**Tips for Communicating Effectively with Your Doctor - Templates**

Allergy vs Intolerance (sensitivity) - both are unwanted reactions to

Allergy – involves an immune system reaction; symptoms often include hives, rash, itching, facial/tongue swelling, throat swelling, rapid heart rate, and shortness of breath

Intolerance – involves no immune system response; symptoms may include gas, bloating, nausea, vomiting, confusion, hallucinations, dizziness, abdominal pain or cramping, cough, dry mouth, constipation, or diarrhea

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| **DRUG and FOOD ALLERGIES** | |
| **Drug / Food** | **Reaction** |
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| **DRUG and FOOD INTOLERANCES** | |
| **Drug / Food** | **Reaction** |
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| **CURRENT MEDICATIONS** | | | | | | |
| **Medication** | **Description** | **Start Date** | **Reason** | **Dose** | **Time** | **Side Effects** |
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| **CURRENT SUPPLEMENTS** | | | | | |
| **Supplement** | **Description** | **Start Date** | **Reason** | **Dose** | **Time** |
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| **HEALTH TRACKING SHEET** | | |
| **Symptom**  **(BP, pulse, blood sugar)** | **Date / Time** | **Notes / Solutions Tried** |
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| **PROVIDER LIST** | | | |
| --- | --- | --- | --- |
| **Provider Name / Web Address** | **Specialty / Patient Portal** | **Address** | **Phone / Fax / Email** |
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| **FAMILY MEDICAL HISTORY** | | | | |
| --- | --- | --- | --- | --- |
|  | **Parents** | **Grandparents** | **Aunt/Uncles** | **Siblings** |
| Acid reflux |  |  |  |  |
| Alcohol addiction |  |  |  |  |
| Anemia |  |  |  |  |
| Anxiety |  |  |  |  |
| Artery / vein problems |  |  |  |  |
| Arthritis |  |  |  |  |
| Asthma |  |  |  |  |
| Autoimmune disease |  |  |  |  |
| Bipolar disorder |  |  |  |  |
| Bladder problems |  |  |  |  |
| Bleeding disorders |  |  |  |  |
| Blood clots |  |  |  |  |
| Cancer (what type) |  |  |  |  |
| Cataracts |  |  |  |  |
| Colitis |  |  |  |  |
| Diabetes |  |  |  |  |
| Depression |  |  |  |  |
| Drug addiction |  |  |  |  |
| Gallstones |  |  |  |  |
| Glaucoma |  |  |  |  |
| Gout |  |  |  |  |
| Headaches |  |  |  |  |
| Hearing impairment |  |  |  |  |
| Heart attack |  |  |  |  |
| Heart disease |  |  |  |  |
| Heart valve problems |  |  |  |  |
| Hepatitis |  |  |  |  |
| Hernia |  |  |  |  |
| High blood pressure |  |  |  |  |
| High cholesterol |  |  |  |  |
| Kidney disease |  |  |  |  |
| Liver disease |  |  |  |  |
| Lung disease |  |  |  |  |
| Mental illness |  |  |  |  |
| Migraines |  |  |  |  |
| Osteoporosis |  |  |  |  |
| Recurrent infections |  |  |  |  |
| Seizures |  |  |  |  |
| Skin infections |  |  |  |  |
| Sleep apnea |  |  |  |  |
| Stroke |  |  |  |  |
| Swallowing disorders |  |  |  |  |
| Thyroid disease |  |  |  |  |
| Ulcers |  |  |  |  |
| UTIs |  |  |  |  |
| Vision impairment |  |  |  |  |
| Other hospitalizations |  |  |  |  |
| Other signification medical issues |  |  |  |  |
| Major injuries |  |  |  |  |
| Major surgeries |  |  |  |  |
| Age and cause of death, if applicable |  |  |  |  |