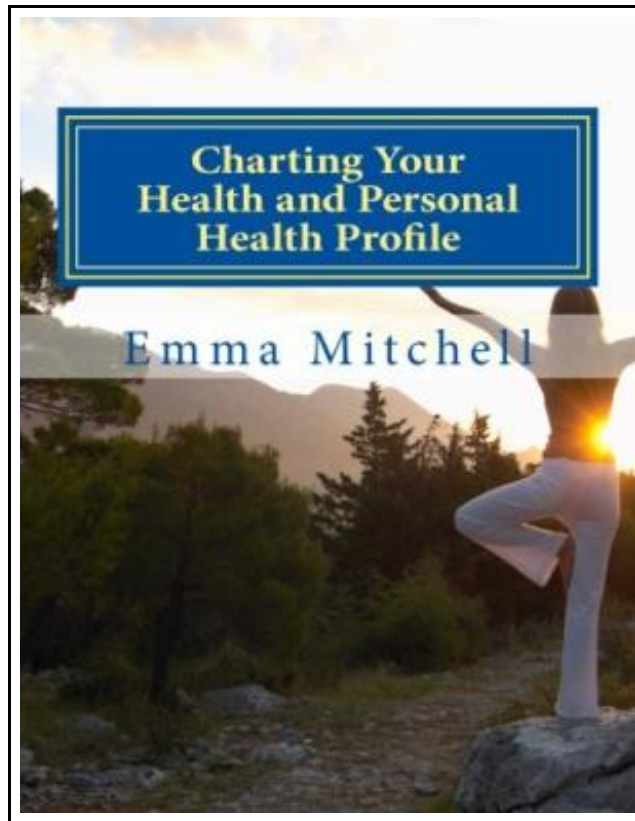


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CHARTING YOUR HEALTH AND PERSONAL HEALTH PROFILE: BE IN CONTROL OF YOUR HEALTH



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Your personal health record to take with you to hospital whether at home or abroad to help doctors assessing your care reach and accurate diagnosis quickly. Charting your own measurements and scoring your health using the National Early Warning scoring system will also help to spur you to seek medical advice quickly when needed. So many people are on blood pressure medication, or heart medication which can affect their blood pressure, and generally only rely on the checks done by the doctors surgery. Many people have high blood pressure without knowing it, which can be a ticking time bomb, so would advise the general public to purchase a blood pressure machine from their chemist, use it regularly and chart their blood pressure and pulse. High blood pressure can have an adverse effect on the body, and can seriously affect the function of heart and kidneys, and cause a risk of a stroke. So it is important to keep it under control. High blood pressure can be managed with medication from your doctor. Losing weight can also help with reducing your blood pressure. I have included some weight charts in the back of the book to help you to keep track of your weight too. Also included is a section to chart your medications and details of your next of kin in case you need to be admitted to hospital, you can bring the book with you to help the doctors looking after you. There is also a section to list any allergies you may have which is important information new doctors need to know. The scoring system on the charts in this book are charts designed by the...



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