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Family Health History, Medical History, and Medical Records Important to Maintain by
[Mydiary Forlife](#)

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Health care today is much different when compared to years ago. In today's time a family changes doctors an average of 5-7 times. Many reasons exist for this change, but mobility is the primary one.

Families are much more mobile today as are physician offices. Relocating to various states is quite common in today's times. As a result, a family needs to find new doctors for family members.

Likewise, doctors sometimes relocate or change specialty areas. This forces the doctor's patients to find a new doctor provider. There are important things to consider when finding a new doctor.

It is vital to maintain and transfer medical records to new doctors. Doctors must have all the information to properly treat a patient. One can request copies of all medical records to take to a new doctor.

However, this request is often not inclusive of all medical concerns. Physician offices copy only pertinent information from records. The cost to copy an entire record is the reason for partial documents.

It has become the responsibility of individuals to maintain records. This includes various medical records as well as medical history. It is vital to record this information to correctly remember it all.

Family health history can be very extensive and long for some. This is especially the case with very large and extended families. This is the norm for a large percentage of the population today.

Thus, it is important to keep a written copy of family health history. This way if a new doctor asks about heredity issues it is all there. This saves doctors a lot of time and helps make a correct diagnosis.

The family health history can be added to whenever necessary. This includes new diagnosis or medical issues of family members. This provides a complete whole picture into a family's overall health.

The medical history should be complete with most diagnosis made. This includes any immune or vascular diseases that arise over time. It is not necessary to record all common colds or viruses one gets.

However, in the medical history it is vital to record allergies. This is important family medical history that impacts everyone. Other members may be allergic so it is good to review medical records.

A journal is a great way to keep a complete personal and family health history. My Diary for Life offers the best and most affordable way to keep track of precious information. One can easily record medical history items neatly and with details.

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The LCHAM Company is a firm that focuses on helping people maintains important medical information. This company offers a medical record diary for vital health information. There are sections for tests, immunizations, and medications. Their product, My Diary for Life, is designed to help people become more knowledgeable about their health issues and to prevent costly/deadly medical errors. They sell compact and easy to use a [medical records](#). To find out more information, go to a www.mydiaryforlife.com.

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