

# PREPARING FOR YOUR CONSULTATION IN 10 STEPS



Before each medical consultation, to help your doctor make a more accurate diagnosis.

**1 PERSONAL HISTORY**

- > Cardiovascular
- > Gynaecological
- > Obstetric
- > Medical
- > Surgical



**2 FAMILY HISTORY**



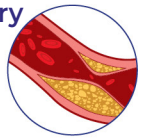
**3 CURRENT TREATMENT**



**4 ALLERGIES** to medication or other allergies (iodine, food, etc.)



**5 RISK FACTORS** cardiovascular disease, phlebitis and pulmonary embolism



**6 CARDIOVASCULAR ALARM SIGNALS**



**7 MEDICAL FILE** with electrocardiograms



**9 WEIGHT AND ABDOMINAL CIRCUMFERENCE**



**8 AT-HOME BLOOD PRESSURE MEASUREMENT**

At home over **3 days**:  
**3 measurements** in the morning,  
**3 measurements taken** in the evening,  
**3 days** in a row



**10 LAB TESTS TAKEN LESS THAN 6 MONTHS AGO**

Total cholesterol, LDL and HDL/TC, triglycerides, fasting blood glucose, ionogram/creatinine, liver function



Agir pour le Cœur des Femmes

Women's Cardiovascular Healthcare Foundation

[www.agirpourlecoeurdesfemmes.com](http://www.agirpourlecoeurdesfemmes.com)

