH ES CALLEY.

WHE PERMISS, DEF TROPIES.

In Hall Dest.

YOUR FAMILY HEALTH HISTORY

Date of birth	Serious illnesses (include illnesses such as cancer,	If deceased, list cause and age at
	arthritis, heart disease,	death
	and the second is seen asked to the first	Lough promper
166 331	FREE ADDRESS	
	The second secon	
		1
		birth illnesses such as cancer,

Names of family members. Include: Your father, his mother, his	Date of birth	Serious illnesses (include illnesses such as cancer,	If deceased, list cause and age at
father, his brothers and sisters, and other family members who have had serious illnesses (aunts, uncles, great grandparents, etc.)		arthritis, heart disease, diabetes, and high blood pressure, or mental illness)	death
serious innesses (aunts, uncies, crear grandparents, etc.)		pressure, or marrier horesa)	
ather, her brothers and sisters, and in other family members who have had	The second of th	diabetes, mod digesse, diabetes, mod dige blood,	death
Mantes of family members. Include:	Date of	Serious Unessas finciues filmessos mich is catiego	If deceased, list

• Include only family members who are blood relatives.

SPOUSE'S FAMILY HEALTH HISTORY

Names of family members. Include: Your spouse's mother, her mother, her father, her brothers and sisters, and other family members who have had serious illnesses (aunts, uncles, great grandparents, etc.)	Date of birth	Serious illnesses (include illnesses such as cancer, arthritis, heart disease, diabetes, and high blood pressure, or mental illness)	If deceased, list cause and age at death
grant grandparents, etc.)			
Names of father, his mother, his chide: Your father, his mother, his muther his populars and agrees, and other family members who have had agreed that serious illnesses (sunte motes).	Surfa	Serious limesses findiade illnesses suoti às hanosi, southing findial diseast, diatretus, and high bluod pressure, or montal litters.	If deprised, art course and upplied at a death

Names of family members. Include: Your spouse's father, his mother, his father, his brothers and sisters, and other family members who have had serious illnesses (aunts, uncles, great grandparents, etc.)	Date of birth	Serious illnesses (include illnesses such as cancer, arthritis, heart disease, diabetes, and high blood pressure, or mental illness)	If deceased, list cause and age at death
		de la	
Marne Date Height Wei	thi Bicou	Cholesterol Activity	UW-1 / Blood

• Include only family members who are blood relatives.

ADULT HEALTH INFORMATION

Name	Date	ate Height	Weight	Blood	Cholesterol	Act	Blood		
	es (barre		10/19/19	Pressure	Level	High	Medium	Low	Туре
	rhan	SANTERS OF THE SANTER	Pad I		betage and he	h bloc			
	Tr. I	unribs	13 A 3 T	10	issulu, ži ii zi	tel libre	531		
	104		1						
	-	-	-			-			-
A									
							and the second second		
	(0)	1							
national miles	LEBOUR	TRUCKS?	Ustra III	7 / /ha	SENOR OF MAN		(S)		
	anta and Imbans	isisiara, a	10	191	unius, homi di	88459,	i qe	BLOJL T	
Your snouse's fi	pret p	L mother	his thic	197	DENDE SHOP OF	000000			100000
	memi	sts. Inci	ude: De	1 of 1.50	Hous Wheeses	line ud		196835	Marie Harris

	1113.2		11352 851		a transfer	4.6-3	Section 2		
				电影影響大	E SERVICES	A 60 F 7 W	20 20 27 70	-	<u> </u>
									-
									-
		1							
								e conti	A TOTAL OF THE PARTY OF THE PAR
								Marian Street	
		Parties and Company of the Company		er i i kenne en en en	First Comment	and the same of			
150 001			2000	Meat 1 To	leter That	101	TOP	a (1)100	99.50 D
	1	1.7							
	49-000	100 m	HOLD AND I	LEAS BER	MINISTER, AND DESIGNATION	arad n	0.49-0.0		-

CHILDREN'S BIRTH INFORMATION

Name	Birth Date	Sex M/F	Birth Weight	Blood Type/ RH factor	Where Born	Doctor	Other Information

CHILDREN'S GROWTH INFORMATION

Name	Date	Height	Weight	Date	Height	Weight
HEAT STATE OF THE					K 1 () () () () ()	
		-				
The state of the s		The description of soliding and				
18A					The state of	
Maria o Pagerio						
his a figuraphilia incluenz	Abag	d = Tefanu.	organists.		- 5800 J.J.J.	N9.08.
DIP a Dioliniana, perinasie.	Elanters	DPW = Cont. S	o Vocaria.		- Frecorie	ended
		SEXTMAGE	H MEC	akn	1 1 1 1 1	

IMMUNIZATION RECORD

DTP = Diphtheria, pertussis, tetanus HBV = Hepatitis B Vaccine HiB = Haemophilus Influenza type B		MMR =	Oral Polio Vacc = Measles, mum etanus, diphther	nps, rubella	* = if recommended by doctor ** = every 10 years	
Child's Name						
Birth:	Write date	of shot i	in the box und	er each child	l's name	
HBV						
2 Months:					-	
DTP						
OPV						
Hib			I have been	nios of was Pa		
HBV			La James			
4 Months:	ness i	i lasata	n i bredu	105.6	Height	- EVERGOT
DTP						
OPV	HERE WELL	-4980			JA 16	
Hib						
6 Months:						alaghir Survey

