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RE: MY MEDICAL MAP

Many times in the past few years I have thought that it would be convenient to have a summary of my medical problems. These are times when it might prove useful or even life saving:

Seeing a new or locum doctor
Seeing a doctor in hospital
In an emergency when taken ill in a public place

The idea is that your medical history, medication and special needs can be seen quickly and easily. WHEN IT IS FOLDED THE WORDS: 'URGENT INFORMATION ENCLOSED' IS CLEARLY VISIBLE.

Please feel free to print a copy and if you wish fill it in.
I would like some feedback so that I can take the idea further.

If you have any thoughts on how to improve it or if you think it has no value etc. etc. please contact me by phone, e mail or in writing.

On the other side is one I have made up to give you an idea of how it might look

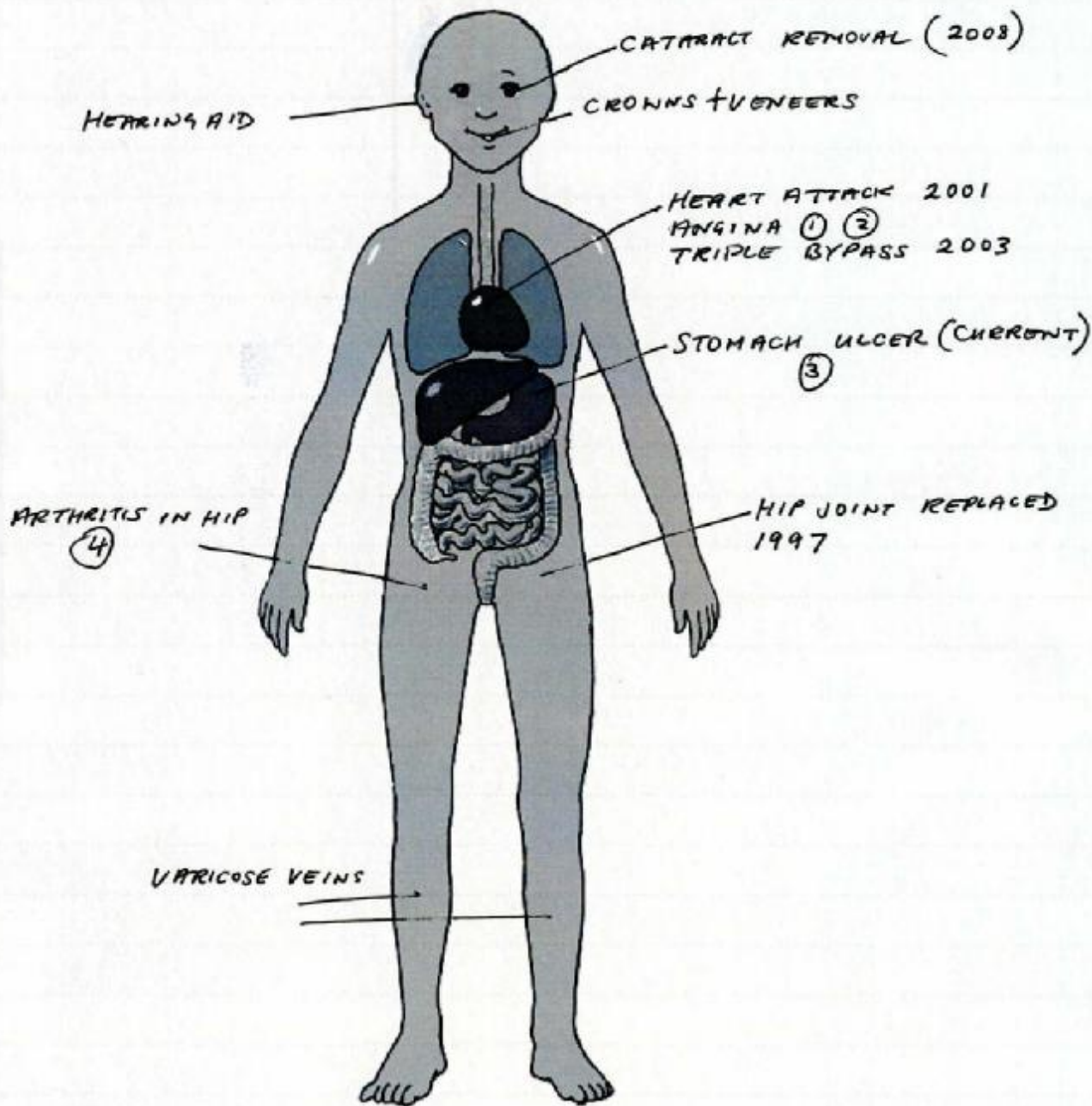
Roger Brown

Saturday, 17 April 2010

MY MEDICAL MAP (MMM)

