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Medical Record Keeping | Personal Medical History | Personal Medical Records by [Mydiary Forlife](#)

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Knowing your family health history has its advantages and benefits. Medical record keeping is the best way to share information to doctors. Family history helps physicians provide the necessary treatment.

Physicians may offer a health wellness program to decrease risks. Having access to family information of a patient helps reduce risk factors. Health wellness programs are used especially for lifestyle changes.

Physicians are aware that lifestyles contribute too many illnesses and diseases. Lack of exercising and nutrients are reasons for high blood pressure. It can lead to strokes and heart attacks that can result in death.

When doctors have available your records they can offer wellness treatments. The purpose for requesting information is for preventive care. It helps the patients change lifestyles to live a healthier life.

Personal medical history is needed and should be shared with family members. Family members should know about serious illnesses, such as heart conditions. Sharing medical issues and medications benefits the patient.

The patient can avoid expensive emergency costs if information is provided. Medicine errors are the number one cause for allergic reactions. It can worsen a patient's sickness and have been known to cause death.

Your personal past of health care and previous conditions is helpful. Children, parents, and immediate relatives should be knowledgeable. Not all illnesses need to be disclosed; only serious and deadly diseases.

Documentations of personal history, illness, and wellness care are managed. Members of your family will be prepared if a medical emergency happens. If your information is needed, your diary can be provided to doctors.

Personal medical records can be viewed by different doctors and hospitals. Safe record keeping ensures medications are prescribed correctly. Avoid taking wrong medications that cause reactions and serious side effects.

Personal medical history holds all your emergencies and doctor's visits. There is a section to record all insurance data, such as policy number and carrier. This information is requested when visiting the doctor or hospital.

To have a comprehensive record, the Doctor and Personal Diary is needed. The doctor's record contains all scheduled appointments and visits. The information can include the time, location and doctor's info.

Your personal diary is needed to record all your medical history. Record your personal information, hospitalization and office visits. Your diary is a detailed history of healthcare and preventive wellness treatments.

An important advantage of a health diary is it saves and increases lives. Keeping a comprehensive wellbeing journal has several benefits. It reduces unnecessary medical expenses and incorrect diagnosis.

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My Diary for Life is a published booklet and log organizer sold by the LCHAM Company in Knoxville, Tennessee. The a [medical record keeping](#) booklets and logs keeps your medical family history, children's vaccinations, doctor's appointments, and medications. To learn more about My Diary for Life booklets and logs visit us online today at a [www.mydiaryforlife.com](http://www.mydiaryforlife.com).

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