IMMUNIZATION RECORD

HiB = Haemophilus I	maonza type	la la	Tetanus, diphth	Cita	** = every 10	years
Child's Name						Ц
Birth:	Write	date of shot	in the box ur	nder each child	s name	
HBV						
2 Months:						1
DTP						
OPV						
Hib	and the same of the same		and the state of			
HBV			-			
4 Months:	1 78	s Line	tra di dilaber	fur Intere	Height	EAG
DTP					and the statement	1
OPV				BLOWS:	1941-	
Hib						
6 Months:						angle places
DTP						
OPV	atuati an 10 at			and the state of		
Hib*	THE THE RES	東京 日本の日本 東京の日本会。	Best State of the	をおきている。1990年2月 40日、またようなものである。	5 E.J11	
HBV	one speed as a	THE EN PERSON	STREET OF THE		19 18 21 21	1
12 Months:	2,000	te (Norma)	f Whent Type	of Suegery	Design	
DTP			T			1
MMR						
Hib*						
4-6 Years:						
DTP			T	T		
OPV						
MMR						
14-16 Years:						
Td**	Ome		Die Diese	e. Date	Dispess	

CHILDHOOD DISEASES

Include diphtheria, whooping cough (pertussis), tetanus, polio, measles, mumps, German measles (rubella), Haemophilus influenza type b, and hepatitis b

Name	Disease	Date	Disease	Date	Disease	Date
14-18-140-1	received for a	150				10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
FUVE						
			,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
And Waster.						
HSP.	+					
2000						
DID.						
THE ACT OF THE PARTY OF THE PAR	The second section was the second					
Day .						
QbA			i i			

MAJOR ILLNESS OR SURGERY

(Such as pneumonia, hepatitis, cancer, or heart disease; operations such as hysterectomy or gall bladder removal.)

Family Member	Date	Name of Illness/Type of Surgery	Doctor
			midney i Austria Court
		The of butty	O Specialistic Alterday
	ALAS AS EVEN U		
	1 4 1 1 2 2 2 2 E		

ACCIDENTAL INJURY RECORD

Family Member	Date	Type of Injury	Doctor	Office/Clinic/Hospital
ramily Member	Date	Name of timess/ type	d Surgary	Doctor -
chati	Ligoure Prop	p se pisternatoral or	tall bladdar rea	
31	701	ILLNESS OR	Surger	

ALLERGY/SENSITIVITY RECORD

(List causes such as pollen, dust, foods, medicine, and insect stings or bites)

Family Member	Cause of Sensitivity/Allergic Reaction	Instructions/Medication
	Application of the Control of the Co	Pridocaote
Family Member DA	te Neme of Seament Neme of Denistra	octor Endings Resides
148	DICUT VIID DEMINT CH	ECKA5-2

MEDICAL AND DENTAL CHECKUPS

Family Member	Date	Type of Exam (✓)		Name of Dentist/Doctor	Findings, Results, and	
Martin and the facilities of the second state of		Medical	Dental	THE RESERVE AND ADDRESS OF THE PARTY ADDRES	Instructions	
			N ID- N . PR		and the contract of the contra	
			Autoritation of the Control of the C			
Mary Company of the Section of the S						
amity Member		Gense of	ensitivity.	Bargic Reaction Inc.	augitors, Medication	
	1000 114	sport en 4s	n, down; to	ods, medicine, and made	Equity of 2steel	
	WI			LLINILA BECUE		

		发一器系言	T. Karker		
			Land State Company	a Nacional X deglinina i consistenza consistenza della consistenza	have been brighted and a segretar
mily Massage	- Has	Control of the contro	The same		
			A TELEPHONE SECTION AND		
				problem in the frequency of the second section in the section	y 100 m. (**) 10 meters — y n. ** Australia Constantino material de la gradia de la constantino
					The response of the state of
tent transcript		asouth you		bear i	Light par exerts
		ate of	gratio or	gissar gius	
			ESIC:	LTIONS	

MEDICATIONS

Family Member	Date of Prescription	Name of Medication	Prescribing Doctor	Noted Side Effects
				1

X-RAY EXAMINATIONS

Family Member	Date of Exam	Type of Exam	Referring Doctor	Address Where X-ray is Kept
				1,11,11,11,11,11,11,11,11,11,11,11,11,1
				and the section of th
pete mes	(a) U		Doctor's Answe	Communis/Advi
	(When I am in	he doctor's affice	e or when (am III)	
ORES	Longia	LAIT TO AS	K THE DOC	1.08

QUESTIONS I WANT TO ASK THE DOCTOR

(When I am in the doctor's office or when I am ill.)

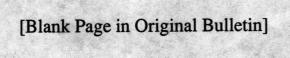
Date	Question	Prescription	Medication	Doctor's Answe	er/Comments/Advice
					A STATE OF THE STA
			73		The second second second second
					as for, - vscon- , around a matein or, show
,					angle se diberane e servicemen, ria diamener rece-
					and the state of t
andy Mem	Der	Date of Exem	Type of Boan	Riverning Couton	Service Kept
		X-RAY	EXTWINE	Lloas	

and the consistence with the contraction		
	· · · · · · · · · · · · · · · · · · ·	
	A	
	MALES	

NOTES

NOTES

NOTES



Adapted for Texas from materials developed by Lawrence B. O'Reilly, Extension Health Specialist, and Jane A. Scherer, Project Coordinator, CHEP, Cooperative Extension Service, University of Illinois at Urbana-Champaign, with financial assistance from the Illinois State Board of Education.



Educational programs of the Texas Agricultural Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.

Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture. Zerle L. Carpenter, Director, Texas Agricultural Extension Service, The Texas A&M University System.

20M--8-94, Reprint