NAME Mr. Andrew Other SEX M DOB 22/04/42 TEL 01926 516387

MY DOCTOR DR BLOGGS TEL 01926 496000 LAST UPDATED JULY 2009



MEDICATION

1. NITRO SPRAY
2. BETA BLOCKERS (AS NEEDED)
3. OMEPRAZOLE 1x20mg daily
4. CO-CODAMOL (AS NEEDED)

NUMBERS TO PHONE IN EMERGENCY:

SON 0771XXXXX
 DAUGHTER 01983XXXXX
 OTHER XXXXXX XX

MEDICATION

5.
6.
7.
8.

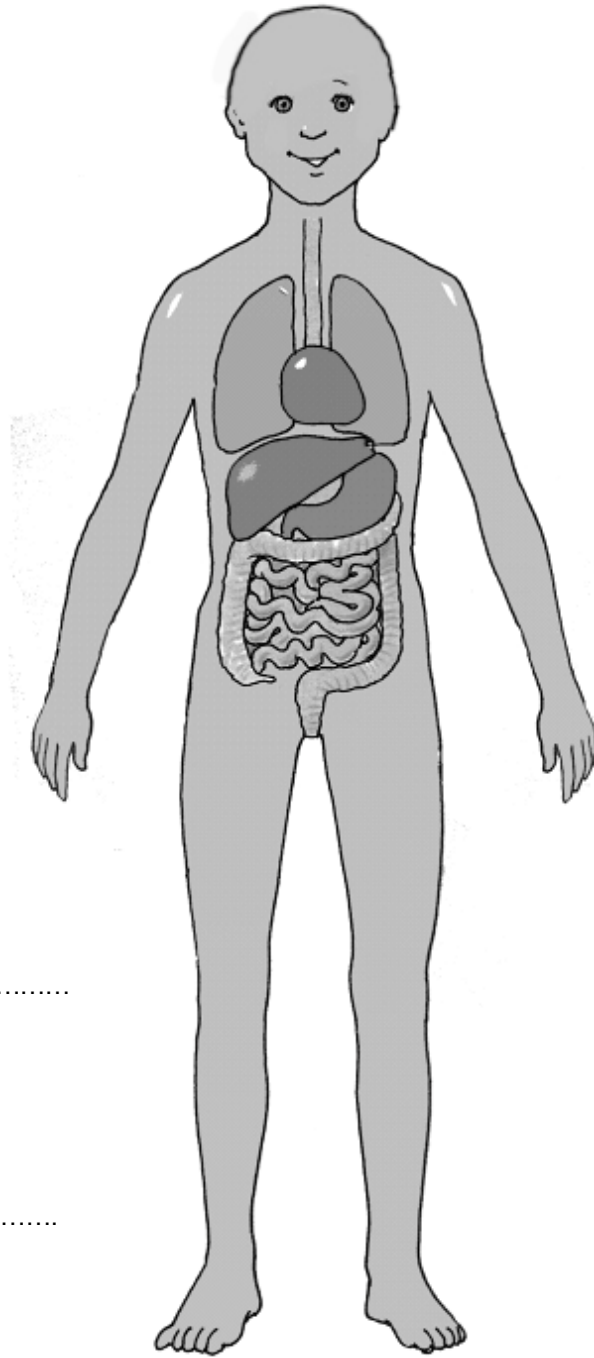
SEE OVER FOR NOTES
OTHER MEDICATION ETC

MY MEDICAL MAP (MMM)

NAME.....SEX.....DOB.....TEL:.....

MY DOC-

TOR.....TEL:



BLOOD GROUP.....

ORGAN DO-
NOR?.....

ADDRESS.....

1. MEDICATION

.....

2.

MEDICATION

5.

6.

NUMBERS TO PHONE IN EMERGENCY:

.....

SEE OVER FOR NOTES
OTHER MEDICATION ETC

