

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

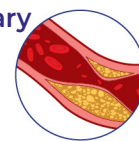


2 FAMILY HISTORY



5 RISK FACTORS

cardiovascular
disease, phlebitis
and pulmonary
embolism



3 CURRENT TREATMENT



4 ALLERGIES

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



CARDIOVASCULAR ALARM SIGNALS



9 WEIGHT AND ABDOMINAL CIRCUMFERENCE



7 MEDICAL FILE

with electrocardiograms



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

